

# How to speak successfully to your dream woman

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How you can learn inside of 7 days to leap over your own shadow  
and successfully speak to your dream woman.

Every effort has been made to make this E-book easy for you to understand, informative and free from errors.

I have worked extremely hard over the last months to present this work to you as perfectly as possible. With the information in this book, you finally have the key to approaching and get to know attractive woman directly and without inhibitions.

However, I would like to state clearly to you the reader, that I do not claim any certainty or similar guarantee of success. Also, I take no responsibility for any kind of consequences to you or other readers resulting in reference to the contents of this book. The readers themselves are responsible for ideas and actions arising from this book.

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## Foreword

First of all I would like to congratulate you on the purchase of this eBook. You are about to make changes to your life as a single or as such, to your (love-) life. The fact that you have bought this eBook shows that you are not satisfied with the way things are, but want to find a successful way to make a change.

You are fed up with seeing the numerous beautiful and interesting dream women go by without being able to make contact with them. You are fed up with sitting at home and waiting for the time when your dream woman will knock on your door to speak with you. With the purchase of this eBook you have made the first step in making exciting contact with women of your choice. Believe me, if you follow the instructions in this book, in a short time, your life will change completely.

This eBook is not a typical macho flirting-tips handbook full of worn-out one-liners. The following pages will primarily teach you effective methods with which you can overcome your inhibitions and approach attractive women. Because, most men do not fail because of a lack of things to say but because they just don't have the confidence in the first place to speak to attractive women. With this in mind you will find general tips and directions for a first contact in the last chapter of this book. Here you will learn how to prepare yourself optimally for your first contact with your dream woman.

When you have carefully worked through this eBook, you will be ready – anywhere and anytime – to approach your dream woman without constraint or embarrassment!

Amongst other things, in this eBook you will learn:

- \* how simple it can be, to be released from loneliness and to make numerous contacts to interesting women,

- \* why you are still solo, and why up until now have simply not managed to make contact with an interesting and attractive woman,

- \* to use techniques and strategies to speak to dream women everywhere and anytime, and much more.

Allow yourself some time to read this book through, carefully and without distraction. You will see, it is worth it.

This eBook is directed primarily towards men and so it has been written in the male form. I beg the pardon of all female readers. Naturally (dream-) women can profit from these tips too.

S. Lougani

## About the correct usage of this eBook

Before you read any further, I would like to give you a few tips for the most effective use of this eBook.

### 1. Make a hard copy of the eBook with your printer

Scientists have discovered that people read approximately 20 to 30% slower from a monitor than from paper. Consequently, I recommend that you print the entire book. It will be easier to read and you will also be able to make your own notes on the margins.

For the purpose of following the internet links contained in the text, you will have to use a PC.

Attention:

Be aware that the printing of the entire book may be costly. The inks can be very expensive, especially with an inkjet printer. In contrast, a laser printer would have no problems printing the entire eBook. Whether with laser or inkjet printer: always print in economy mode!

### 2. Use bookmarks

Naturally you can read this eBook comfortably on your PC monitor. For this, I would like to give you a tip:

Acrobat Reader offers a bookmark function. With the help of Acrobat bookmarks you can easily spring from one heading to the next. Using bookmarks you don't have to start at page one and leaf through to the place where you left off after each pause in reading. Acrobat Reader offers this function starting with version 3.

Activate bookmarks by clicking on the menu "View" → "Bookmarks".

Enough now with the general remarks – let's begin!

## **Introduction**

### **Take control of your love-life**

**Do you have trouble knowing what to say when you see an attractive woman?**

Imagine you are sitting with other patients in the waiting room at the dentist, reading a newspaper. Suddenly, there is a figure standing in the doorway and a voice says “good afternoon”. You look up. There stands the woman of your dreams. She walks into the room and sits down on a chair opposite you. She crosses her lovely legs, smiles at you and begins to read a magazine. Her perfect body, her delicate skin and her sexy figure make you nervous. What will you do now? Will you speak to her?

I’ll wager, you will react like 80% of all men. In a situation like this you just won’t even try anything. In actual fact, you would really like to talk with her and get to know her, but... but you don’t do it. Just as the majority of all men, you wait a long time, and then the opportunity has passed. You spend the time instead just dreaming of how great it would be to speak to this attractive super-woman. But to take concrete steps; to simply follow your feelings and to speak to the admired woman, no; that, you won’t do. Instead you sit still in the waiting room and keep your dreams to yourself until the dentist assistant calls your name. I’m certain that this has happened to you too, at least once.

#### **What you are missing**

Now, imagine the above situation differently: you simply talk to the woman in the waiting room and make a date with her for that evening in an Italian restaurant. Wouldn’t that be exciting? You take advantage of the opportunity to simply speak with a woman that you find attractive and get to know her better in a comfortable atmosphere. And, who knows what might happen next? Perhaps a one-time adventure, an unforgettable affair, a long-lasting sexual relationship...? Is it possibly the beginning of heartfelt friendship, or – even a lifelong alliance? In a short space of time, you end your single existence and exchange it for the security of a new loving relationship. Your friends are astonished when you introduce your new woman friend. And, you are turning cartwheels one after another, because if you didn’t, you would simply explode from sheer happiness. Still more: You realise, that through your initiative, your entire life has changed for the better. And all of that just because you listened to your heart and made a small step. Life can be so easy!



## **Take control of your (love-) life**

Take comfort. You are not the only man who has problems taking this small step. There are few men who would simply approach a woman so directly. Take the opportunity to use this book and become one of them. Become happy at last. If you follow the directions and advice in this eBook you'll acquire, in a few days, the abilities to approach dream women anytime and anyplace. You will be freed from inhibitions and mental blocks. And, you will become a more satisfied person. You'll become happy and satisfied, just because you are finally doing that which you wish and dream to do. Believe me, this is more than a casual flirt or one-night stand. It won't only give you the affirmation which you need in life; we are talking here about much, much more. We are talking about emotional freedom, independence – about a limitless lack of self-consciousness with (also very attractive) women. Your friends and acquaintances will envy you these abilities. Soon, you won't only have the most beautiful woman at your side, but also a fantastic feeling of being alive. The reason: you are taking your (love-) life into your own hands. With the purchase of this book, you have made the first step!

## **Chapter 1 - The first step**

### **Make a decision**

#### **My first step**

It was a sunny Spring day. I was walking with an acquaintance in Berlin-Kreuzberg\* along a street (\*Berlin-Kreuzberg is a very multi-cultural, young and interesting part of Berlin with plenty of attractive women. Before the collapse of Berlin Wall it belonged to the former Western Germany). As we strode by a city park we noticed a small, cuddly dog. It was rolling with pleasure in the grass and letting the first sunbeams of the year shine on its belly. Somehow it looked rather amusing, how it rolled around on its back. Like us, all of the people around stopped to watch this funny dog. As we stood looking at the dog –it happened. Suddenly, she stood before me. Long, blond angel’s hair, a subtle-tender exquisite body with endlessly long legs and sugar-sweet face. Her brown, limpid eyes and full, pouting lips smiled at me a brief moment with an innocent gaze. What a moment. It felt like slow-motion – seconds, that I have to this day not forgotten. Clearly she was out alone. She stood for a moment near the dog, but as the traffic light turned green, she hurried onwards to quickly cross the road. In contrast to my acquaintance who chattered on about the story of the dog, I was entirely stunned, as if someone had knocked me on the head. I didn’t listen to a thing he said. That is pretty impolite but, what can you do? I was just too distracted in that moment by this incredible woman. I was just too occupied with thoughts about doing something to make contact with this dream princess. There was still time. But, as my thoughts swung to- and fro, she had already moved out of sight. Now it became clear to me, however, that I had missed my chance. Most likely I would never see this sweet girl again in my life. I should have just said something to her. I was annoyed, as I had been on numerous previous occasions, about how incapable I was of speaking to a woman. An occurrence which was to occupy me for a long time afterwards.

#### **Your first step: make a decision**

Naturally, that wasn’t the first time that I was too afraid to speak to a woman. Numerous dream women have crossed my path, while every time I have stood and stared without a word or movement. And that, even though I had wished so much to make contact with these – for me – unreachable beauties.

But, following the occasion in Berlin-Kreuzberg, I was so annoyed and disappointed with myself that I said, “Stop, that’s enough. This can’t go on any longer!” Something had to change. A solution had to be found for this problem – as fast as possible. On the very same day I resolved to do something against this deficiency in approaching women. Regardless of what it would take. I was simply not prepared anymore to let even one more dream woman slip by me. Why should I allow it? After all, it was my heartfelt wish to get acquainted with dream women who fascinated me. Besides that, I felt really lonely as a single. Thus, starting then, my goal was: **To address all dream women directly, everywhere and without inhibitions!** Never again would I let even one more opportunity slip through my fingers. This was my firm resolution – my clear decision and my declared goal. At the same time, it was the first important step in taking control of my (love-) life. Further steps followed.

### **Now it is your turn!**

As you see, I swore then to finally tackle this problem for good. I had reached a low-point in my frustrated life as a single which gave me headaches which I just wasn’t prepared to endure any longer. As such, I had reached a point where I couldn’t stand it any longer. For me, the bad experience described above was the direction-giving trigger for my decision not to be prevented in future by anything or anybody, to speak to my dream woman.

As buyer of this book, you too, are interested in meeting attractive women. Obviously, you are also irritated with your inability to approach and address women. Simply don’t let it stay that way. Don’t assume your situation as “fate” or an “unchangeable factor”. Change this situation. Pull the rip-cord and get a grip. You, too, can meet a wonderful woman. Everyone can. Of course, one must be prepared to take action. What must you do? First of all, just be open to taking-on the problem; that is enough – regardless of “how” you change the matter later. The “how” is not important initially. At first, it is just important “that” you want to change it. Resolve yourself to do it. You won’t be disappointed.

You have the choice: either you continue on as before and waste valuable time in your life, or, you too say “stop”. Decide today to acquire the fascinating ability to speak to dream women without inhibitions. Make the choice for togetherness and happiness or for exciting sexual adventures. Make the decision to allow more quality into your life. Decide, once and for all, to get a grip on the problem. As soon as you have firmly decided, then follow me. Together we will take the second step.

## **Chapter 2 - The second step**

### **Getting into the right frame of mind**

#### **Charge up your batteries**

Now you have made a clear decision for yourself. You have decided, in the future, to speak to the woman of your dreams without inhibitions. Perhaps you are still unsure because you still don't know exactly how you are going to actually carry out this resolution. That is understandable. But don't worry, you'll manage it. And, I will help you.

You have made a decision and you are determined to bring movement into your love life. But remember: When you want to move something, you require energy and strength. You cannot move very much without power. And, that is why I challenge you now, to charge up your batteries, start your engines and get yourself up to speed. You now need very much strength and endurance to carry through with this resolution and to bring it to a successful conclusion. Now and then, I will remind you to charge up your batteries again so that you don't wear yourself out in the process.

#### **Start your engines – dream!**

It is a workday, like any other. After quitting time, I drive with my car in the direction of home. On the way, I remember the yawning cavity of my fridge. My stomach is making noises, and so, I decide to pop into the supermarket and pick up a frozen pizza. I enter the supermarket, take a cart and stroll over to the freezer section. As I get there, I suddenly begin to get very warm. The reason is standing in front of me: height, approximately 1.70, super-slender, long, blond hair, and around 25 years young – what a super-sweet looking woman, wow. I smile at her and say “hello”. She glances back with her brown chocolate eyes and answers my “hello” with a “hi”. Then, I say to her: “So, unhealthy pizza again for you too, today?” She answers, “Unfortunately, yes, it's just too much work to cook every day.” Then I move directly towards her, assertively take the pizza out of her cart, and put it back in the freezer. “My name is Stan. I'll make a real pizza for you today. What would you rather have, salami or vegetarian?” Astonished, she stares at me and smiles self-consciously. Finally she says “Vegetarian please! By the way, my name is Monique.” Monique and I buy almost everything in the store and then we drive to her flat. While we are preparing the pizza, she tells me her life story and I tell her mine. A really interesting, enjoyable evening, with romantic candle-

light dinner, takes its course. After a few glasses of wine, we get down to business. She moves up close to me and begins to unbutton my shirt. My hands wander over her blouse and then, something unbelievable happens. Suddenly, a wet, warm tongue licks over my face. I open my eyes, and what do I see? Disgusted, I stare into the dumb-loyal face of my dog. He rips me out of my super dream, to take him out for his walkies. Well, great!

Alright then, I admit, it was only a dream. But, what does “only” mean? Isn’t it pleasant to dream and to imagine things to be as we would like to have them? Of course it is. Dreams serve a very important purpose. Dreams help us to achieve our perceived goals. They are the second important step in our project of speaking to dream women without inhibitions. If you don’t have any dreams at all then you will never achieve your goal of speaking to dream women! Why is that? Let me explain the purpose of dreams with four different functions as examples:

### **1. Dreams point us in the direction of goals:**

When we dream of nice things, then wishes are aroused which we would like to have come true. The content of these dreams are often things which are in reality difficult to achieve or, respectively, things which we don’t think we will ever achieve, for whatever the reasons may be...

