Secrets to attract beautiful women in... 3 seconds

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My Story

During my early teens I was reasonably good with girls but I never really cared about having them, all I wanted was to play soccer, ride my bike and be with my friends and skip school :)

When I became 16 years old I joined a computer science course. Even though I was quite a sociable guy after spending my entire days in front of the computer, I quickly started becoming a very shy and reserved guy. It reach to a point that I felt anxious just by walking down the street.

It was really frustrating because I didn't truly know what my problem was. I developed a lot of hate towards women in general due to my lack of knowledge. I didn't understand how come that every guy seem to be getting all the girls and I wasn't.

This was my life until I became 20 years. Until one day when I was taking my car licence and there was this cute girl on my class that I liked. The problem was that I didn't know what to do! Even worse later on I found she had a boyfriend. So during that time I begin to surf the web for an answer to my issue.

One day I found the PUA(Pick up artist) community, which taught guys a tone of crazy strategies into getting women into bed. So I begin going out more at night to do stuff that this pua gurus told me too. My success slightly increased but pick up lines, routines seemed way too sleazy and not aligned with my inner believes. It just didn't felt right for me to turn stories from other guys mine and telling them so women would think I was a man of high value.

For f**k sake why in the hell would I ever need to consider myself lesser than a woman and need their approval! For me this is just an upgrade on the nice guy mentality to a further level of p***yness.

I some how knew there was a better way than becoming a social robot. So I searched, quitted, and restarted and searched even more until one day I found the ANSWER.
That's why I've decided to write this e-book

Like I've said on my story I haven't always been great with women even though I am physically attractive guy. I struggled for many years and took many wrong paths until one day I found the right one. Something that I understood along those years is that, there isn't any magic bullet or formula that will change you one day to another. I followed many different types of methods from the so called pick up artist community, which included saying stupid routines, to others that obligated me to approach 30 girls each day. I honestly don't recommend that you ever go down this way.

The only thing that it will ever do is make you feel more desperate and needy about the outcome that you have with women. When you see that one routine doesn't work you think that you need to find another one that will effective. Turning it into an endless process of a lot of frustration and never truly feeling happy about yourself.

The gurus who teach this kind of bulls**t don't know a single thing about how attraction works between men and women. Men have been attracting women ever since the beginning of their existence. If they before never needed to use stupid routines and tactics to get women into bed, what makes guys think they currently need.

I'm here to direct you in the right path so you won't waste the amount of years as I did. The one which I followed and made me improve my life tremendously. Not only with women but in every other single aspect in life. From becoming a far more confident and sexy guy, to turning into much more persistent man when it comes in getting what I want, to not accepting living a life of mediocre comfort, and instead chasing my dreams and doing what I love.

In this book I will reveal in depth my inner believes that have brought me so much success based upon my own experiences and from what has been taught to me by several great life mentors.
I guarantee that by implementing this habits in your daily life that you will eventually get everything that you ever dream of and even more... in this book you have the ultimate truth to change your life from one of lack to one of an abundance.

I can only teach you but solely you have the power to make the changes because nobody in your life will ever do it for you. So what you do with this information is up to you... but something I know is that the ones that get what they want from life are the ones that don't settle for scraps.

**What will you discover in this e-book?**

I must admit I don't promise a “Magic Bullets” actually if you are trying to find something that will resolve all your problems immediately then it's better for you to stop reading....

Good your still here! Your one step closer in becoming a ladies man. First I will explain you how attraction works and why some guys seem to be chick magnets while others no matter how hard they try they simply just fail big time.

Once you discover this you will also understand that to become great with women it's all about turning yourself into the best man that you can be and also changing your lifestyle to one that is sexy.

Along this book I will offer different thoughts that will truly rock your world, several exercises to build up a ladies man mentality and a new lifestyle.

Once you integrate this habits in your life it doesn't matter what you want, if you desire:

- Girlfriend that truly loves you
- Several Girlfriends
- Fuck buddies

You can have it but it all starts by changing the way you view the world. When you start altering the way you perceive things you will eventually become the man that wherever you go, you can immediately make women feel wet for you. At some point they will be ones doing the pursuit and approaching you. Seems too good to be true :)
Who ever told you that you the one suppose to pursue women and kiss their a** all
day long? Social media? Your parents? Friends? Has it work for you so far? I guess
not or you wouldn't be reading this book.

