

How Geeks Get Girls

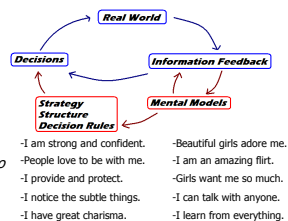


Introduction

- **This is Self Help:**
 - Get up out of your chair and figure things out for yourself.
- **It's NOT a Game:**
 - You have to learn how to love and respect others.
- **Apply ALL That You Can:**
 - If you do choose to take everything and put it to the test, you will find **great** success in all your female interactions.
 - By applying what you have read or heard, you have twice the capability of retaining everything.
 - Use some **common sense** when learning instead of going to extremes.
- **Analyze Your Goals and Record Your Interactions:**
 - Get a journal.
 - Record your experience that night.
- **Strengthen Your Peer Group:**
 - Get a mentor.
 - Get people around you who support your goals or who also have similar goals.
- **Be Unique, Be Congruent:**
 - Match what you are doing with who you want to be and who you want to be with who you are now.
 - Believe that you are a different person.
 - Apply only the tips and methods that can be congruent with your personality.
- **Discover Yourself, Develop a Personality:**
 - The coolest things you do and the best strengths and weaknesses make up your base personality. Keep it simple. You'll be adding to it.
- **Picking Favorite Girls:**
 - Categorize all old girls and new girls into how they say they want to be treated, what they respond to, and why they behave that way.
- **Primal Attraction:**
 - No one in their healthy natural mind would want to torture themselves with an incompetent or low quality lover.
 - We have to pay attention to subtleties, show dominance over life, stay strong, and bring in the goods.
 - Learn how to satisfy the opposite gender and bring fulfillment to their lives in any way we can.

- **Important Gender Differences:**
 - Being able to gradually get more physical is important.
 - Girls crave the man behind the body.
 - A typical girl makes 80% of their decisions based on feelings.
 - Never change a girl's mind; change her mood instead.
- **Balancing Life:**
 - Improve your mental and spiritual health.
 - Exercise, bathe, eat healthy, and listen to your mother.
 - Enjoy your closest friends and family.
 - Choose a good attitude at work. Awaken an enthusiastic desire in the workers.
 - Get a stable income first.
- **Be Positive and Relaxed by Default:**
 - If you are stressed, others will sense it.
 - Relieve Stress:
 - Vitamin A, E, C, D. Make your body happy.
 - Cardiovascular exercises like jogging. Make endurance and endurance.
 - Organizing. Update your schedule. Clean your room(s).
 - Venting to your friend or in a journal and seeing your problems all laid out.
 - Detaching. Detach your self from a hard day with something enjoyable.
 - Acupuncture, massages, EFT (123eet.com), and holistic healing.
 - Do something soothing. Baths, candles, non-dark teas, stretching, etc.
 - Be playful. Do stuff you like. Express yourself and goof off a bit!
 - Channel aggression. Punch a pillow. Play GTA5 or something.
 - Get something accomplished.
 - Do something intellectual, spiritual, and physical every day.
 - Avoid sugar and caffeine. Eat well balanced meals. Less up and down.
 - Avoid stressful people. Talk to an enjoyable friend instead.
 - Sex. Measure how it is best? It's the least important.
- **Resist Giving Advice:**
 - Most of the time, people do not want advice.
- **Willpower:**
 - Decide right now. Are you going to improve your love life?
- **Change:**
 - Embrace change – sometimes even before it gets to you.
 - Keep your eyes focused on becoming a new, improved man, and you will change into that man.
- **The Deadly Curses: Sloth, Negativity, TMI, Selfishness**
 - Set deadlines and schedule your time.
 - Turn your negative belief into an objective thought, and learn to "just do it."
 - Only use pieces of what you learn at a time.
 - Treat others the same way you would like to be treated.
 - Take yourself out of the picture and just interact with others.