So, because it seems so difficult to achieve these goals, we dream of them. In the context of the dream, the content of the dream seems real. And, that does us good. Often, this lasts only until we awake from the dream.

Despite this, many link their dreams with reality and attempt, consciously or unconsciously, to replicate their dreams as far as it is possible in real life. In the process a wish develops from the dream. In order to come closer to the dream, the wish grows into a concrete goal which we try to achieve. Now, all that remains to do is to find ways to actually achieve this goal. That is exactly the point where you are right now. You have formed a clear goal from your dreams; namely, to speak to the women which you find attractive. The only thing left to do now to reach this goal is to obtain the right techniques and to put them into practice.

Remember: goals grow out of dreams.

### **2. Get motivated – start dreaming!**

As we have seen, dreams have the effect of getting things going. Through dreams we are inspired to become active in our lives and undertake things. Wishes are born. And, we set new goals in our lives and attempt to make our dreams come true. We can see then that inherent in our dreams, there is an enormous power which activates and motivates us. You will need this power of

motivation throughout the entire project in order to achieve your goal. Without motivation, you'll likely fall back into your old patterns, quit, and act just as you always have. That is why it is important that you take the time regularly to dream. I will talk about this in more detail later.

Remember: Dreams contain powers which motivate us.

### **3. Dreams change the way we feel.**

The power in dreaming does not only motivate us, it also changes our feelings. Certainly, you too have had such a dream which left you with such a good feeling that you would have rather not have gotten out of bed again. Many people actually withdraw regularly into dreams to escape the harshness of reality. They enter into an illusionary world of good feelings because thus, the world for them is more bearable. Others listen to pleasant music and dream at the same time, even falling into a trance. In this way they forget the daily routine. Their mood improves and everything goes more smoothly. Certainly you know why I am talking about that, don't you? Of course! Because you'll never attract a dream woman with a bad mood and sour face! To achieve your goal you need a positive state of mind which also radiates out around you.

Remember: Dreams induce positive feelings.

### **4. Dreams encourage us to identify with a topic.**

You probably know the cowboy from the cigarette advertisements who has been seen for decades when the trailers run before the film in the cinema. He rides his horse, has a lasso and drives the cattle together. After his work, he lounges by the campfire and relaxed, smokes a cigarette.

This advertising is the reason why, so many smokers think they have to have a cigarette during their break or after work. It is a psychological pattern which the advertising has pressed on you. The reason why the advertising has such an influence on smokers is because it has confronted them for years with this stereotypical repetition. The goal of the repetition is to influence the target groups gradually to identify with this pattern and then imitate it. It is similar with dreaming.

The more we dream of something which attracts us, the more we identify with it. It is an influence which can make a difference in reality. If you want to be successful in speaking to dream women then you must identify with a new role, one which you are yet unaccustomed to (one which addresses a dream woman without vagueness). Begin this identification in dreaming. Imagine, again and again, that you are successful in speaking to a dream woman.

Remember: Dreams strengthen the identification with a topic.

## **Now it is your turn!**

I have just given a brief idea what the powers of dreams can do. You can find numerous examples in history too. If you think about it, we benefit daily from dreams which people once had. Most developments and inventions can be traced back to dreams which people once had. Examples: If Otto Lilienthal had never dreamed then his wish to fly would never have been realised. If Carl Benz had never dreamed of a combustion engine then he would never have been able to build one. And, if Bill Gates had never dreamed, his goal to become a millionaire would also likely never have been exceeded in reality. As you see – dreaming has its rewards!

I would like to ask you too, now, to dream or imagine situations in which you speak to the woman of your dreams confidently and unconstrained, and make contact with her, so that you too can profit from your dreams and reach the goal you have set for yourself. A pleasant task, isn't it?

The goal of the exercise is **motivate** you in what you are going to do and in the **identification** with your new, until now unaccustomed role. That is why I want to ask you to dream now. It isn't necessary to fall asleep. Make yourself comfortable on your sofa. Put your favourite CD on and try to relax. Imagine that you meet your dream woman (perhaps the attractive woman which you last saw and didn't speak to). Now, in your fantasy, you speak to this lady, and everything goes just as you want it to. Let your fantasy go. But before you let go, please finish reading this chapter.

### **Accept it: happiness is out there, waiting for you to take it**

(Link between your dreams and reality)

Before you begin with the task, remember that your dream is not an "unrealistic dream". In this context I want to remind you that you are on the right road to make your dreams come true. Because, you have already made the decision to speak to women. And, you are currently taking further steps closer to its fulfilment with this new task. As such, there is not much left between your dream of contact to a dream woman, and the reality. Think about that consciously, every day. Guaranteed, you'll enjoy your dreaming much more.

The conditions for meeting dream women have really never been better. Even when you often "only" dream of dream women – one thing is certain: the women themselves are real. They are really there. And, there are multitudes

of them. They are not just a fantasy. Also, the places and possible situations to make contact, like bus, supermarket, on the street, etc. exist. You could practically set off immediately and make contact with your dream woman at the next bus stop. Isn't that great? The goal is really quite close in front of you. All you actually really need is "just" to take the initiative.

Important: Think about this when you dream or imagine the situation with your dream woman. And, both before and after your dream, don't think about the last step of actually putting it into practice. Simply ignore your real problem. Make yourself repeatedly conscious of the fact that, theoretically, it isn't really a problem to speak to your dream woman at all. And simply dream with the certainty that this problem will, also in reality, soon be gone. Your "problem" doesn't exist for you. Enjoy your dreams and fantasies, in which you make contact with woman confidently, and without inhibitions. Draw strength out of them. Then you will have the motivation and strength, in a few days, to finally make your dream come true. Push yourself, by repeating this dream exercise several times a day. Use the exercise especially then, when your self-confidence is "at a low point" and you have the feeling that you will never reach your goal.

I'll remind you of this exercise many more times later.

### Tip

In order to strengthen your motivation, I want to emphatically recommend you to take up sports (if you are not already active). Numerous scientific studies show that physical activity causes body-substances (well-being hormones) like serotonin and endorphin to be distributed in the body. These substances relax the body and the mind. At the same time, they stimulate and boost fantasy and creativity (which you will need later!) Researchers of emotion and doctors speak here in terms of a "high" feeling, comparable with the effects of a drug. The drug only works following approximately 30 minutes of activity in the area of aerobics (for example, jogging, Nordic walking, etc).

Besides the generation and maintenance of motivation, sport is especially important for your goal. Because you will become more well-balanced through sports activity. Sport will divert your attention temporarily from your dream woman problem. And that will help to relax your mind. So, physical fitness isn't only good for a good physical feeling and for your motivation. Physically fitness is especially good for the well-being of your mind. And, a relaxed mind strengthens your charisma. And you need that at the latest, when you meet up with your dream woman.



## **Chapter 3 – the third step**

### **Discover your destructive forces – that which prevents you, to speak to your dream woman**

#### **Like remote controlled forces which steer us**

Do you remember my story with the dream woman in Berlin-Kreuzberg? That was my last negative experience of this kind. After that, I was simply fed up with myself, with my cowardice; with simply letting my opportunities escape me. I was consequent and I resolved at last, to tackle the problem of "speaking to women". I wasn't prepared anymore to let things happen which I didn't want.

Since I had firmly resolved to solve the problem, I worked on it on that day, until late into the night. I asked myself over and over again "why then, actually?" Why was it actually, that I didn't speak to the woman? I really liked her. I found her likable in the first instant. She even smiled at me. I only needed to move a little closer to her and that would have sufficed. So, why didn't I do it? Instead, I am still lonely and unhappy.

#### **Forces which inhibit us**

Slowly it became clear to me that there was something inside of me. Something, which inhibited me. I came to the conclusion that there were forces inside of me which were stronger than my own will. They were obviously forces which impeded my development and my freedom. They prevented me from doing that which I really wanted to do. They were forces which drove me into a direction which I didn't want. One could also say that I was remote-controlled by these forces. They were obstructive forces which had a negative effect on my life. They made me unhappy.

Such were the initial results of my first superficial analysis. I was naturally interested in knowing which forces or powers had remote-controlled me. The question was, who or what are these forces? And, where do they come from? In the process of my self-analysis the following things became clear to me: The answers to these questions are based on a human principle which is anchored in the nature of the human being.

## **The nature of a human being: avoid unpleasantness and attain short-term pleasure.**

The headline could also be written: “People always take the path of least resistance.” Unfortunately, most people are like that. I use the word “unfortunately” here because many people suffer a great deal in complacency with this condition, without even being aware of it. The reason for this is the basic human principle, “avoid unpleasantness – attain short term pleasure”. The fact that you can’t find the confidence, to speak to your dream woman, is very likely connected to this principle. You would really like to make contact with the woman. But you don’t, because, for example a.) it represents a certain effort, which b.) could also result in unpleasant consequences. So, instead, you decide rather to avoid it and with that, you take the path of least resistance.

With that, you follow your established pattern of life which you have sewn together in the process of living. A pattern of life which avoids as much unpleasantness as possible. One could also call it a very personal kind of life insurance. Instead of speaking to the woman, you possibly choose instead to visit the pub for a pint or two. At least alcohol can guarantee you a few hours of short-term happiness. Unfortunately, that only keeps until the next morning. Then, you get into the bus with your hangover and go to work. On the way, you see an attractive woman again. Naturally, you keep to your established pattern of life and avoid speaking to the lady. You think, “It would have been nice”, and you take another cigarette instead to attain short-term gratification and compensate your frustration. Simpler, and especially, safer.

Naturally, this isn’t necessarily exactly how it goes for you. I have simply attempted to describe a typical pattern of behaviour so that you understand what I mean.

Most people stick with their pattern of life. They build for themselves their own off-limits zone. A zone in which they experience the least pain possible and the quickest- and most-possible pleasure. Only few people take the risk of departing from this zone. For most, it requires too much effort and is too much of a risk. They would rather find short-term gratification inside of this familiar zone – even if it results in long-term damage, as with alcohol or cigarettes for example.

## **A favourite formula for unhappiness**

It is interesting to note that the compulsion to avoid unpleasantness is more prevalent in many people than the wish to experience real (long-term) happiness. If people would use the same energy and intensity to find happiness as they use daily to avoid unpleasantness, then we would probably be a nation of happy people.

A good example for this is the topic of “dieting”. Although numerous overweight people suffer very much from their obesity and feel the longing, someday to be slim and attractive, they don’t consider it appropriate to take effective action. And so they avoid demanding jogging activities, for example. Even when it would mean achieving their heart’s desire through the daily activity, inside of a few months. Still they don’t do it. Instead, they invent one pretext or the other as a reason not to become physically active (avoid unpleasantness). Instead they sit in front of the television and eat unhealthy food like potato chips (short-term happiness) and become even fatter in the process. Instead of achieving their longed-for goal (slim and happy) with a long-term concept to change the patterns of their lives (regular sports activities), many of these people choose short-term happiness with the television and sweets. The problem is, this happiness doesn't last. At the latest, when they glance in the mirror the next morning, they are faced again with the plain facts, which renews their unhappiness and frustration. Why? Because, these people remain loyal to their pattern of life and their formula for unhappiness “avoid unpleasantness – attain quick happiness”. They are not prepared to accept any “pain” (physical activity) in order to achieve long-term, sustained satisfaction (through an attractive body, for example). As I met the charming woman in Berlin-Kreuzberg, I too, oriented myself towards this formula for unhappiness. Through an attempted contact with my dream woman, perhaps my heart’s desire would have been realised. Perhaps that would have been the woman for my life. But since I, too, have such mental patterns that I avoid unpleasantness as a matter of principle, I made no attempt to approach her. But, what could have happened to me anyway? The answer: I was afraid of making a fool of myself in front of my acquaintance and the passers-by. It is possible that my acquaintance would have ceased to take me seriously in future. My esteem would certainly have been compromised. To me, this risk was too hazardous. The unconscious force which had held me back from contact with my dream woman was the fear of displaying feelings in front of my acquaintance. I was afraid I would suffer unpleasant consequences. Unconsciously, I connected contact with pain, which I was not prepared to accept. That is why I let everything stay the same, loyal to my habitual, safe pattern of life, and remained unhappy.

Remember: It is a basic human principle to avoid unpleasantness and attain pleasure.

To avoid unpleasantness is much more important for many people than to make the effort to experience real (long-term) happiness. Whoever wants to reach their goal should be prepared to admit some pain.