I honestly believe that nature made this the women's job and not the other way
around. Read the rest and you will uncover the reason! Anyway with no more delay...

**Lets just Rock&Roll!**
Uncover the final truth behind attraction.

Why secrets in to attract beautiful women in 3 seconds?

Did you know that scientific studies prove that it only takes a fraction of 3 seconds until a woman finds you sexy or not. Most guys have the wrong belief that it's what they say that counts but it isn't. Actually verbal words have very little to do with it.

If a girl finds you hot you can practically say the dumbest shit and it doesn't really matter. This book is all about increasing the probabilities in those 3 seconds you having more women finding you a sexy motherf***er. Although that exact choice she makes, is all about you and not her.

Why? Because Attraction isn't a choice!

Shut down your logical part! Because attraction is all but logical. Who we consider sexy, appealing, attractive whatever it's something that works subconsciously. It's internalized in our brain. You must understand this because this is the most crucial part. It's because it's so simple that we try to overcomplicate it. In believing that we need to over-think about strategies, pick up lines and other s**t. The more you think about such, the worse you will be at this.

Attraction happens during the first moment that she lays eyes on you and it has very little to do with what is the first thing you say to her. You have 3 important keys that you need to remember yourself.
Key 1) Making Excuses...

“-Oh women don't like me because I'm too fat!”
“-Oh women don't like me because I'm not rich!”
“-Oh women don't like me because I'm too nerdy!”

and it's a never ending list of bulls**t.

How in the world can you ever know what others actually think about you. Really stop and think for a moment... You can't it's impossible. This are just assumptions that you personally made about yourself or some one else made them for you. Although sure you can't expect if you are treating yourself like crap to have a high quality women. NO! But you can once you start improving yourself.

Like I said before no matter how you look you will always have women feeling attracted to you, for the simple pure fact that you are a man. This is part of nature, men naturally attract women and women naturally attract men. So why overcomplicate something which happens naturally? I really want you to integrate this thought in your day to day life.

By understanding this you will also realize that....

Key 2) Being attractive is a choice! Why?

First you need to comprehend that there is a huge misconception among most guys. Which is that we think that women find us attractive based on the same qualities that we find them attractive. That type of mentality is just straight wrong.

We guys have a tendency to find a women appealing initially mostly due to her physical features and only later on, on her personality.

Well women work quite the opposite. They put a man personality first before his physical aspects. Actually if what I mention above was the reality only good looking guys would be the only ones getting laid and that's not happens.

So here is the good news...
**Key 3) Being a ladies man is all about improving yourself**

Once you start building up a set of traits and changing your life to one of a ladies man you will also have the same success they have :)

The mindset is the core of all. The reason is that the way that you believe yourself to be is reflected in a non-verbal way threw your body without you even noticing. So if you think you are shy that's how you will show off.

**Wonder How?**

You would bury your hands inside your pocket, do stiff body movements due to all the tension you have accumulated, look down all the time, avoid direct eye contact with others, when you speak it's in a low tone of voice nearly unhearable etc...

Others will easily get this message subconsciously, and very probably many will take advantage from you and treat you like s**t.

So by improving the way you view yourself you will automatically better your life because others will see you differently. You will also start doing things which previously you wouldn't and little by little attract more girls into your life. You will go out and start having more fun, you stop noticing less tension in your body, you have stronger opinions, you feel like meeting more people and so on...

Eventually you will believe that you are the prize and not the other way around. In the end it will be much more than meeting women. It will be about changing your whole life.

Since I've started I quitted my day job to follow my passion and ambitions, met a lot of women including my current girlfriend, had one night stands, started doing more sport, eating more healthier, became far more social and confident. This is probably just a small list of things that I've personally noticed. It was a whole change but it all started by putting each day a small brick to build a never ending wall to success. Because even when you get there... to that place where you have what you want, you still will want to improve more but it all starts by focusing on improving your mindset. I recommend that you read this section over and over again until you understand this.
Also write down the following phrase on several pieces of paper “**Attraction isn't a choice but being attractive is**”. Once you do, stick them to every place in your house that you daily look to. Like on your computer, on the door of your closet, on your mirror every where you normally look.

It's really important that you keep hammering this thought into your mind until you start believing in it.

Remember that this is your choice, you can be attractive, you have this option. So stop wasting your time focusing on all the bull**t excuses you have and make it real. It's all up to you to change your life because nobody will do it for you.