- **The Learning Loops:**
 - Interact with girls more to enforce the blue process.
 - Hit the books and enforce the red process.
 - Do something!
- **Affirmations:**
 - By repeating the affirmations, you are engraving the new thoughts into your subconscious.
 - Add to this chart.
- **Going Out:**
 - Get up, go over to your calendar and mark down when you are going to be going out.
 - You will feel good about yourself just for trying.
- **Prep Work:**
 - Remember and replay a time in your head where you were in a good, fun, or flirty state of mind.
 - Get yourself in a talkative state.
 - Make sure your day was complete.
 - You do want to be feeling somewhat loose and witty.
- **Approach:**
 - Search for the attitudes, the wordings, the lines, and the topics that girls respond best to.
 - Make the experience **objective** and like an experiment. Look for reactions.
 - Take advantage of this list of rules:
 - Be positive.
 - Be friendly.
 - Avoid sensitive topics: abortion, rape, suicide, politics, religion, etc.
 - Don't care if you get rejected or not.
 - Tap her on the shoulder if she is not noticing you.
 - Speak loudly and audibly.
 - Relax. You don't need her. You can be happy without her responses.
 - Give her a good time. Have fun.
 - Conversation starters: comments, suggestions, questions.
 - Never say "excuse me", "sorry", or "I need."
 - You can use "excuse me", "hey", and "I have" in place of previous bad conversation starters.
 - She is not above you. You are probably cooler than her.
 - Hold eye contact unless mentioning to something or someone.
 - If she is not alone, talk with the entire group if you like.
 - Keep your neck and gut exposed. Ats, lean back and be cool.
- **Conversation Starters:**
 - Don't rely on me to be creative for you. Everyone can be creative...even you.
 - Be able to depend on yourself. Just be brave.
 - Some Examples:



- **Bad:**
 - "Excuse me. I need your opinion on something." (you don't need, you're curious)
 - "Sorry, but do you think that sign is funny?" (what are you sorry for, existing?)
 - "If I were to re-arrange the alphabet, I'd put U & I together." (she's heard it before)
- **Good:**
 - "Esqueezee me (tap shoulder). I have a quick question for ya." (fun, quick, curious)
 - "Hey! (point) See that sign over there. What does it remind you of?" (fun, dominant)
 - "Hey. This would be the perfect time for something random and exciting." (positive)
- **Rejection:**
 - By getting rejected by a ton of total strangers and forcing yourself to have fun, you will lose the sting of rejection.
 - It's what you do that gets rejected, not who you are.
 - Try something different, move on.
- **Failure:**
 - Failure always, always is something to learn from.
 - Every failure makes you one step closer to success.
- **Active VS. Passive:**
 - Be the knight in shining armor. You're not sleeping beauty.
 - It's so much smarter to make opportunities than to wait for them.
 - If you believe in God, God can direct you as you are pursuing.
 - Don't wait unless you are sure you should wait.

Your Missions for Days 1-7

- Write down your goals.
- Go out 3 or 4 times this week.
- Chat up a lot of girls. 8-10 is reasonable. 50 would be good.
- Mark any findings of your interactions down in your journal.
- Make an effort to balance your life and relieve stress.
- Discover what kind of girls you like.
- Discover your base personality and learn to accept yourself.
- Notice subtleties in people's responses.
- Learn how to subtly show that you do provide and protect.
- Repeat your new thought affirmations 10x a day.
- Find a mentor and friends who will support your quest 100%.

Good luck and God bless. You can record your progress on the completion form provided to you at <http://hgqg.atwebpages.com/>. Feel free to distribute this copy to any one of your friends. If you do attain your original goals this week, I encourage you to drop out of the course. It's not a big deal...you don't need the rest of the course if you are already getting what you want. It is totally up to you if you want to take full advantage of the eBook course or not. However, do give me some feedback on the completion form – that will help me determine how to improve the course.

The course is designed to not overload you, but to give you plenty of time for personal development. If you feel as if you need extra help or motivation this week, take advantage of the forums at www.StyleLife.com/vbulletin (or a similar site). You can also just simply fill out a completion form at the end of Day 7 with your email address and desired nickname. Be sure to select "Yes." to needing extra personal help if that be the case.