### **Three prevalent forces which steer us**

Inside of the system “*avoid pain and attain pleasure*” there are forces which try to achieve exactly this principle. They steer us in awkward situations so that we experience as little unpleasantness as possible. These forces have their origins. Here are the three most significant reasons for the typical thought- and behavioural-patterns from which the forces arise which inhibit us:

#### **1. Notions**

Notions are comparable with attitudes or opinions towards a topic. Almost everybody has an opinion or a personal stance towards a topic. We need them in order to make decisions and act properly.

Such thought- and behavioural-patterns originate as a rule through our upbringing or our personal experiences of life. Of course through, we cannot know and experience everything and everybody. That is why there is an array of things towards which we must “formulate a notion”. One could also say, we believe this or that. When we don’t know what we are to think of a certain matter which we have never experienced ourselves, then we orient ourselves with “second hand” information. We draw the so-called secondary information from advertising, information from other people, newspapers or we simply go by our own feeling, for example.

This secondary information has a disadvantage of course, in that it is not always correct and doesn’t always contain the truth. Despite this, we pick it up from somewhere or other and integrate it into our system of values and norms. This information converts into thought- and behavioural-patterns which we are convinced of and according to which we act in certain situations. The problem with the matter is that the source for these notions is not always correct, true or current. And ultimately, since we act according to these notions, a false notion can have an enormous influence on the formation of our lives or actions.

#### **Example: The man in the train**

A man is sitting in the train. Across from him sits a twenty-year-old beauty. Over and over again, she glances with her fawn-eyes at the man across from

her. Every time their eyes meet, he looks self-consciously out of the window. Just as if he is not especially interested in her. Even though, she is simply everything that a dream woman should be. Her delicate appearance, her tanned skin and her dreamlike brown curls – all of this actually fascinates him very much. Really, he would rather like to make contact with this young lady, but he is not thinking seriously of a real attempt to say hello. The reason why, is, his notions: *“Me, normal, and such a beautiful woman? She is out of my class.”* and *“If I say something to her, she will certainly feel harassed and will ignore me anyway.”* and *“She certainly already has a boyfriend.”*

As you can imagine, he never did speak to the attractive girl in the end. His restrictive thought- and behavioural-patterns – in this case his notions – prevent him from speaking to the dream woman. Because of his notions, he is convinced that he knows that he has no chance. He thinks this, even though he hasn't yet exchanged a single word with her. He categorically shuts out a contact attempt, just because he finds her beautiful. Why is that so, with this man? An explanation example: In television, the man sees wonderful women everyday, always accompanied by rich and muscular men. Since he doesn't count himself as one of these ideal men, gradually a picture grows from these impressions which he rates as realistic and which he assumes as a notion.

The perspective of the twenty-year-old woman emphasizes the dramatically unjustified notion:

The dream woman in the train compartment has been looking for “Mr. Right” for over half a year. She deliberately sat in the compartment with the man because she hoped that he would speak to her. Because somehow or other, she found him likeable from the first instant. She would have been pleased to make contact with him. But since he didn't respond to her glances and looked out of the window instead, she just let the matter drop. She, herself, would have been much too shy to speak to him directly. That is also a reason why she otherwise only looks for a partner in the internet. Of course, up until now she hasn't really had any experiences there which you would call positive. Because of this, she attempts more often to flirt in real-life situations. Unfortunately though, always without success. Most men look in the other direction and turn away.

The example makes very clear how false notions can generate forces which prevent a man from speaking with his dream woman. But as it appears, women as well.

### **Another false notion**

Seriously, isn't that really a sad story? Even sadder is the fact that in reality, thousands of such situations or similar occur every day. I'm certain that you too have already experienced a situation like the one the man in the train compartment had. Certainly, you too, have been the victim of your incorrect notions. But take comfort, I, too, have scraped by my opportunities very often because of such "delusions" or "false judgements". The last time was in Berlin-Kreuzberg. As I saw the dream girl in Kreuzberg, I thought "*Wow, what a woman*".

At the same time my notion was activated "*Forget it, this beautiful woman is probably pestered from men a hundred times a day. She will be irritated when you too, make your try. You are nothing but one of many anyhow ...*"

You are already familiar with the rest of the story ...

As I did my research for this book I realised that the objectively more attractive women in particular, are spoken-to significantly less than I ever suspected. The majority of women which I interviewed would rather have been spoken to by exactly those men who never do it. Even though, many men have the opinion that good-looking women are constantly pestered. But the opposite is true. When these women are spoken too, then it is often the kind of clumsy harassment from typical one-liner types who think it is cool to act like a Casanova in public. Other men in comparison often hold back – just as they do.

Remember: False notions result in forces which often prevent us from speaking with dream women.

## **2. Upbringing**

The upbringing from our parents, in the early years of our lives, makes its stamp on our entire life to a very large extent. Much of the breeding which our parents, educators, and teachers laid upon us accompanies us even today. Some of this is useful in our current lives; other things encumber us, in some cases, massively. Our upbringing can also stand in the way of our relationships with other people. Naturally, it depends on how each individual person has been raised. Everybody has their own parents with different views, methods of raising children, values, and norms. Every upbringing is unique. For this reason, it is also very difficult to render general examples of destructive forces which would result from breeding. Nevertheless there are a few typical patterns of behaviour which many people exhibit without ever reflecting on their presence. And, I am certain that they have a connection with breeding:

### **“Big boys don’t cry”**

With the help of my personal dream-woman history, I would like to show how breeding can affect us in the present when, for example, we are dealing with getting to know our dream woman. As you know, I pursued the question of the forces which prevented me from speaking to my dream woman.

I have mentioned in the previous portion of this chapter how embarrassing it would have been to show my feelings in public in front of my companion, should I have attempted to speak to the woman. But, why was I concerned about exposing myself to ridicule? Try to guess. Correct. My upbringing was aligned according to the motto “big boys don’t cry”. Maybe you have already heard this saying. It is a nonsense method of upbringing with fatal results. This kind of breeding leads to thought- and behavioural-patterns which inhibit many men today enormously in the area of relationships with other people. Through this old-fashioned nonsense, many men today are not able to freely express their emotions. They aren’t able to cry and show weakness in public and they can’t manage to show their sincere feelings to a woman.

### **Careful, strangers!**

As a child, I was often told that I should be careful around strangers. I was taught not to allow them to speak to me. And, I was not to speak to anyone either. The intention of my parents and those who minded the children was to protect me against evil people who distributed sweets and kidnapped children. Overall, I was directed not to be open to all of the people whom I met. I was taught always to keep a certain distance. Regardless whether in the shopping centre, the neighbourhood, or on trips – speaking to strangers was just not done. It was somehow improper. Back then, I accepted it and internalised it. It became as such, a part of me.

Today, I am very critical of this method of child-raising because it limits me. Through such a method, children are raised into contact-poverty. Social contacts of every kind can only be good, however. It is rare that they cause damage. We experience daily the consequences of this upbringing. For example, I find it very strange in Europe that strangers sit across from one-another for several hours in a train compartment without conversation. I also find it terrible that more and more, many people draw back into their homes, shutting themselves up with all the available technology, becoming miserably lonely. Why do they not sit on a bench in front of their house and chat with the neighbours as do, for example, people in Southern Europe? I believe that many Europeans were, and are being raised into disassociation. If you don’t know what I mean, then take a ride for several hours on a train in India. At the latest then, you’ll know what I mean by “disassociation”. If it is considered

improper and unsocial in Europe to speak to strangers in public, then it is no wonder that men have problems approaching unacquainted women. They are curtailed by destructive inner forces which exist as a result of their upbringing. The inner voice whispers, “*That is improper*” or “*one just doesn’t do that*”. It is a force which prevents men from doing what they actually want to – namely, to make contact with a woman whom they desire.

Remember: Notions can be the reason why our outgoing nature towards women is stunted.

### **3. Background and experiences**

Our own background and experiences make their stamp on us in particular. They become the measuring stick in our daily routine. With the help of that which is stored in our background and experience we evaluate for example, new situations with which we are confronted. We evaluate them with, amongst other things, standards attained from previous experiences. Following the evaluation, thought- and behavioural-patterns form that we require in order to act when a similar situation presents itself again later. A typical example: A child, who once experiences the touch of a hot stove with their hand, will never touch it again. The child has learned that this action is connected with pain. The child records the pain and forms the pattern “*a hot stove hurts, I mustn’t touch it*”.

So, what has that got to do with our hot dream women?

Possibly, you have already guessed. It’s clear: a negative background and experiences in relation to women can prevent us from speaking to dream women. When a man fails in the attempt to get to know a woman, then he could feel so emotionally hurt that he never attempts to speak to a woman again. The fear of being emotionally injured again is too overwhelming. Thus, background and experiences have a direct influence on our future actions. Background and experiences have a part as such, in the formation of our lives. They may be the reason why you cannot bring yourself to speak to your dream woman. But don’t worry, despite everything, you will manage it.

Remember: Background and experiences influence our actions.

### **Now it is your turn!**

Now that you have read some examples about inhibiting, destructive forces and their origins, I would like to ask you to take the third important step.

Your task: Discover the forces which are preventing you from speaking to your dream woman. Make yourself comfortable and make sure you have a pencil and



paper. The task requires you to reflect on yourself. Look into yourself and consider. Ask yourself the question “*Actually why do I not feel confident to speak to women?*” and “*Which forces are preventing me?*” Keep my examples in mind. Try to make your destructive thought- and behavioural-patterns clear by thinking about your upbringing. Examine the notions which you have when your dream woman is standing nearby. Think about how far your background and experiences from the past could be playing a role.

As soon you become aware of the inhibiting forces and their origins, please note them on a piece of paper. Please allow yourself a lot of time for this exercise. Look into yourself until you are certain you have recorded the most important of the destructive forces. It is very important that you become aware and write out all of the restrictive thought- and behavioural patterns. To assist you, here is an overview of the most common destructive forces which prevent men from speaking to their dream woman:

#### Notions:

- “She is too beautiful for me and thus unreachable.”
- “Certainly, she already has a boyfriend.”
- “She is definitely spoken-to by men a hundred times a day.”
- “She is not looking for a boyfriend.”
- “She will feel harassed if I talk to her and she will ignore me.”
- “I am too small/fat for her.”
- “She will certainly expose me in front of everybody.”
- “I’ll make myself ridiculous.”
- “I am too old/young.”
- “...”

#### Methods of upbringing:

- “One doesn’t speak to strangers. It is improper.”
- “Big boys don’t cry (should not display emotions).”
- “Couples always find one another automatically and by chance. An active search is not necessary. (Only uptight people go out looking for a partner).”

#### Experiences and background:

- You have already had one or several (unpleasant) rejection(s).
- You been exposed to ridicule in front of a woman.
- You have been exposed to ridicule in a circle of acquaintances / in the neighbourhood.
- You were threatened or even beaten by a friend.
- She laid charges for harassment or similar.
- You had trouble at work because of a flirt.

See if there are thought- and behavioural patterns in the list which prevent you too from speaking to a woman. But don't forget to look into yourself too. Everyone is unique, was raised differently, and has gathered varying experiences. That is why you should use the listed examples as supplement when you cannot find anything more in yourself.

As soon as you have recorded all of the destructive forces, step number 4 will follow.

P.S. Don't forget to dream!!!

## Chapter 4 – the fourth step

### Programme yourself to be outgoing

Congratulations! You are on the brink of solving your problem. Shortly you will be able to speak to dream women without difficulty. What makes me so sure? It's simple. You already have the first important steps behind you:

1. You know what you want and you have firmly decided to speak to dream women instead of only watching them go by.
2. You like to dream often of your dream woman and you are highly motivated to solve “your problem”. You can hardly wait to undertake the first real attempt to actually speak to a dream woman.
3. You have discovered which inhibiting thought- and behavioural-patterns are caused by the destructive forces, which have prevented you until now to speak to the woman of your dreams.

These three points fulfil the requirement for the fourth step; the most important of all. Now it is time to deactivate the destructive, inhibiting forces so that they cannot spread their influence any more. They must be made innocuous. At the same time you must ensure that new forces are put into effect where the old negative forces once were.

These will downright fire you up to speak to dream women. Just imagine that the negative forces would not steer you anymore and not prevent you to make contact with dream women. Wouldn't that be great? You would be ready to speak to your dream woman every day and everywhere without problems, spontaneously and directly – without inhibitions and without long, haphazard changes of mind. You would simply do it, every time. That is a fascinating proposition, isn't it? But, be please patient just a little longer. It wouldn't be wise to rush in before you are ready. You still don't have all of the necessary equipment. Before you can begin your first attempt, your destructive forces must be eliminated and replaced with assisting, constructive forces. But, how does that work?

I would like to explain the basic plan with the help of the following example: Compare your brain to a computer hard drive. In the course of the years of your life, the hard drive in your head has been filled with a lot of data. This data consists, amongst other things, of your background, experiences, things which you have learned and things which you believe. Your hard drive in your brain has an enormous storage capacity which is constantly being drawn upon. You generate information from your brain in real life situations similar to how

you access files and programmes on your computer hard drive. Sometimes you do this consciously and sometimes unconsciously. The destructive and inhibiting forces which you discovered in yourself in the previous chapter are in a file on the hard drive in your brain too and unfortunately, are always activated (unconsciously) then, when you meet your dream woman.