**Resuming**

1) Attraction isn't a choice because it happens naturally. It's the law of nature for men to attract women and women to attract men.

2) Being attractive is a choice. Because what women find most appealing on a man is it's personality. So all it takes for you to become a ladies man is for you to build those attractive traits and lifestyle.
Building the ladies man mindset

It's time for you to start building your mindset. During this section I will offer you the correct mindset in which you need to focus. The best way to know in which traits you need to concentrate to become this attractive guy is to look at the profile of each. I would say that in the end most guys fall one way to another to these three different categories. The badboy, nice guy and the ladies man.

Why Badboys Get laid like Rock stars?

When you where in high school you probably remember a guy or two that were true pricks with women and even with guys. He still managed to have women lining up for him and you never understood why! The truth is that you can learn much from them.

A question you should ask yourself is: “What do women want from a man?”. Lets start looking to the profiles from a badboy versus a nice guy.

Badboy Profile:

- Cocky and arrogant (This is often confused by confidence).
- Spontaneous
- Don't give a fuck attitude
- Selfish
- Commonly treats women like s**t
- Lay back and relax attitude

Nice Guy Profile:

- Lack Confidence
- Overly Nice
- Needy
- Predictable
- Nervous
Basically the badboy is the total opposite of the nice guy. We consider ourself logical beings but we function in most cases purely on our most basic survival and reproductive instincts. You have to understand that women can't help to stop feeling attracted to a man that demonstrates the highest leadership and masculine qualities.

It's the same thing that how a guy finds a woman with a great body sexy. You don't stop and think she might be a bitch or she will beat you up. It works on a subconscious level.

Badboys demonstrate exactly those Alpha male attributes that woman crave for. Such as raw confidence or many times arrogance.

Confidence is without a doubt one of those attributes that women love on a man. Just ask any girl what is the traits that she loves seeing on a man and she will reply “A man who is confident”. Even though they don't know what it means but they sure know what it looks like.

And I ask you what is confidence?

Confidence is a man believing in himself. It's a man that is 100% comfortable in his own skin. It's a man that grabs what the f**k wants and doesn't doubt himself nor needs permission from others. Women love this kind of attitude.

The badboy also has that don't give a fuck attitude and doesn't really care about the end result. He doesn't try to fit a women needs. It's women that needs to fit in your own needs. They are who they are and if someone doesn't like them then fuck off! They don't follow the rules they make their own ones.

They are spontaneous and provide women with strong emotions that make them addicted to them. This guys are like a roller coaster full of ups and downs, you never know what they are going to do. Women become attached to such emotions making them in many cases vulnerable to their bad physical abuses. The other side is that women have their nurturing instinct that makes them think that somehow they can save them.
The Nice Guy

The other side we have the nice guy. I would say that this is our actual standard guy. Along the history I don't believe man have been so needy and desperate about getting women. Our society has restrain us in believing that we need to kiss ass to get a girl.

It just doesn't work. I been there and it sucks. This kind of guy struggles his entire life to get women and to maintain a long-term relationship.

Women want to feel protected by a man. A guy that stands by his believes, who is comfortable with himself, that considers himself worthy and loves who he is, that has dreams and ambitious.

How in the hell can a girl ever feel attracted to a nice guy, which doesn't offer none of those qualities.

How can a women respect a guy who is constantly looking for their approval and that considers himself inferior to her? A man who doesn't have enough balls to defend his own believes and lets everyone walk all over him. The type of guy if s**t happened he would be the first running away.

See where I am getting? Women wants a man who is a true man that possess masculine qualities not one who is more girly than them.

For that reason they end up falling for the wrong guys that treat them like crap, for the pure simple fact that they have masculine qualities that women find naturally attractive. Sure no woman in her right mind wants a guy who will beat her up but unfortunately now in days the choices are so few.

I don't want you to be neither a Badboy nor a Nice Guy! So what is there left?
The Ladies Man

This is a guy that is in the middle. The ladies man has all the attributes that women crave for but at the same time doesn't have the downside of a badboy and the nice guy. You have to understand that once you build a solid mindset, which reflects attributes of an alpha male, attraction will happen effortlessly. Why? I say once again: "Attraction isn't a choice!"

What are the attributes you must build?