In principle, all you have to do now is delete the old programme “*I don’t feel confident to speak with my dream woman*” with the inhibiting forces, and replace it with the new version “*I will speak to every dream woman.*” That sounds simple, doesn’t it? And, to tell you the truth, it is simple. It’s best if you simply follow me. I will take you through the user manual so that you can delete the old thought- and behavioural-patterns from the hard drive and programme it with the new patterns.

### **Read the technical requirements!**

Before beginning with your re-programming, I would like to give you /remind you of two important tools. Without these important tools, you won’t have all that is necessary to even attempt a re-programming.

Tool I – principle of pleasure and pain:

You have read it already in chapter 3. The human principle of happiness and pain: “*People are always trying to avoid pain and striving perpetually to attain pleasure.*” Remember this basic principle. It will help you in the process of deleting and re-programming your hard drive.

Tool II – the power of repetition:

Do you still remember about the cowboy from the cigarette advertising in chapter two? It is one of those advertisements which have basically not changed in decades. First the cowboy undertakes the hard work on his horse (action), in order to relax subsequently by the campfire – naturally with a cigarette of the famous brand. The cigarette brand has persisted for years, always with the identical advertising pattern. Through the constant repetition of the same basic pattern, this advertising manages to programme people (for their purposes). In the end the smokers believe that they, too, have earned a cigarette after they have worked. And so we ascertain: The power of repetition fixates the human thought- and behavioural patterns. Please remember this psychological technique. The same technique will also help you to decisively change your thought- and behavioural patterns.

## How to delete disagreeable programmes from your hard drive

(The removal of destructive forces)

Now, the goal is to deactivate your negative forces – the thought- and behavioural-patterns – so that the next time you meet a dream woman you will not be prevented to make contact. The problem: Your previous thought- and behavioural-patterns have probably been firmly anchored in you for many years. The reason: They were put to use so often in the past. Through the repeated application of your thought- and behavioural-patterns they have, so-to-say, become ingrained inside you (just as the repeated cigarette advertising with the smokers). The consequence: Every time that you run into a dream woman, you put on the brakes automatically and unconsciously instead of giving gas. And every subsequent use of the brakes strengthens the applied negative pattern additionally. (See cowboy - Tool II)

You could compare the use of the restrictive pattern with a beaten path on a field. The more that one walks on the same path over the field, the more distinct the path becomes. Certainly your beaten path is also distinctly recognisable.

In order to delete the habitual destructive pattern it is necessary to avoid it or not to use it anymore. Therefore it is your task not to use this beaten path anymore since it causes you enormous damage. At the exact moment that you desist from using this beaten path, you are beginning, so-to-say, the deleting of the programme. Because, after a while the beaten path will disappear. Grass will grow over it, it will lose its outline and therewith, its right to exist. You are probably thinking now: “Okay, I’ll do it; but how?” Here is the answer:

Now, please use “tool I” – in other words, the basic principle of pleasure and pain. Your task now is to associate enormous pain with the previous inhibiting thought- and behavioural-patterns. After you have carried out this exercise several times you will associate so much unpleasantness with your current inhibiting thought-patterns that you will soon automatically thrust them aside and not make use of them anymore. The reason: You are following the human principle of pleasure and pain. In this way the destructive forces will be successfully combated. Use your strong desire for change and choose one of your destructive thought-patterns. Then, associate it with intensive pain. A concrete example for such an association:

For example, I carried the following notion around with me: *“Beautiful women are probably pestered from men a hundred times a day. That is why she will*

*probably be irritated if I speak to her too.”* And then, I associated intensive pain with this notion. I made the consequences which would happen clear to me, should I continue to hold on to this notion. Something like this:

*“I shall never be able to speak to dream women in an easy-going and confident way. Furthermore, I shall continue to scrape by in my life as a single – with all of its traits. Nothing will change in my life. I will have to spend Christmas alone again. I’ll continue to stay unhappy and I’ll become depressed.”*

I put myself under pressure several times a day with this painful proposition. I put so much pressure on myself that I became almost a little alarmed. At the same time I linked intensive advantages with the thought of elimination of this pattern. I imagined how wonderful and simple everything would be when I would finally get rid of this notion. Something like this:

*“Finally, I can make contact with the most beautiful women in the city without being self-conscious. I will have super sex with these dream women and I will find an attractive girlfriend. I will never be lonely again. My friends will be envious of my success with women. I will be very happy.”*

This technique uses a very effective trick. It is about making a break in the habitual pattern with the principle of pain and pleasure.

### **Pictures tell more than a thousand words**

I would like to introduce another variation with which you can make a break in your destructive thought- and behavioural patterns. You have probably heard of the saying “A picture is worth a thousand words.” This saying is very appropriate for the re-programming of thought- and behavioural-patterns. Utilise the power of pictures and think in pictures. An example: Make it plain to yourself in pictures what could happen in the worst case if you don’t undertake something to change your inability to speak to women. You’ll keep your destructive notions and never learn to speak to women. Link your inhibiting notion with the following painful picture and keep it at the forefront of your mind:

*“10 years later: You’re an old codger sitting on a park bench. You’re unhappy, overweight, and sloppy. You’re an alcoholic because you were always lonely and never found a woman. You gave up and you’ve hit rock bottom. As you sit there, lovers are strolling by. And, you are watching sadly as they go by.”*

Now paint the positive picture in your mind. Link the picture with the proposition of what will happen when you don't believe your notion anymore:

*“It is a wonderful day. You are happy and in top form. You're driving your new sexy girlfriend in a convertible through the city-centre. You are going together on ramble through the city; you are both laughing and simply enjoying the lightness of being. Afterwards, you go with your girlfriend and an acquainted couple to dinner. You are teeming with energy and zest for life. In the evening, you enjoy a breathtaking night of sex with the woman of your dreams.”*

Before you begin the exercise for yourself, please read the second part of these instructions. Because, you may have learned up until now how to delete your hard drive but not how you are to reinstall the programme.

### **How to re-programme your hard drive**

(Establishing a new pattern)

You have learned how you are to dispose of your self-destructive thought- and behavioural-patterns. Remember though that gaps remain, after you have removed the inhibiting patterns. It is essential that these gaps are filled again. Because, your brain will search for a replacement pattern. It will try to grasp at something. It needs something towards which it can orient itself. It requires something that tells it what it should do. Otherwise you would be incapable of acting in a given situation. In other words, you need a new basis (a new thought pattern), which tells your brain, for example, what is good and what is bad, what is correct and what is false, etc.

You will close this gap by replacing your old thought patterns with new ones. The fascinating thing about it is that your brain cannot discriminate between whether a thing has actually happened and whether you have only imagined it. For this reason, you will create or invent a new pattern yourself. In contrast to your old way of thinking, this will not be sewn together out of your experiences or methods of upbringing, but solely through your powers of positive thinking. When you are successful in embedding your new pattern then your brain will automatically draw from it in the moment you want to speak to your dream woman. In this regard, here is an example from my life:

My old notion was: *“Beautiful women are probably pestered from men a hundred times a day. That is why she will probably be irritated if I speak to her too”*.

I have successfully removed this statement with the help of the technique described above (pleasure and pain). I have linked pain with the retention of this statement and enormous advantages with its elimination.

In the place of the old, inhibiting statement I now place a positive alternative pattern, which goes:

*“Attractive women are less frequently spoken-to by men because men often don’t trust themselves to say something. Many of the attractive women are unhappy because of this and are hoping that a man will speak with them. And, that is why they are happy when I speak to them.”*

Reinforce the introduction of your new pattern. Utilise the power of pictures and link a fitting picture to your new thought pattern!

### **Alternative thought- and behavioural-patterns**

Examples corresponding to the destructive thought- and behavioural-patterns from chapter 3

Examine the thought- and behavioural-patterns which you have written out. Look at the roots of your patterns and replace them with constructive, positive alternative patterns. Here are some examples of the most common restrictive thought patterns which I have already introduced in chapter 4:

#### Notions:

- *“She is too beautiful for me and thus unreachable.”* It isn’t her fault that she looks as she does. For her, it isn’t so important how “he” looks. More important is that he is there for her and that she has somebody whom she can rely on. You are creating the mental block yourself. It exists only in your own mind.

Alternative statement: *“She is exactly my type and is hoping that I will talk to her.”*

- *“Certainly, she already has a boyfriend.”*

How did you arrive at that conclusion? Perhaps her boyfriend recently left her? Perhaps she is still a virgin and is still looking for her dream prince?

Alternative statement: *“She is single and is still looking for a boyfriend.”*

- *“She is not looking for a boyfriend.”*

With many women, it isn’t visible from the outside whether they are looking for a boyfriend or not. They can’t, and don’t want to show it. There are many



women who hope that the men will take the initiative. From the outside, it looks as if they are uninterested in men but in actual fact they wish to be spoken to by a man.

Alternative statement: *“She is searching for a man but she cannot show it.”*

- *“She will feel harassed if I talk to her and she will ignore me.”*

How did you arrive at that conclusion? She is very lonely and has not spoken to one single person the whole day long. That is why she would be happy over the prospect of a nice social contact. At last, she would have the opportunity to talk to someone.

Alternative statement: *“She is overjoyed, finally to be spoken to by a friendly person.”*

- *“I am not attractive for her.”*

Where did you get that idea? You don't have any idea about her tastes.

Perhaps you are just the type which she likes? Many women pay less attention to outward appearance than men, by the way. You shouldn't go by your own standards, only because you yourself think it is important how a woman looks.

Alternative statement: *“Regardless how I look – I have something to offer that even a dream woman likes!”*

- *“I am too small/fat for her.”*

At most, you have too little self-confidence! For her, it doesn't matter in the least how fat or small you are. The important thing is your character. Since you are a great guy with interesting characteristics, you have more to offer than ideal body measurements. At most, body measurements are what men are concerned with, not women!

Alternative statement: *“I am the ideal type for her because I have more to offer than the competition from the muscleman department.”*

- *“She will certainly expose me in front of everybody.”*

Why should she do that? She, herself, would be very shy if you would speak to her. It would flatter her, very much. And anyway: Why should you care about the others? Think rather of yourself and the woman and not the other people!

Alternative statement: *“She will be very happy when I speak to her.”*

- *“I will make a fool of myself.”*

Well yes, you are gradually making a fool of yourself already, if you don't soon take the initiative and speak to the woman of your dreams.

Alternative statement: *“You are making a fool of yourself, if you don't speak to your dream woman.”*

- *"I am too old/young."*

Perhaps she likes younger or older men? There are 25 year-old women who go to bed with 50 year-olds; there are young women who prefer strapping young men. Everything is possible. You must discover it!

Alternative statement: *"Age isn't important. It doesn't matter to her how old I am."*

#### Upbringing methods:

- *"One doesn't speak to strangers. It is improper."*

That is naturally nonsense. On the contrary: it is very proper. Because, not only could you enrich your life through new contacts, you could also be an enrichment in the lives of others. Your life and that of the stranger could be changed positively with every new contact. Please tell me, what is so improper with that? At the same time you are doing something against the general loneliness and poverty of contact in our society. Many people would be happy if someone would speak to them.

Alternative statement: *"Speaking to strangers is important; to gain benefit yourself and also to support others in their development."*

- *"Big boys don't cry (are not allowed to display emotion)."*

Men cry just the same as women. They have feelings and a right to show them. Feelings make people human and free. Repression of feelings makes one ill.

Alternative statement: *"Men laugh, men cry, and men are allowed to display their emotions."*

- *"Partners find each other sometime or other either automatically or by chance. An active search for a partner is not necessary. (Only uptight people go out looking for a partner)."*

If you're lucky, you may live until you are 90 years old. But then of course, it is too late. How long are you still prepared to wait for a miracle? Forget about chance and miracles. Become active instead and make your own miracle.

Search for, and find the woman of your dreams. What did my grandmother always say? "From nothing, comes nothing." She is right.

Alternative statement: *"I will take my love life into my own hands and search for the partner which suits me."*

#### Experiences and background:

- *You have already had one or several (unpleasant) rejection(s).*

So what? That is normal. Don't take it personally. You want to rise above it.

That has its cost. Remember: Whoever desires to attain long-term happiness must be prepared to accept some pain. If you speak to ten dream women, it may be that the tenth is the first that is turned on. You must be prepared for

that. The successful Dieter Bohlen once said it this way: “Don’t be misled. Don’t let anyone put a pin into your balloon full of dreams. If someone throws you out at the front way, return through the back way the next day.”

Alternative: *“Be prepared for it. Surely you know that not all women will like you. The more you try, the better the chance that you will find your dream woman.”*

- *You have made a fool of yourself in front of the woman.*

Whereby, you have done much more than everyone else who has not tried anything (Including your dream woman, who is also obviously too afraid to take the initiative.) Be proud of the fact that you have had the courage and taken the initiative. Keep on trying. In the end, you will be the one who is laughing!

Alternative: *“Consider every attempt as progress, not as failure.”*

- *You have made a fool of yourself in front of your acquaintances/ in the neighbourhood.*

They should just mind their own business. Think about yourself and your life!

Alternative: *“Who cares? Those pathetic people don’t have anything better to do than to nose around in the lives of other people. Obviously, their own lives are too dismal.”*

- *You were threatened or even beaten by a friend.*

Bad luck.

Alternative: *“The chance that it happens again is remote. It is an incalculable risk which seldom occurs.”*

- *She laid charges for harassment or similar.*

Then it was certainly a nightmare woman. Consider it as a rare “hazard of the trade” and just forget this woman. Try with another.

Alternative: *“You will put up with it gladly because, next time you will certainly be compensated.”*

- *You had trouble at work because of a flirt.*

So what? Some things are worth the trouble. Life is like that. The important thing is that you remain true to yourself and your feelings. If worst comes to worst, look around for a new job. Be true to your feelings and don’t let yourself be pushed into a corner.

Alternative: *“I had trouble at work, but on the other hand, I feel I did the right thing. That is why I am prepared to risk the trouble.”*

## **Don't forget the regular updates (conditioning)**

Now you have the techniques to replace your negative forces with positive, motivating ones. In order that you are really successful with your re-programming, it is important that you carry out your exercises regularly. You must condition your exercises. Only thus can you reinforce your thought patterns. Your new patterns must be as solidly anchored in you as the old ones were. Do you remember the example of the beaten path? Just as the old beaten path loses its outline when it is not used anymore, the new beaten path must be built up. And as you know, a new beaten path is formed through repeated use. At this point you will make use of Tool II. Just go back and read it once again. Make yourself aware of the power of repetition. Let your new thought- and behavioural-patterns run regularly through your mind, just as with the advertising strategies of the well-known cigarette brand.

The great thing about it is, however, that you are running your own film and not internalising the advertisements of others. Thus you are undertaking a decisive step towards a self-determined life. You are not allowing yourself to be remotely controlled anymore through one or the other force coming through advertising or raising, etc. You are developing your own forces now, which will lead you to your longed-for happiness – the woman of your dreams.

## **Now it is your turn!**

Make yourself a plan for seven days. Put aside approximately 3 x 20 minutes per day to carry out the exercise. Distribute the exercise units throughout the day. Perhaps you may combine this with your mealtimes. Make yourself comfortable and concentrate yourself on your task. It is very important that you carry out your exercises consistently and regularly. Otherwise, a new beaten path will not be formed. You know what I mean, don't you? If you don't keep to this target, you won't likely manage to re-programme yourself. And, as long as you don't condition yourself regularly, your brain will turn towards the old patterns (because of the lack of an alternative). You know what that means in the end, so I don't need to tell you again. So: Be tough on yourself and carry through with your plan. You know of course: the pain is worth it!

An overview of the exercises:

Exercise I – deleting the inhibiting thought- and behavioural patterns

1. Associate pain with the old pattern (Move forward in steps. First use two or three patterns which you think you can best block out. Work on the rest a week later.)

2. Link happiness and pleasure with the elimination of the old patterns.

Tip: Think in pictures!

**Exercise II – create new patterns and install them**

1. You have noted your destructive forces/patterns. Place the notes preferably in front of you on the table.
2. Now, replace the old patterns with new, positive thought- and behavioural-patterns (see my examples) and write your own new patterns beside the old ones.

Tip: Think in pictures!

### **Reward yourself**

Accelerate and reinforce the process of re-programming through positive reinforcements. Reward yourself after finishing your tasks. Allow yourself something nice after you have concentrated on the re-programming. Reward yourself with a delicious piece of cake, a cocktail or whatever you would like. To reward yourself is very important because you are creating an unconscious link between your exercise and the positive reinforcement. The system “avoid pain – attain pleasure” ensures that you enjoy doing your exercises and the new thought- and behavioural-patterns will become ingrained more quickly. Positive reinforcements intensify and accelerate the re-programming process considerably.

When you have carried out your tasks consistently for a week, we will move to the next step and we will make necessary preparations before the really interesting part comes where you make your first practical attempt.

## **Chapter 5 – the fifth step**

### **Get ready!**

It is great to welcome you at this point in my book. I hope you have read the first four chapters carefully and have carried out the exercises.

If so, then you are basically almost fully armed for the first attempt to speak directly to the woman of your dreams. Certainly you have already found out to your amazement, how easy it is to change the old ways, like attitudes, ways of thinking, etc. I am certain that you have never approached the matter in this way before. Believe me, these inner foundational adjustments will lead to entirely new results; results which you have never attained before. Naturally, success will only become evident when all tasks up until now have been conscientiously and consistently carried out. I also want to ask you to repeat your exercises often (remember the beaten path!) A period of seven days is a minimum. The longer you carry out the exercises, the more firmly the new patterns will be anchored.

If you have made it successfully thus far, then you can be really very proud of yourself. Just think about what that signifies. Make yourself realise that you are on the brink of living your dreams. Soon – in contrast with most men – you will be able to approach women and make contact with them in an uninhibited way. This will open entirely new perspectives in your life for the first time. And, your experiences will additionally reinforce your re-programming so that the contact to women will become easier for you from one time to the next. And who knows what kind of interesting people you will meet? And, who knows what will come out of all these contacts? It is possible that your entire life will change. Everything is possible when you soon speak to your dream woman in public. You will experience it. Enjoy it! Use your enthusiasm and gather your energy together again. Take this opportunity to use your anticipation to really motivate yourself. Dream again of your concrete goal. It will give you the extra momentum which you will need shortly for the real direct contact to the woman of your dreams.

### **How to make a better impression with women**

In the main chapters of this eBook you have learned techniques which empower and motivate you to overcome your limitations in speaking to dream women. As such, you have probably already found a solution for your main problem which has hindered you in the past in scores of situations in speaking

to a woman. With the current changes in your thought- and behavioural-patterns in the category of “speaking to women” you have a significant “competitive edge” in comparison with your male rivals. Because, most men fail exactly at this point. They are prevented to speak to a woman by their destructive forces. And the worst thing about it is that they don’t recognise it. And even then, when they say now or never, and take the risk to speak to a woman (perhaps after one or two bottles), they are compromised by their negative forces to such an extent that it usually ends in disaster. The result: self-confidence disappears and in the time that follows, no renewed attempt is made. Instead, they buy some flirting advice manual or the other and look for a solution in the “how-to” question. They ask themselves over and over, which super flirt line will help them finally to pick up a woman. They buy one flirting book after the other in order to find the answer. That is only helping to give the economy a boost but it doesn’t help them, personally. There is an entire industry, by the way that thrives on selling solutions which, in actual fact don’t exist.

As you have already discovered in my eBook, there are solutions for it; it is possible to spontaneously speak to women and come into direct contact with them. Because, whether you speak to a woman or not is dependent directly upon you and not on other factors. It is your decision whether to do it or not. I am supporting you with the help of this book. But, remember one thing: There is no cure-all solution to win-over a woman. To sell a cure-all solution for the “how-to question” would be chicanery and / or a rip-off.

I am touching on this subject because you are probably asking the question: *“Okay, now I am able to speak directly to a dream woman, but how do I proceed, exactly? What should I say?”* I, too, cannot offer you a solution for every situation. However, I am convinced that the attempt to make a good approach to a woman will be obstructed significantly through the presence of inhibiting thought- and behavioural-patterns. When a man speaks to a woman and simultaneously thinks *“Oh God, she is so beautiful; and me, the clod; I have no chance anyway,”* then he will certainly radiate his lack of self-confidence and insecurity. Obviously, this man has no chance of success in his endeavour.

The reason why I am telling you all of this in such detail is because I want to make it very clear that you have already significantly disarmed the “how-to question” with the elimination of your old ways of thinking and the re-programming of the new patterns. In the next while, when you approach a woman, then you should be thinking something like, for example *“Oh, I like her. She is sitting all alone, so she is certainly interested in speaking with me.”* In contrast to the man in the example given above, you will have a much

easier time with this attitude, in having a normal conversation with the woman. You will have an air of competence and will radiate confidence. And exactly that, will increase your chances with women.

You are much better conditioned with your new programming to,

- 1.) make initial contact with women,
- 2.) carry out a “normal” conversation with them.

You will become much more self-confident and relaxed in interactions with your dream woman through your new, positive thought patterns. You will neither be afraid of failure nor embarrassment. You will approach women with your own personal charm and speak to them unselfconsciously, just as if you were buying bread at a baker. Why then, would you need memorised flirting lines or any other similar nonsense? You don't need anything like that when you go to buy bread, do you?

You certainly don't need a know-it-all who takes you by the hand and gives you every word you should say when you meet your dream woman. You are an adult and you can speak to other adults. Certainly you do that already in your daily life. If no destructive forces are present anymore which would keep you from your dream woman, then you will also be able to speak normally to her. It's best in the end to rely on your own personal style. After you have re-programmed yourself, you'll certainly swing it. Here are a few important basics for selling yourself successfully.

### **Concept for making a successful impression**

No, don't worry. I won't leave you hanging. You re-programmed yourself and you are certainly self-confident enough to make contact with a dream woman. I would like to give you a few tips however, so that you are optimally prepared before your first attempt at contact. Please realise: You are the one who wants something! You want contact with a dream woman of your choice. As you know, it is necessary to put effort into it. It isn't sufficient only to work on yourself and replace your old patterns with new; you must also put a great deal of effort into making yourself competitive and to make a good impression. You will manage this of course, to a large extent through your natural appearance. Nonetheless, there are numerous other factors with which you can optimise your chances significantly.

Compare your goal of “speaking to a dream woman” with a marketing campaign. You are the product which is to attract and impress the target group of dream women. In marketing and advertising, communication is the fundamental issue. One differentiates thereby between verbal communication



(for example, when you speak with words to your dream woman) and non-verbal communication (as for example, clothing, body-language). That is where my idea comes from: Let us look over the shoulder of the advertising professionals to see how they market products – see how they communicate with their target group.

### **View of the product – how suitable are you?**

The core of every advertising and marketing campaign is the product. We are talking here, about the object which is to be sold. For this reason, it is important that the product has a use for the target group; to put it another way, it offers clear advantages. Otherwise there is no sale of the product with the target group. In other words, this means for you: If you don't make a suitable presentation then you won't be (very) attractive to the target group of beautiful woman. Let's take a look at what the product has to offer and where we need to make some improvements.

### **The one-of-a-kind product attribute – your personality**

In advertising, one uses the term USP (Unique Selling Proposition). The USP is the unique sales attribute of a product. It needs to be powerful enough to convince consumers to buy the product. The presentation of the special quality and the uniqueness of a sales object must always be in the centre of the sales pitch. That is how advertising works. Now, the question presents itself, what is the nature of your USP. What is your unique sales argument in regard to your target group of attractive women? Your muscles, perhaps? Your car? Your money? I hope that you don't seriously want one of these things to be your unique sales argument. Before you make a decision, think about your target group. In relation to this question, in the advertising industry the following saying is often quoted: "*The fish needs to taste the worm, not taste the angler.*" In other words, it means that you should think about whether the thing, which you feel is attractive, is also something that women find attractive. Perhaps your new car is entirely irrelevant because she is much more interested in trips far away.

As a rule, numerous women are interested to the same extent for men's topics as men are for women's topics. Just imagine that your dream woman is just as interested in your top-job as you are for her makeup or her new shoes (as far as you even notice these details). I wager that most women don't really think that a man's robust body, with strong muscles is overly essential. Also, women don't really long for a man with lots of money or a super car. Women certainly

find all of that very nice, but surveys show over and over: most important for them are personal values such as, for example, security, love, fidelity, sincerity, empathy, etc.

It is us men who think that we can impress women only with a lot of cash, fat biceps and classy vehicles. I'll tell you, that is all nonsense. Many men are the victims of peer pressure, the advertising industry, and their own problems. Many attempt with material goods, simply to conceal or at least compensate their own personal inadequacy. Enough said about that.