Ladies Man Profile

- Confidence
- Ambitious
- Loves and treats women well
- Lives by his own rules
- Doesn't give a fuck and not needy
- Spontaneous
- Genuine

Further in this book I will explain exercises that will help you connect with you masculine side.

It all starts by letting go

If it was possible to grab a guy and strip him down from all the bull**t within in his mind into his core mindset. You know what would happen? He would become great with women.

I believe that we are naturally born with most of those masculine traits but as we get older we begin to accumulate huge quantities of layers of crappy thoughts. When you were a young little boy you were certainly confident in trying new stuff and rarely you felt fear.
We all already possess this attractive man inside of us. It's something internalize within us since the day we are born.

If you look at nature, animals don't have a logical part so developed as us, so they basically are doing what nature as thought them to do to seduce females. A male lion doesn't stop and think “Hey I'm too fat to pick up chicks damn!”. No, they basically follow their instincts.

The truth is that we already have that instinct by that I mean you already know how to pick up women. The only thing that blocks you from being great is your logical brain that keeps over analysing everything.

So the first step you need to take is to let go of all those thoughts.

“- Let go of I'm to fat that's why women don't like me!”
“- Let go of hate towards women”
“- Let go of feeling envy towards guy who have more success than you do
“- Let go of feeling that you need to get women approval!”

It starts by letting go of all those negative thoughts. Because they are the ones who are limiting from being the attractive guy that you desire to be.

Next time that you feel like you need to brag about something to get a woman into bed. STOP! Tell yourself “I let go of needing women approval” and feel like that energy is going out of your body. Do this for every single negative feeling that you get. It's important for you do be consciously aware of all the negative crap that is going in your head and refocus in letting it go....

The I don't give a FUCK attitude!

Like I said previously, “I don't give a fuck” attitude is basically the same thing as you letting go of being needy with the outcome you want with women or with other things.
Just imagine if you were already living a life with an abundance of women. It didn't matter what happened because each time you went home you would have two gorgeous girls waiting to have sex with you.

- Would you f**king care if you just met a girl and she didn't like you?
- Would you try to get her approval and act all needy?

Really would you? F**ck no! This is the mindset that you need to have. One of an abundance instead of one of lack. Nobody likes needy people.

We as humans like something that takes some effort to accomplish. Everything that is too easy is just plain boring. If you ever worked your a** off to get something that you really... really wanted. How did you feel when you finally got it? Great right?

Same thing here when you act too needy and too easy to get, you are just not great and simply boring. Other than that you put an huge pressure upon yourself because you want to get it all right.
During this process of becoming a ladies man accept failure, let yourself f**k up. It's not a big deal, you have more than 3 billion girls in the world just waiting to meet you.

Although there's is a slight, thin line between doing it right and wrong. I don't exactly mean for you to not care about others, treat others disrespectfully or just go ahead and do something that you want even if it will harm others. NO!

**So what do I mean?**

- For you to stop going to places with the pure intention of hooking up with women.
- For you to stop caring about getting their approval. (Letting go of wanting their approval)

Like I said before, attraction works on a subconscious level. Thinking about getting women wont make you get more girls at all. Actually the more you want to get them the needier you will become.
So next time you go out, tell yourself over and over again until you truly feel it: **“I'm going to have an exciting and crazy night!”**. This will help you refocus your energy on having fun instead of waiting women.

If you have a lot of free time I also suggest you to find new hobbies. Because I know that if you aren't doing nothing you will probably be thinking about getting women. This was certainly one of the hardest parts for me because I was quite obsess with it.

Before I changing I can remember that everywhere I went I was always thinking about approaching women etc... It's important for you to start focusing on what really matters.

**How to change your believes into a sexy ladies man?**

To start off you need to change the way you think. One person's way of thinking can move crowds and crowds of people for a good or evil cause. Currently you have a set ideas about yourself that took you many and many years to develop.

The problem is that they aren't helping you. If you think you aren't capable of having beautiful women in your life then guess what? You wont have them no matter what you do! You need to change your point of view.

**What are affirmations?**

I been in this for 6-7 years, I tried a lot of shit most of them didn't work. Following what the pua community teaches you, will bring you more warm than good. Just reading theory will help you get new notions but by itself wont do much in altering your mindset.

So what you should you do? Affirmations! It's without a doubt the best way to modify your reality. You probably wondering what I'm talking about.

Well just think about how you created your current mindset? Probably you are shy but you weren't born that way. Possibly when you were a little kid something bad happen to you that triggered this idea.

Just an example so you understand the concept..
So let's say there was this 8 year old kid that liked a girl in his class. One day he remembered to write her a love letter. Then he gave it to his best friend and told him to give it to her but without telling who it was from. But instead his friend decided to share his little secret with everyone. The other day this boy gets to school, everyone is looking at him and laughing. When he discovers what happened he felt humiliated. So what happens he starts telling himself subconsciously that he is shy to protect himself from taking risks.

After years and years of subconsciously affirming this, he begins to become more shy and less social.

So this is how affirmations work. Words are attached to emotions. If you keep telling yourself that you are shy guy then with time you start becoming.

In this case we want to use this for our own benefit. So let's go to the exercises :)  

**Written Affirmations.**

Purchase a notebook just for this. Choose 3 affirmations from the following list and write each sentence 15 times.

Every time that you write one, try to think how you would be if you already were that man. This are the affirmations that I prefer but you can do your own ones. Don't worry I will explain the process after this.

**Affirmations List:**

1. I love and accept myself
2. I am a sexy motherfucker
3. I am the prize
4. Women want to fuck me everywhere I go
5. I am an attractive man
6. I am confident
7. I love women
8. Women love me
9. When I want something I get it
10. I deserve to have beautiful women in my life
Initially you might notice some rejection from your subconscious. Like you say “I love and accept myself” and immediately you hear this tiny voice saying “No you don’t!”.

This is perfectly normal. With time and persistence they will start to fade away. It's very important do them every single day.

The best moment to do them is in the beginning of the morning when you wake up because your mind is still fresh or before you go to sleep.

**Rules: How to Do Your Own Ones**

- Always start the phrases in the present as if you were already the person having that experience, examples: “I am”, “I know I am”, “I love” and “I have”.

  So keep in mind that all your affirmations are as if they were currently happening, so avoid using phrases like: “Next month I'm going to become a sexy motherfucker”.

- Don't use needy terms like: “I want”, “I desire” and “I need”.

- Don't use conditions, such as: “If I was”, “Else I would”.

- Write your affirmations in such a way that they focus on what you want, rather than what you are trying to avoid or eliminate from your life. So don't use negative words, such as: “don't” and “not”.

  For example rather than writing the phrase : “I'm not shy” better option would be “I am confident”.

- Another rule to supercharge your affirmations is to use the word “choose” so for example: “I choose to be a sexy because everywhere I go women just want to rip my shirt away and fuck me”. Lol

- Keep them simple and use words that you normally use.
The power of visualizations

Another tool that I use and that has help me build my mindset are visualizations. I believe that what you see yourself being will eventually become your reality.

I know this might sound a bit corny but it works wonderfully. After doing them for sometime there will occur situations in your life that you will say “WTF! I saw that happening!”.

I remember certain moment where I visualized women approaching me on the street during broad day light and after a week of doing them it happen! That's how powerful they are. I separated the visualization process in two steps here it is:

Step 1) Writing your dream

Grab a piece of paper and write down what would be your perfect day, if you already had everything that you ever wanted. As you if were currently living a ladies man full with an abundance of women and money. I like to focus on both things on my social and also financial life. Several questions you could ask yourself and examples of replies are:

Where would I live?
- On a gorgeous house with a beautiful view to the ocean etc..

What would you be doing for a living?
- Would you be an entrepreneur with several multi- millionaire companies, or a famous guitar player, or top chef...

What car would I drive?
- You be driving this hot ferrari...

How be my normal day?
- Women calling you left and right to hang out. You going on vacation with a beautiful girl paying it. Everywhere you go women turning their head staring at you. Girls approach you on the club etc etc...
How would I speak with people?
Calm relaxed and with total confidence.

How would I walk and move?
Sexy and calm like you owned the entire place.

How would people treat me?
With huge respect.

How would I dress and groom myself?
With a sexy cloth and hair style etc...

Try to reply to those questions or any that you come up with, with the fullest detail possible so you can get the clearest image of what would be your life as a sexy playboy.

Step 2) How to do the visualization?

So now you have on paper that perfect dream now it's time to visualize it. This is you doing a mental image or video of the dream that you wrote down like it was happening now.

The method I personally use is similar to meditation and the sessions lasts 20 minutes.