In the title of this section I have already indicated how you can really impress women. Through your personality. Everybody has an individual personality; an unmistakable character with numerous positive as well as negative attributes. If you want to make contact with a woman and get into a conversation with her, then you should make as much provision as possible for your positive characteristics. Which ones those are, is of course something that you will have to find out for yourself. Possibly, you are a good listener, a humorous contemporary, or a subtle person. You must discover it. Ask your friends. In order to determine which personal characteristics are attractive to most women, we must take a brief look at the target group of dream women. The following list offers an overview of characteristics which are important to many women. Immediately following are peculiarities which are guaranteed to set women off looking for the nearest escape:

### **A look at the target group: The dream women**

Personality traits which women find attractive:

- Maturity
- Reliability
- Responsibility
- Empathy
- Interest in their topic
- Fidelity
- Sincerity
- Warm-heartedness
- Stable personality
- Ability to admit weaknesses and mistakes
- Education/knowledge
- Talent
- Courage
- Self-confidence

- Cheerfulness/humour
- Patience and taking time
- Active, ability to animate people
- Self-critical
- Lenient
- Good listener
- Well-balanced
- Satisfied
- Socially competent
- Peaceable
- Sensitive
- Fantasy

If you are absolutely set on failure, then emphasize the following characteristics:

- Macho
- Arrogance
- Excessive coolness
- Inconsiderate
- Boasting
- Know-it-all
- Envy
- Pessimism
- Pompousness
- Narrow-mindedness
- Aggressive
- Insecurity
- Frustrated
- Callous
- Ego-centric
- Pigheadedness
- Loud-mouthed
- Intolerant

### **Still another important product attribute**

It's called humour! Without cheerfulness, you won't get anywhere with women. Please remember that. As grumbling and anxious as you may be, for heaven's sake don't let it dominate. Verbally or non-verbally. On the contrary. Smile and radiate as much cheer as you can – even if you are just as miserable

as can be. A serious glare, a concerned expression, or a critical remark – all of this will certainly ruin the course of events. At least, at the initial direct contact.

Basically you should naturally always try to arrange even your daily routine as untroubled and optimistic as possible. The more casual and relaxed you are in your daily routine, the more positive your disposition will be at a spontaneous initial contact.

As is so often the case, this point has its parallel in advertising. Negative product attributes are not mentioned or they are glossed over and catastrophes are swept under the rug. Otherwise, a product cannot be sold. One can view that as one wants. It won't change the fact that a service team with smiling colleagues can be sold much more easily than a musty miserable bunch with hanging heads. That is why I recommend to all chronically bad-tempered, crabby, depressed, and melancholy people to urgently read the chapters 1-4 to achieve a positive basis attitude (re-programming). Utilise the same techniques and catapult yourself from your depths into a better, more positive frame of mind. Ask yourself simply: What drags me down? Expose the destructive forces behind your bad moods. Proceed using the same structure as I have described in those chapters.

Otherwise, in the least, for extreme emergencies (when meeting a dream woman), a way should be found to exchange the morose state of mind temporarily with a bright disposition. So, please don't tell your dream woman stories during your first contact of your nightmares, your irritating boss, or your mean ex-girlfriend. Because, you wouldn't only be creating a bad atmosphere, it would poison the first contact attempt, and you wouldn't be making a good impression of yourself. The woman could begin to think that you will soon be talking about her in such a manner. Therefore, always be friendly and good-humoured. Even then, when somebody introduces a negative topic – you should keep your cheerfulness and optimism when you are meeting with your dream woman. That will score you plenty of points on the upwardly limitless likeability scale. Women appreciate men with a sense of humour and jocularly in serious situations. It doesn't only distract from the current gloom and misery, it especially transmits a feeling of security and authority. A man, who retains his sense of humour even in the most trying situations in life, is obviously self-confident and sure of what he is doing. That makes a good impression, gentlemen!

But, I advise you not to learn jokes by heart in order to sound funny. You shouldn't act like a clown. Try to keep a positive frame of mind. Do something for your mental balance (for example, sport) and try not to take matters in the world more seriously than necessary. Always remember: You'll be dead anyway

in 80 years at the latest. No rooster will be crowing about you anymore and your serious topics. The world will keep on turning another six-million years, even without you. So, don't take yourself or other things all too seriously. Life is too short for that! Live, and enjoy yourself for today! Have fun and keep a positive frame of mind as much as you can.

You'll have superior prospects when you meet with your dream woman, if you succeed in transmitting your positive frame of mind to her. And if you still want to take something seriously, then please, take my "good-humoured advice". Otherwise, the marketing campaign "dream woman contact" will fail, alone because of the flawed quality of the product.

### **The design – non-verbal communication**

After you have analysed the target group and the product, and you have identified and accentuated the important product attributes, additional measures must take place for the marketing. The completed end-product is now given a suitable (promotional) package. The design of the product must, on one hand, correspond to the target group and, on the other, suit the content. Both are important. Plainly speaking: Pay attention to the way you look. Your appearance should suit your personality, but also take the target group of dream women into consideration. Always remember: Your dream woman always sees your exterior first, and not your inner core. Through your optical appearance she will receive an initial, possibly decisive overall impression of you. Remember, that you want to express something towards women with your appearance. Your visible appearance is a part of the overall communication with your dream woman. Consider your packaging then, as the non-verbal part of your marketing campaign. In a fraction of a second she will decide, either for, or against you. That is why it is necessary that the packaging is appropriate. You could compare the matter with products on the supermarket shelves. If the package doesn't attract the customer, then they don't buy the product (independent of quality and price). It doesn't matter how perfect you may otherwise be, if you forget to present yourself well and neglect your outer appearance, you are in danger of taking a nose-dive. Now that you have learned to speak to dream women directly and spontaneously, you should also give everything you have in order to make a completely good impression. Here are some marketing basics for a successful package:

## Care for your body

### Body

Who wouldn't like to have an aesthetic and well-trained super-body? But, as we already know, it isn't really necessary to recreate an Arnold Schwarzenegger. Women also like men who don't correspond to this ideal of perfection. That is actually good to hear, isn't it? Perhaps it isn't important to be a muscleman, but it is important to be able at least to offer an approximation; that is what you, too, expect from your dream woman. At the least, you should make the effort to present a vital and attractive body as far as you are able.

Though, you should not work on an attractive body only because of your dream woman goal. Maintaining your body is advisable, alone because of reasons of health. If we ignore our bodies, then they take their revenge in their own way. We get sick, and our bodies become less attractive. Whoever lives an unhealthy life and, for example, regularly eats fast food, has to expect to become overweight. Whoever consumes too much alcohol over a lengthy period, will age more rapidly. And, whoever isn't active in sport, will never have a robust, well-trained body.

I can't emphasize that enough. So, get off your backside and get active. At the same time, through your toughening-up, you'll reduce your rolls of fat and your beer-belly (if you have that in the first place). If you are overweight, begin a diet. Make the effort, it's worth it. You already know: No pain, no gain! And, don't forget, you are doing it for yourself. When you have an attractive body and you feel good in it, you will radiate this satisfaction outwardly.

### Fingernails / toenails

Men often neglect caring for their fingernails and toenails. On the other hand, they carefully inspect the fingernails of "everywoman". Fingernails belong to the parts of the body which are uncovered and serve as one of the first, important appraisal criteria for a woman during the first contact. Chewed fingernails, fingernails with dirt under them, or long fingernails lead to conclusions of "sloppiness" and "slovenliness". The same is true for toenails, if you are going around in the summer with sandals on.

### Face

The first part of the body which your dream women will notice and thoroughly inspect is your face. For this reason, it is advisable that you make the effort daily to care for your face. It isn't sufficient to throw a few drops of water into your face, once in the morning. Women can discern immediately, through

tiny impurities in the skin whether a man washes correctly or not. Perhaps it isn't so important for you, but women on the other hand, give it high priority! If you only do a quick wash, then you'll very likely have blackheads and pimples. Daily care of your face can reduce the production of sebum and prevents unsightly skin impurities. My tip: simply go to a cosmetics salon for facial care! Get some advice or, if necessary, some treatment. You will be surprised, what a thorough facial treatment will do for you. And don't be embarrassed, just because you are a man. These days, very many men go to cosmetic consultation. The best thing is that you don't forget the reason why you are doing it. Shaving too, is without question an important factor in the care of the face. According to surveys, most women do not like beards. A full beard is especially not okay. In the end though, it is also a question of preferences. The important thing is that your facial hair suits you and you take care of it. If you don't take care of it, it repels women.

What effect do glasses have? Do they even suit your personality? Do your glasses transmit a disadvantageous or false impression of you (for example, a nerd, a know-it-all, a bore)? Perhaps your glasses make you look many years older than you actually are? Think about it. Ask your friends about it. Or, simply go to an optician and look around for new glasses which better accentuate your personality. Perhaps you could simply exchange your glasses for contact lenses. Then you don't need your glasses. You can try contact lenses at most opticians free of charge.

Or, permanently remove your sight problem. Modern laser procedures (Lasik) in nominal operations make the rectification of your sight problem possible.

#### Nose- and ear-hair

When the hairs are sprouting out of your ears and nose, you should buy a nose- and ear-hair remover. It is a small device with a big effect. It really isn't advantageous when you are speaking to your dream woman and hairs are waving out of all of the openings in your face. You can get a nose- and ear-hair remover at any chemist.

#### Halitosis

Garlic smell, beery breath, or any other unpleasant odours coming from your mouth are the biggest of flirt killers. Avoid bad breath by all means. Make the habit of regular, sound dental hygiene with toothbrush and dental floss (to deal with matter in the spaces between the teeth). Mouthwash and breath-freshening sweets help additionally. If you blunder here, it is your own fault.

#### Teeth

You have certainly seen the white teeth of the attractive ladies and gentlemen in the numerous advertising posters in your city. The exquisite teeth sparkle at us so that we buy a product or make use of a service. Orient yourself towards that. Let your teeth sparkle when you smile at your target group. Beautiful, white teeth stand for health, vitality, and care. White teeth enable a friendly smile. Simply go to the dentist and get your teeth whitened. Through a so-called bleaching, your teeth will become as radiantly white as the stars in Hollywood as well as the night sky.

For gaps between the teeth or falsely-positioned teeth, ask for information from your dentist about possibilities of replacement teeth or adjustments through an operation. Men who don't think the effort is necessary should ask themselves if they themselves would like to kiss a woman with black teeth and gaps between the teeth.

### Hairstyle

Regularly examine your hair. Take action against oily hair, dandruff, and unkempt hair. Your hairstyle is a part of your face and affects your entire appearance. Think about a new hairstyle. Perhaps a different hair colour would suit you magnificently. Take some action against the tedium and monotony on top of your head, as far as that is the case with you. A new haircut or fresh hair colouring has never hurt anyone. Women are attracted to men who do something for their hairstyle and take care of their hair. Impress your dream woman with a spiffy haircut which suits your personality.

### Perspiration / body odour

Unpleasant perspiration- and body-odours are a killer of any flirt. Shower regularly and get some deodorant or a similar body-care product for underarms and other affected body areas. If you constantly perspire extremely, you are possibly suffering from hyperhidrosis. If so, you should go to a doctor and ask about solutions. Hyperhidrosis can be brought under control through medication and through an operation.

### **Clothing**

Clothing covers the majority of your body and thus plays an important role during a first contact. Besides the face, the clothing is the next most important in the formation of a first impression. Clothing tells a great deal about people. Through clothing, it is possible to make a rough guess about what kind of person you are. You have certainly heard the saying, "clothing makes the man". Most women (and men) operate exactly according to this principle. They look into your face and at your clothing. Depending on their



personal preferences, a sort of preliminary decision can take place at this time. As such, it is likely for example, that women who value solid and linear excellence in men will sooner be attracted towards men with a suit and tie. Women who themselves are a more sporty type, will possibly be attracted towards men wearing jeans and sports shoes. Always remember that the kind of clothing you wear leads to women making premises about your character.

Against this background I would like to appeal to you: Be honest with yourself and your surroundings. Don't begin to dress up. Do not try to slip into roles which do not suit you. Look at your product attributes – in other words, your personality – and cloth yourself accordingly.

If you love to walk around in jeans and only dress up in a suit and tie for your dream woman, your clothing could turn out to be a boomerang in the end. Since you don't feel "at home" in these clothes, you feel uncomfortable and unsure. The result: Your dream woman gets an implausible and concocted impression of you. Believe me, women are very sensitive to such things. So, leave aside the absurd clothing just as you leave aside the memorised jokes. Concentrate rather, on your own personal style. Think of your product attributes. You know, don't you, that "where xxx is written on the package, xxx should also be inside".

Aside from your clothing style, one thing is especially important. You should be well dressed and not go around like a vagabond. Women like well-dressed men. So, examine your clothes for spots, holes, and wear and tear. To be on the safe side, change your clothing more often so that you make a fresh impression.

Perhaps you should also make an investment in some new clothes. Often one doesn't notice that the "newly-bought" trousers from three years ago already look knocked out and the freshness and colour has suffered correspondingly. Go on a really good shopping trip and allow yourself some new clothing. Then, at the latest, you'll notice the difference! Another tip: Often, women are fans of shoes. They put added value on shoes and their expression. Because of this, I recommend that you often take a critical look at your shoes. With worn-out and dirty shoes, you probably won't "get a foot in the door" with your dream woman.

### **Location research (marketing)**

From the point of view of marketing, the product is ready to be delivered. It has all of the characteristics which are attractive to the target group. Now, the product only needs to be successfully publicised. In order to achieve a good sale, it is necessary to offer the product there, where the target group is

located. For this, the marketing strategists make a plan. They call it the marketing- or distribution-plan.