Just like the affirmation your can do them when you wake up in the morning or when you go to bed. What I usually do is I do my visualizations in the morning when I'm fresh because if I do them at night I become so relaxed that I fall asleep :)

Then when I go to bed I write down my affirmations. But you can personalize it to your own taste.

Step 1: Find a quiet spot in your house or if you prefer outdoors. Sit down on a bench and close your eyes.

Step 2: During the first 5 minutes just focus on your breathing cycle. When you breathing out and when you bread in. This will help you clear your mind.
Step 3: The next 5 minutes think about something that you really love doing. It might be just playing your guitar, or chatting with a good friend of yours anything that makes you feel happy. By reviving your positive experience this will make you feel that positive energy.

Step 4: So if you did the previews then 10 minutes have already past. Now I want you in the last 10 minutes to imagine what it would be to be that sexy and attractive man.

In this last step I want you to feel the emotions behind that man(you) that you wrote down on paper. How relax you feel when you are talking to women. How it feels when you go out at night all sexy and every girl looking at you etc... Feel the emotions behind it.
Being Genuine and loving women

This is without a doubt one of those things that makes all the difference between a badboy and a ladies man. Badboys don't give a f**k about women, they will in many cases beat them up to gain their respect and lie to them just to get them into bed.

You don't need to treat women like s**t to make them like you. Guys who do that are stupid.

A ladies man on the other hand are genuine, love women and treat them well. Being genuine is about you being yourself, being your true self and not faking someone who you aren't. Don't do s**t that goes against your own internal believe just to look cooler to others.

This isn't about following the crowd, it's about you doing what you love even if others don't totally agree with you or even if it makes you lose a few girls. If they don't like you for who you are then they weren't meant to be with you anyway.

Just an example was this guy who I know and that I used to go out a lot. This guy is the standard “Nice Guy” but he tried so hard to put this badboy image that wasn't congruent with who he truly is. So he did pretty much a lot of crap that wasn't align with his believes like drinking too much alcohol, doing drugs and so on.

Simply accept who you currently are, improve your lifestyle and become more sexier but never ever make excuses for who you are nor do stuff that goes against your believes to get others to like you.

Another part is about you being honest and clear about your intentions and not lying to women. So what I mean is if you are dating this girl but at the same you are seeing several other, just tell her but be 100% confident when you do so. You can't doubt yourself or else she won't respect your decision.

You might be thinking that women won't accept it, but when you start transforming yourself into a ladies man most will.

They just know that guys like that are rare and they will do everything just to please you. But it all starts by doing your daily affirmations and building that solid mindset.

Also if you have any hate towards women it's time to let it go, there is no place for such. If you hold up any kind of resentment women will see it threw you like an open book.
Whatever happened to you in your past it's time to let it go like I already explained previously. Your past is gone just accept whatever happened and forgive yourself. Only by letting go and forgiving yourself you can improve yourself.

A ladies man loves women and treats them well. Understand that by treating them well it as nothing to do with kissing their a**. Caring for a women is about you connecting with your inner masculine side and offering them that.
**Break your comfort zone before it breaks you**

The affirmations are a great tool that will help you amazingly but just by them self you wont go far. Here comes the hard part, you need to take ACTION. This type of action isn't about doing the same s**t that you've been doing for the past 20 years of your life or whatever. It's about turning things around, doing stuff which you don't feel comfortable in doing.

This is essential for you to progress in your life. Sure it starts by changing your belief system this is the core foundation. It will bring you new thoughts and eventually a new mentality.

But you also need to push yourself so you can cross to the other side. Why? Because “No risk no reward!” that's plain simple. If you do the same thing you've done so far you will just get more of the same results.

**The ultimate blocker**

You will come across fear and honestly I never found an easy way to get threw this besides going head on and tackling it directly. You can try many different routes to try to avoid your main issue but in end you will see that it's like “all roads lead to Rome”.

What I mean is that no matter what you do in the end you will need to face your fear and the more time you try to avoid it the bigger it becomes. FEAR is exactly the obstacle that is stopping you from being great with women.

Now lets talk about 3 things that you can being doing so you can start breaking down your comfort zone.
1) Start doing stuff which you don't feel comfortable

There are always things in your life that you really want to do but you never did because you don't feel comfortable in doing them. Well it's time for you to do them.

Just think about it, if you went to a doctor and he told you “Today is your last day alive”. From there on would you really care about what the f**k others thought about you? Wouldn't you just go ahead and do whatever you wanted.

Really to be honest with you, I wish you not but it might be your last day alive. You never know s**t just happens. This is a rule that you need to apply on your daily life and just do what the f**k you want along it doesn't cause harm to others.

- So you have fear of going to the bar alone just go man!
- You have fear of going to the gym just go!
- You have fear of speaking to this cute, who lives next door to your house. Just go!

Dammit just do it! Whatever you fear you must do it. It's when you pass this obstacle when you start truly progressing yourself has a human being.

2) Put yourself in alignment with what you want

This seems so common sense and it's pretty related to what I just said above but I guess most guys just don't see it. You wont get girls by sticking home all day long, with your ass on the couch and watching TV.

Girls wont knock at your door asking to have sex with you. That's just unrealistic and pure bulls***.

I remember my mom and probably yours. She told me when I was a little boy that things just happen naturally. Yeah right! Hehe... That's how women think. They think
that some day that shiny armour knight will appear in their life and just take them on an unforgettable ride.

Don't be that man. Your the man that creates his own luck. Your not the one that waits for things to manifest. Things happen but you need to act despite the fear else nothing will.

“Being there is 80 percent of the job”
Chris Rock on Fathers

So your job here is to get out. The more go out the better probabilities you have to meet new friends, girls and changing your social life.

But I don't have friends to go out!

I know this, I been there several times and guess what? I went out alone...
Actually my current girlfriend I met one night that I went out alone. If I staid home I would have zero.

Initially it will seem hard and you will feel weird since everyone around you seem to be grouped up. That's an obstacle that you need to cross. When you really want something then you do whatever it takes.
There is also something very important that you will learn with this lesson. I know it's better going out with friends but you will also discover that once you go out alone and have fun. It will give you a feeling of independence and improve your self-esteem.

Although you can't just go out alone to a bar and just stay there staring at all the girls and wishing that you be f**king her. No you need to start opening your mouth. Even if it's just to say “- Hi! How are you?” to the bouncer or waitress. It's important that some way you start feeling more comfortable on being social with others. Start small and build momentum but just start.
3) Crushing your daily Routine

This is another exercise that you can begin today and that will make you more spontaneous. The problem about not being spontaneous is you become boring. If your treating women the same routine way as your daily job life then you will kill any relationship or possibilities of having one fast.

You have to understand that women go out with a guy to have fun and to forget about their daily work! They want a guy who is exciting and can offer them a good time.

How to stop having everything planned out?

- When you leave work and go back home instead of taking the same road you always do. Don't! Take another path.

- If you wake up in the morning eat your breakfast, take a shower and then you leave your job and you go to the gym. Don't! Do things differently. Instead go to the gym in the morning, then take a shower... Next day do them otherwise.

- If in the weekend you go to the same bar that you always do. Then guess what? Don't! Choose another place.

- When you go out with a girl instead of having your night planned out. Don't! Just think about what you should do in the moment you meet with her.

- Instead of waiting to have sex with a girl on your bed. Don't! Do it on the beach, on top of your car or whatever place comes in to mind.

- Try different hobbies. Check out salsa, singing, or anything that you want. The important thing is to try out new experiences.

This are a few things that will help you get started and make you become more spontaneous. The essential point to keep in mind is anything that your doing as a routine then change it and do them differently.
3 Keys To Ultimate Success: Faith, Persistence and Action

All the things that I've explained so far many of them are pretty much common sense but I know that many people won't take action. They are expecting that things will just happen by magic or that by reading another book they will find an easy solution that will resolve all their problems immediately.

1st Faith

This is your life so what you currently have is just a reflection of what you think you deserve or what society made you believe that you deserve. I bet that great part of the ideas that you have related to women are based on what you saw from the social media, your parents, friends and others sources. The problem isn't that they aren't helping you instead they are the ones that are limiting you from becoming the best man you can.

“You are the master of your fate and captain of your soul”
Said by Dar Kush

I'm telling you here that you have choice man. You can have what you want. You don't need to live a miserable life for the rest of your life. Many of the options you probably took were the ones that others decided for you. For how long you want others to decide for you and control your life is up to you.

Because no matter what you do, some day you will die. You can choose to be the sad a** that past his entire life doing a job that he hated, obsessed in getting other people approval, always living in fear, the nice little boy.