As far as you don't only intend to use your contact methods for spontaneous meetings with your dream woman, you will also create such a plan. Don't leave anything to chance; plan your success with dream women. Take the time you need to think about where the woman of your dreams could frequent. Where can you best meet her? Where does the type of woman which attracts you move around? Is it libraries, airports, or nightclubs? Can you meet your dream women perhaps, in fitness-centres, discos, or internet cafés? Or, could your dream woman be found almost anywhere? The better you narrow down the places where she may be found, the greater the likelihood that you will meet her.

## Checklist

Before you take the plunge and go off on the search for a woman, please make thoroughly sure that you have worked through all of the described chapters. Here is a summary.

Please check the applicable points:

- You have "put your foot down" and firmly intend not to allow any more dream women to pass you by. You have decided to use your opportunities and take your love-life actively into your hands.
- You regularly motivate yourself and dream daily of the conquest of your dream woman. You are strengthening the identification with your new role as "dream-woman-contactor".
- You are daily keeping in mind that your happiness "is out there waiting for you". And you know that you, alone, are responsible for the decision to approach women, or not.
- You are regularly physically active to get your body in form. You keep yourself fit to maintain a good mental balance.
- You have uncovered all of the destructive forces in you which have kept you until now, from speaking directly and spontaneously to attractive women.
- You have eliminated your inhibiting thought- and behavioural-patterns and replaced them with positive patterns.

- ❑ You condition your new patterns daily, three times a week and reward yourself regularly for it. (For at least 7 days)
- ❑ You have taken a closer look at your target group and thought about the preferences and values of women.
- ❑ You have learned to put yourself into a casual, humorous frame of mind. You can turn off the seriousness of daily routine. You are able to take both yourself and the world less seriously.
- ❑ You have thought about your negative and positive character attributes. You have improved your character by emphasizing your personal strong points.
- ❑ You have worked on your appearance (clothing, body, etc.) and feel like "a new man" with your new outfit.
- ❑ You have a plan which describes the typical places where possible dream women are to be found.

Could you check all twelve points? Good. Then I invite you to the final stretch in the next chapter.

Should you not yet have fulfilled all of the points, please continue to work on it. It is absolutely necessary to complete the goals at all of the stages.

Otherwise you risk not being ideally prepared to successfully speak to dream women.

## Chapter 6 – the sixth step

### Let's go – make contact!

Dear reader, the time has come. You have all of the abilities and characteristics you need to speak spontaneously and directly to dream women. For this reason, it is time to put the theory into practice. It is very important to me that you are successful with the methods you have practiced. That is why I want to point out some final details in this chapter which are important for your coming activities and also for your success with dream women.

#### Allow for rejection

Soon you will speak to attractive women, and you will experience rejections. Yes, you read that correctly. They will be innumerable. Perhaps you are lucky and you are successful the first time. Though, you will possibly only be successful with the tenth or twentieth attempt. I would like you to look squarely at these scenarios and consider them normal. Just assume that you will be rebuffed. It will become a normal situation. Make no illusion that with the help of these methods you will immediately be successful with every woman that you speak to. Such an expectation would be presumptuous and also very egoistic.

Please don't look at only yourself and your goal. Always think of the women too. When you speak to women who you don't know, you cannot know what is going on inside them. Your dream woman is possibly in a hurry, because she must go to an interview. Or, she is bothered by terrible headaches, so at that moment she is simply not interested in speaking with anybody. There are a thousand good reasons why you may be refused (I will talk more about this later). Please take all of this into consideration and reckon with many refusals! I am not trying to make you lose your optimism. You should also not think "*I can't do it anyway*". On the contrary, I would like to encourage you to be even more optimistic. Continue to dream as much as soon can, and motivate yourself as I have described in the prior chapters. If you keep at it, you better believe it, you'll manage! It is just a question of time.

Simply assume that at worst you will have to speak to 50 or more women before you are successful. Did I just hear someone groan? Why? If you have done your homework properly then you have no possible reason to sigh. Because, it will be child's play for you to speak directly to 50 women. Of

course, don't make the mistake of looking at things from the point of view of your former experiences. Please be clear about one thing: You now have strategies which you didn't have before. When you have spoken to the first woman, you will realise how simple it now is.

In contrast with former times, you now have motivation, optimism, and a healthy portion of freedom from inhibition. Those are the decisive criteria necessary even to attempt an approach to a woman. Those factors are putting you for the first time in the comfortable position of being able to make contact with attractive women entirely without inhibition and fear.

There are no negative forces anymore that will prevent you from speaking to the woman of your dreams. So, take on the "project 50+" with humour and composure and keep in mind that with this attitude, sooner or later you will be successful.

### **Look for test subjects**

Through the new programming of positive behavioural- and thought-patterns you are surely able, openly and spontaneously to speak to attractive woman without a problem. I recommend, however, putting it off briefly despite that. Practise your new techniques first with women who do not correspond to your ideals of a dream woman. Make contact with women in whose presence you don't get nervous. Select a test-woman who seems reasonably nice and likeable and make the attempt with her to get into conversation. Chat a little with her and simply get to know a new person. Repeat this exercise with at least five test-persons.

I recommend this method to you for three reasons:

1. It is possible that your newly-programmed patterns are not yet very firmly anchored in you. You may still be unstable. It will be easier for you to make contact with a test-woman than with an electrifying woman of your dreams. Through the repetition of these test attempts several times you will strengthen your new patterns. The transition to the contact with your dream woman will be smoothed out and will later go without problems.
2. Since you have not had any real success up until now (with success, I mean the ability to speak to a woman at all), at the moment you are still lacking the important and strengthening power which makes invincible people out of successful ones. The first success at making contact with a woman you don't know (test-woman) will motivate you additionally.
3. You will have the opportunity to practise contact techniques and small talk before you take the plunge and meet up with your dream woman.

And besides that, you may perhaps get to know a few amiable women, who have all kinds of charming girlfriends ... 😊

## **Ground rules when making contact**

The eBook at hand mainly contains information necessary to give men a method which helps them to overcome that which prevents them to speak to dream women directly and spontaneously. The question of the correct setting-up of the contact is, however, not the main topic of this book. This is only one reason why I will limit myself to only basic rules in regard to tips in flirting. If you believe that there is a book with an answer for every situation, then I must disappoint you. Every flirt situation is unique. And the participants are individuals who react to every situation differently. That is why, as already often said, there is no guaranteed solution. This is also the reason why you can confidently forget most of the flirt advice manuals you find. Nonetheless, I would like to pass on to you a few additional tips for a successful contact initiation.

### Humour / friendliness

Certainly, you know the feeling. You are having a good day, because something nice happened. You're dancing through your work and have a spring in your step as you walk through the streets. You are entirely happy and completely euphoric. And you notice how you are infecting people with your super mood. As the same time you are surprised how friendly people are to you and how easily everything works out. The world is at your feet.

That is exactly how it should be, or at least similar, when you see the woman of your dreams. Don't forget to be in a good mood! Please remember the previous chapter and think about how important it is to keep a sense of humour. With your positive and friendly charisma, try to separate yourself from the other people around you (in view of the many long faces in our towns and cities, this should be a breeze for you). Through this, you will immediately make a good impression on your dream woman. Of course, you shouldn't exaggerate too much because otherwise you'll seem like a twit. This advice may sound somewhat banal. But, believe me. All the doors will open wide before you when you go at your tasks with a light and friendly frame of mind and a good mood. Most people have really forgotten how to smile or they have lost it completely. They look wary, sad, or aggressive. And so, my tip: Learn how to shut off the gravity of life. Work on your good mood and make your life

as simple as possible. You'll have fun doing it. At the same time, you'll drastically increase your chances with dream women.

### Body language

A good mood and a balanced frame of mind are really very necessary requirements for a successful contact. Don't forget that your body language betrays your inner state of mind. The non-verbal language of the body is a reflection of your inner state. The more balanced you are, the more positive you will present yourself to your dream woman. In this regard, I would like to remind you of the tip in chapter 2. Pay attention to your physical fitness. With an open and natural physical composure you will already score important points without even speaking a single word to your dream woman. A relaxed body language is as such, the key to the first contact. Through a relaxed appearance you will draw the glances of women automatically.

### Eye contact

Because of your positive aura, your dream woman will probably notice you quickly. Always keep your dream woman in your angle of sight. Possibly, she will glance briefly over at you. Try to catch her glance briefly. Hesitate a moment during eye contact and wink at her in a friendly and decent manner. And, very important: smile as you do it! Please don't make the classic flirt mistake in that you self-consciously glance away. Because, in that moment you will have lost the game. If you look away, you are displaying that you are not self-confident. Instead, become active. Beckon to her unobtrusively a short time later. If she beckons back to you, then you have almost already won. I recommend that you don't act like a go-getter. Also, you shouldn't try to draw a glance from your dream woman through unbroken staring at her. And also, don't try to smile convulsively and artificially. In case she doesn't look towards you, remain calm. There could be many reasons for this, for example:

- She hasn't noticed you yet.
- She is less self-confident today than usual and would rather look at the ground.
- She is uncertain how to interpret your beckoning and decides to draw back.
- She has noticed you and she is excited but she is too afraid to flirt (remember, women may also find you attractive).
- Etc.

This small list of examples makes clear, that there are definitely reasons why your dream woman doesn't make eye contact with you. It doesn't necessarily

mean that she has rejected you from the start. In this case, you should move to a frontal approach and speak to her directly. What have you got to lose?

### Making contact with dream women

It is obvious that intensive eye contact represents an optimal method of how to make direct contact with a woman. In this case you would have had a foot already halfway inside the door. Speaking to her would have then been a relatively simple step. It is somewhat more difficult if the eye contact doesn't occur. The only possibilities left open here would be to work on another method of gaining eye contact, or as mentioned, the alternative of speaking directly to her.

Whatever happens next, it is absolutely necessary to take the following into consideration:

- a.) The situation of the woman
- b.) Your approach

The situation of the woman:

You have learned in this eBook how to reflect on your personality. You have uncovered your inhibiting thought- and behavioural-patterns and even transformed them into positive patterns. Now you are able to speak to women directly and spontaneously. With that, you possess an ability which not everybody has. In this regard, you should remember that your dream woman too, because of her upbringing or experiences in life, is carrying certain thought patterns inside her. She, too, probably has destructive forces which are inhibiting her or preventing contact with a man she doesn't know. That which is valid for you, is also valid for others. Even dream women only cook with water.

That is why I would like to encourage you to think about this. Think about which inhibiting patterns could prevent a woman from being unrestricted and casual around a man intent on flirting with her. The restrictive patterns are possibly even identical with your own. Here are the results of a small survey of some acquainted women:

- She has learned to act strictly mistrusting and critical towards strangers (especially towards strangers who are men).
- Her mother taught her that a girl doesn't allow herself to be simply spoken to in public ("it is improper").
- Because of unhappy experiences she is convinced that you are a perfect stranger and a rogue, who only wants to have his sexual pleasure and is not interested in any serious relationship.



- Because of the fact that there is absolutely no basis for a personal contact (for example, in public) she doesn't allow such contacts. If you were both in a sports club, the situation would be different.
- She has already experienced numerous, very awkward flirt situations. Since she is, herself, very insecure, she tries to get out of such situations as quickly as possible.

Summary: Unfortunately, as a stranger you are not in a position to change these patterns immediately when you meet your dream woman. Nonetheless, you have to be prepared that the above-named, and possibly other patterns, contribute to the fact that you are in a tricky situation. What can you do? You can prepare yourself, by thinking about how you can appropriately interrupt or at least weaken these general patterns which apply to many women. Try to develop a plan of action for each of her patterns, which will demonstrate the opposite of that which she probably thinks as a result of her pattern. Example:

Frequent pattern: She finds it generally improper to speak to strangers or to be spoken to by strangers.

Interruption of the pattern: You make a spontaneous (but decent) compliment. For your dream woman, the compliment is an affirmative signal and thus a positive experience (a kind of profit) which she is receiving from a stranger. Thereby, her former view (strangers / improper) will be positively refuted. And, with that, you will be making yourself even more interesting.

That is the only thing that you can do in the situation. Whether it really works or not, remains to be seen. At the very least, it presents the possibility of weakening the existing biases of some women. At the same time, you are not running the danger of corresponding to the existing, typical ways of thinking. I believe, this alone, is a very important contribution towards increasing your chances even more.