Or

You can be the guy that did what he truly enjoyed. That had a crazy life. That did the work he was truly passionate about and that had a tone of women. The fearless one that no matter how much fear he felt he still went for it.

You have the power to change your whole life you just need believe you can, have faith and never ever f**cking quit from what you want. Hammer this in your head over and over again.
“A winner never quits and a quitter never wins”
Taken from Think and Grow Rich by Napoleon Hill

2nd Take Action

Without taking this step you wont go anywhere. You took action to read this book, if you didn't you wouldn't of known how to become a true ladies man that can melt away any girls heart in just a few seconds. During this journey you will definitely come across many fears. Understand that fears are just emotions. They only become who you are if you don't act upon them.

So if you fear going to the bar then just go
If you fear going to the disco alone then just go

Whatever you fear doing just do it no matter what. Just think like this each time you take action to overcome your fear you get a notch closer to your goals. Look I rather shit my pants and do it than live with the regret of not doing it. Each time you let your fear take control you. You feed it more and next time the resistance will even be bigger.

3rd Persistence

I already told you several times but you can't aspect an easy ride. Your brain is like a computer and it has bad programming from many years. You will certainly have many, many and many shitty days where you feel frustrated and mad. This is common and perfectly natural.

Your affirmations and what I told you so far wont work instantly. But if you are persistent and if you believe that you can do it. It's just a matter of time until unbelievable stuff start happening.

It wont start off has big. Success usually comes in little fragments. Such as:

- After 1 week of affirmations and doing what I told so far. You notice more girls checking you out and they start speaking more nicely to you.
• After a month you notice girls asking you for a lighter or directions depending where you are. Little subtle approaches.

• After 2 months girls start approaching you directly in the club and you start dancing with them.

• Then past 1 week happens again, then after 3 days you have a one night stand and so on...

This is how success usually works. It begins with small results and very spaced out. Then with time the events start happening more often and become far better.

But you must be persistence and you can't quit on the first sight of failure. Failure is natural and it's part of life. The men that get what they want in this world are the ones that know this and just move on. The best option is to learn from it and avoid doing the same mistake.

Remember this affirmations I've actually written it on a piece of paper that is always near my computer so I can read it everyday. You might consider doing the same.

“A winner never quits and a quitter never wins.”
Sentence taken from Think and Grow Rich from Napoleon Hill
Final Thoughts

Unfortunately we have come to the end. I hope you enjoy reading my book. I know that if you follow what I've told you so far you will definitely get what you want. The tools that I purpose help me build the sexy traits of a ladies man that women desire and crave for.

The effort seems a lot but in the end the reward will be far beyond what you ever imagine. You will find more to life then just the simple need of wanting more women. You will discover that this journey initially started with such but it became a quest into self improvement and changing your life 360º.

I know it's hard but NEVER LOSE FAITH...

If you found this information valuable and want to speed up your success with women, you might want to check out Attractive Man Formula that has helped me on my journey...

Spike is the author of this method he is truly a great guy who as been on the other side and that has turned his odds around. Currently he lives a lifestyle, which most men could only dream of.

It's really a very small investment for what he offers. I love his system and the way he teaches guys how to naturally attract women without using any sleazy tricks.
Let's Connect

I really hope that you've learned a lot from this eBook and have enough information to go away with and take your dating life to a new level. Though we are at the end of the guide, I hope this isn't the end of our relationship. There are (if you're interested) a few more ways to connect with me:

• Subscribe to my email FullTimeSexyMan Newsletter
• Follow FullTimeSexyMan on Twitter
• Add me as a Facebook Friend
• Send questions to Jbarros@FullTimeSexyMan.com

I'm always interested in receiving questions, so if you have any please send to me to the above email address, I'll try my best to reply to everyone. Thanks for checking out the guide. I wish you luck on your journey.
RECOMMENDED BOOKS

click image(s) to read / download

- Sean Nalewanyj's **BODY TRANSFORMATION BLUEPRINT**
- **SCRAMBLER**
- **BIG Natural Testicles**
- **77 WAYS**
- **TEXT GOD**
- **31 DAY TESTOSTERONE PLAN**
- **EJACULATION TRAINER.com**
- **THE RENEGADE DIET**
- **MUSCLE GAINING SECRETS 2.0**
- **MAKE WOMEN WANT YOU**
- **VISUAL IMPACT MUSCLE BUILDING**