Your approach:

Another decisive point in speaking to a woman you haven't met is the part that you, yourself can arrange and are responsible for. It has to do with your approach to your dream woman. It has to do with "how" you most effectively portray yourself in speaking to your dream woman. It is important, in this regard, to think about which basic requirements you should fulfil during your potential contact situation. My tip: Try to look at a flirt situation from the point of view of a woman. Put yourself into her shoes. Now you are the dream woman! You are in the underground, going for a walk, or dancing in the disco. You begin to notice how some men, who are unknown to you, are glancing over

at you. Sooner or later they come over to you and try to begin a conversation with you. My question to you: What general prerequisites would the man who is speaking to you have to fulfil, in order that you feel comfortable in his presence? Write a few thoughts in response, in point form on a piece of paper. Here are the answers which I have to the question:

- He must be friendly and likeable.
- He must be obliging.
- He should be casual and have a sense of humour.
- He shouldn't be too direct.
- He shouldn't put pressure on me.
- He shouldn't initiate any unpleasant (embarrassing) situation.
- He should be respectful towards me.
- He should be competent and self-confident.
- He should manifest a serious interest in me.
- He should not touch me.
- He should not embarrass me in front of other people.

Perhaps you can add some more likely prerequisites. The listed points are simply general examples which would apply to many people. Unfortunately (or luckily) we cannot see inside of other people and form a differentiated picture of each individual. And so, you have no choice but to at least take these basic rules into consideration when you approach the woman of your sleepless nights. I am certain, that you will be able to advance much further with this approach. Whatever you do, orient yourself on this principle:

**The dream woman must feel comfortable in your presence!**

After you have already flooded the heart of your dream woman with sunshine through your presence, you can speak directly to her. Remember: Up until now, you were an absolute unknown in the mind of the woman of your dreams. There is absolutely no relationship between you and the woman. You have it in your power to change that. Don't think about it, just do it. You have got nothing to lose. Just speak to your dream woman. Say a friendly "hi" or "hello", and then...

I recommend, in your initial contact, you should refer to the situation at hand. Simply ask your dream woman something which suits the situation in which you and your dream woman find yourselves at that moment. For example, if you are standing beside each other in the supermarket at the cheese counter, then you could, for example, make reference to a kind of cheese and ask her opinion, as for example "*Excuse me, do you know how this kind of cheese*

*tastes?”* Actually, I was not intending to make any suggestions for sayings in flirt situations. For this reason, I won't suggest any more than this one. Forget the standard sayings that others have used before you. Make use of the current situation and your own creativity. The quality of your spontaneous flirt line is secondary. The important thing is that with it, you can start a conversation with her. That is why, for a casual introductory contact, you should use questions that reference the actual situation. Exactly what you say will be decided by you, depending on the situation on location. With questions, the basic principle holds true: No closed questions. The woman of your dreams should not put you off with a simple “yes” or “no”. Ask the question in such a way that she is forced to talk more. Example:

Incorrect (closed question)

Him: *“Can I get to know you?”*

Her: *“No”*

Correct (open question)

Him: *“Excuse me a moment, please. I don't know my way around here very well. Where do I find some trendy clothes shops in this area?”*

Her: *“Well, just let me think; okay there is a super shop on the corner of Liebigstraße and Müllerstrasse, with really cool stuff ...”*

With the answer from the technique of open questioning, she offers a new basis for a conversation in her answer. With the introduction of an open question, you are bringing your dream woman into the conversation. The same applies with a remark. Introduce your remark with a light air of provocation, so that your dream woman is almost forced to react to it with a complete sentence.

A different opportunity is offered by the personal-related contact technique. Thereby, you focus on some detail or another of your dream woman and praise or marvel at it. I am consciously naming this variation in second place, because it is very risky. You can quickly end up putting your foot in your mouth. You could appear as “phoney” in a negative light. Or, just as bad: You may cause injury to your dream woman through a remark about a certain part of her body. It is possible that in doing so, you blunder into one of her sensitive areas. You can certainly imagine that such a thing can quickly backfire. And so, you should only make remarks about things which are uncontroversial, and it's best to keep body parts out of it. Take for example, her pretty hairpin, or her watch or her good mood as an introductory subject. Naturally it is important thereby to give her one or the other (decent) compliment. Women like that. But please don't lay it on too thick. Women are very sensitive towards whether a person really means a compliment or not. If you overdo it,

you can say goodbye. By the way: Be prepared that your dream woman is nimble-witted. For that reason, always be prepared with a second sentence or with the continuation of the conversation. Many men still believe that a dream woman can be picked up with a single flirt line.

Always keep the principle in mind, “The dream woman must feel comfortable in your presence!” Another very important aspect is the guarantee of a retreat. Every kind of pressure or force which you employ in your flirting activities contradicts the above named principle. Avoid making your dream woman do anything which she perhaps doesn’t really want. For example, don’t put pressure on her with a line such as “I’m extremely horny, come on, lets go.” It doesn’t matter what kind of pressure you are under, don’t make the mistake of cornering your dream woman. Think of the long term, and remain patient and calm.

Remember, two people are required for a successful flirt. Both sides should be free to take the lead in the conversation. Refrain from asking the woman immediately for her telephone number. You will seem more likeable if you act more reserved at this point. If she manifests a serious interest in you, she won’t forget to give you her number. Don’t invite your adored one straight away to dinner. The impression could be created that you want to coax or buy her off. Women don’t like to have the feeling later that they have something they need to “pay back”. So, don’t try to use that method to attach the woman to you. Instead, use your humour, your personal charm, and a certain portion of restraint.

Should the dream woman regularly cross your path (for example, at work, at the bus stop, at the baker), then you shouldn’t attempt too much at the first contact. Try to build up the attachment at each further meeting.

If you are in danger of never seeing her again, ask reservedly and politely whether it’s possible to see her again (for example “Shall we see one another again?”).

Now, at the latest, it will become clear whether she is really interested. Perhaps she will even give you her mobile phone number. Should you have the impression that you are successful, you can also offer her your telephone number. But I recommend you wait until after everything else has happened (for example, when you have the impression that she hasn’t thought of it and you are in danger of never seeing her again).

If you want to take a closer look at solutions to communication between people, then I would like to recommend to you a psychological classic. In “Miteinander Reden” (“Talking with each other”) from Friedemann Schulz von

Thun (Rowohlt Taschenbuchverlag) (Rowohlt Pocketbook Publishers), you will find very many useful tips about the topic of communication techniques.

And now I will remind you once more: Don't forget the humour of the matter. Consider the flirt as a game. The more seriously you consider the matter, the less success you will have. And, another suggestion: Don't become fixated on the one woman! Don't waste important time in your life trying to get the attention of one certain woman. If it doesn't work out, simply forget her and begin again on another shore. Begin the game somewhere else. Life is too short for wasting time. The world is full of pretty, nice, and dapper dream women. And one of these will soon be strutting along by your side. That is, as long as you follow my advice.

### **Overview: Do's and don'ts**

These things will make a good impression on a woman:

- ✓ Compliments
- ✓ Praise
- ✓ Admiration / affirmation
- ✓ Manifest interest
- ✓ Humour
- ✓ Allow a retreat
- ✓ Don't interrupt
- ✓ Listening
- ✓ Discover and focus on common interests
- ✓ Attention (remember details, such as, for example eye colour, bracelet, topics of conversation)
- ✓ Ask advice (works well)
- ✓ Display feelings and sensitivity
- ✓ Sympathy and sharing concerns
- ✓ Exciting and interesting talking
- ✓ Talking of personal things
- ✓ Reserve
- ✓ Showing respect
- ✓ Creative lead in conversation
- ✓ Open questions (which will motivate the conversation partner to answer with a detailed answer)
- ✓ Questions / remarks referring to the situation at hand
- ✓ Questions / remarks referring to the person
- ✓ Nimble-wittedness

- ✓ Spontaneity
- ✓ Friendliness / smiling

Out of bounds:

- ✓ Obscene gestures
- ✓ Immoral contact
- ✓ Standard lines
- ✓ Talking over her head
- ✓ Know-it-all
- ✓ Only talking about oneself
- ✓ Monologues (boring)
- ✓ Affronts of any kind
- ✓ Phoney flattery (exaggerated compliments)
- ✓ Talking to her badly about other people
- ✓ You act too grim
- ✓ Repeated contradiction
- ✓ Dogmatic
- ✓ Pomposity
- ✓ Boasting
- ✓ You speak without interruption
- ✓ You never let her finish a sentence
- ✓ You don't talk at all (silence)
- ✓ Closed questions which can only be answered with "yes" or "no"
- ✓ Disinterest
- ✓ You act insecure
- ✓ Ask her to dinner immediately
- ✓ Ask for her telephone number
- ✓ Sexist lines (for example, about backside or breasts)
- ✓ Cheap or direct one-liners such as "hi baby, how about us two" or "I love you, will you be my girl?"
- ✓ Slipping her your card (unless she asks)
- ✓ Exaggerated and sentimental professions of love
- ✓ Talking about the ex-girlfriend
- ✓ Forgetting her name
- ✓ Over eager
- ✓ Making demands
- ✓ Impoliteness
- ✓ Insensitivity
- ✓ Unimaginative
- ✓ Drunkenness

✓ Nerd

✓ Beginning with serious topics (for example, politics, history, technology, etc.)

I would like to encourage you now to begin and make contact with the first dream woman or a test-woman. Collect your first positive experiences by initiating contact with the woman of your choice.

## Chapter 7 – the seventh step

### Dealing with disappointment

Most successful people have a stony and hard path behind them. They know that numerous failures precede success. Whoever wants to be successful must be prepared to put their failures behind them and accept that there will be some pain. It doesn't matter in which area you are striving for success. I have indicated many times in my eBook that you must be prepared for disappointments when making contact to dream women.

But, don't forget one thing. You are already successful when you carry out the methods in this eBook and have spoken to one or several women. Consider it as success when you have taken the initiative and you have approached the dream woman. Formerly, your main problem was that you didn't feel confident enough to directly speak to attractive women. Now you have changed that. With every woman that you speak to, you are registering another personal victory.

But you shouldn't exaggerate the results of your flirting attempt. Regardless of whether your attempt at contact resulted positively or negatively. Initially, the most important thing is that you can approach women without overwhelming mental resistance. As soon as you have accomplished your first attempt, reward yourself as described in chapter 4 (conditioning). And even then, if the woman gives you a slap in the face (to take the worst situation): Reward yourself that you attempted to speak to the woman at all. Keep in mind that you have accomplished something that many other men cannot do. Reward yourself by buying yourself something special or allowing yourself a delicious meal. Then, continue with your dream woman campaign. The first successes will encourage you to make renewed attempts. The law of affirmation will strengthen your new programming in a sustained way (conditioning) and motivate you to continue with further contact attempts. After a few attempts you will realise how simple it is to make contact to women. You will be able to practise and optimise your personal flirting strategy with every new contact. Thereby it will become more and more intuitive and clear. Simultaneously the certainty will grow that you are on the brink of getting to know your dream woman. The only thing necessary for that is that "the right one" crosses your path.



## Don't take it personally

Many men take rejection from women very personally. Their feeling of worth gets an enormous shock. Unfortunately, that has its consequences. The “tough sex” often hasn't got the confidence after a rejection to make another new contact attempt. Most men don't want to be disappointed again afterwards. Disappointments are often the result of high expectations. For this reason, I have already warned you against assuming that every flirt attempt will be successful. Lower your expectations somewhat. Believe me; you'll arrive more quickly at your destination. Don't put obstructions in your way over which you will later trip. Consider the flirt activity as a casual game and not as the devilish gravity of life.

Should you then be rejected, for heaven's sake, don't take it personally. Come to accept it that not all women will be attracted to you. In the end, you don't like every woman either. That is the most normal thing in the world. There are ten-thousand reasons for a possible rejection from a woman. And, all these reasons don't have to have anything to do with you as a person or your behaviour. Examples:

- She has a boyfriend
- She is a lesbian
- She is not feeling well, for example, because she has her period
- She is in a hurry because she has a very important appointment with her boss
- She is dealing with a death in the family
- Etc.

This list could go on endlessly.

I would like to advise you in the case of a rejection, to accept it. Bid the lady a polite farewell like a gentleman and draw away. Even if you find it difficult, you will learn to live with the fact that you do not belong to the circle of the chosen. Don't moan and groan about it, but instead, keep your eyes open and look for a new goal. Keep looking ahead. And don't forget the following fact: The world is full of fascinating women who correspond to those in your dreams. Go out looking for these dream women and try again.

Another thing to accompany you along your path: To receive a rebuff from one woman is not a defeat. It would be a defeat to give up after reading the lessons of this eBook and not to try anew to speak to another dream woman!

## **Feedback – Write to me about your experiences**

I would like to thank you for your attention and I hope that I have been able to help you with the topic of “making contact with your dream woman”. There is nothing left for me to do now, but to wish you much success.

If you have remarks, criticism, or success stories regarding this eBook, I would be very pleased to hear of them in an email. Simply send your contribution to: [info@speaktowomen.com](mailto:info@speaktowomen.com)

## Thank you

Heike

Eva

Sarah

Katrin

Heike

Heiko

Jörg

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Peter

Irene

Kläre

Anton

Kerstin