

Great with Women

The Journeyman's Guide



Time to REALLY Get Serious

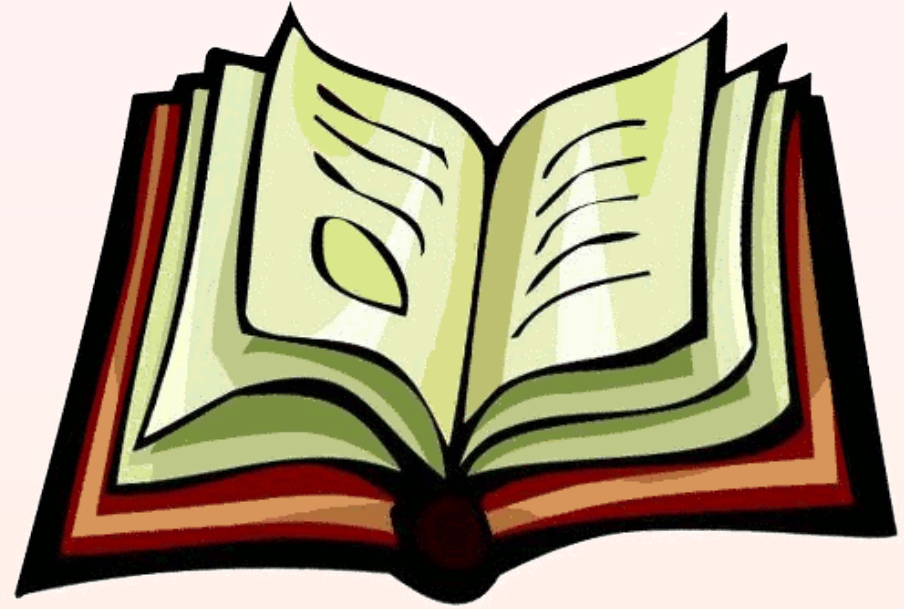
You're doing okay with women at this point, to have made it here to Journeyman. You probably have a fair number of cold approaches under your belt; phone calls and texting aren't much of a problem; and dates are straightforward. But there's a *lot* more we can do with your game... and the impression you're making on girls. Time to gear up and take you across the bridge to Technician.

Levels of “Game”

- ✓ There are various “skill levels” in the various different aspects of “game”: approaching women, connecting with women, generating sexual attraction, taking new women as lovers, dating, having relationships.
- ✓ As you “level up” in skill, you’re able to unlock more abilities, and more positive outcomes with more desirable women.

How to Use This eBook

This eBook is broken down into 30 different days of learning, with two (2) to three (3) articles to read and one (1) assignment each day.



We'll start off with a few important posts on mindsets, and once we're certain you're thinking about things in the most constructive way you can be, we're going move into doing (a lot of) fieldwork.

Section One

How You Think



Day 1: Not “Fun”, Nor Sweet

Read these articles:

[Why "Fun" is a Seduction Killer](#)

Hyperlink
(Click Me!)

You’ve probably been trying to be lots of fun for girls – but what’s “fun” and what’s “sexy” are two different things.

[How to Get Girls: The Last Post You'll Ever Need](#)

An introduction to how dating dynamics work in the real world – and it *isn't* “take things slow and be a gentleman.”

Do this:

Write down the names of the last ten (10) different girls you had dates with. Got ‘em? Now write down what you DID on those dates. Were you fun? A real sweetheart? Or dripping with sensuality and that’s *it*?

Day 2: Reacting to Feelings

Read these articles:

Overproviding Good Feelings

Related to “Fun is a Seduction Killer”, did you know it was possible to make women feel so good that... they no longer *need* sex with you? **It is.**

Reactions from Women or Results with Women?

Most men train themselves with girls by focusing on the reactions they receive to their actions. But reactions don't get girls in your bed.

Do this:

Write down all the times you can think of where a girl seemed to be *super* into you... but it turned into nothing. Next, write down how much time you spent on each girl, and how long you waited before trying to move forward.

Day 3: The Clock's Ticking



Read these articles:

Attraction Has an Expiration Date

Sure, you'll take your time with her and do it right... but while you *do*, her attraction for you is inching ever closer to expiration.

No Going Backwards

Women will frequently try to stall you or return things to how they were earlier – but if you go back, your goose is cooked.

Do this:

Have you ever lost women by moving *too* fast? If so, write down their names or descriptions. Now, how about the women you've lost who just faded away into the mist... how many of *them* were there? Write them down too. Compare.

Day 4: Sex

Read these articles:

How to Tell if a Girl is Horny Without Her Having to Tell You

You'd be amazed how many women you walked away from because you thought they were just belligerent... when they were actually *horny*.

You Really Should be Having Sex

If you're "waiting for the right girl" or "only interested in sleeping with girls who are your 'type'", you're missing out on a WHOLE lot of advancement.

Do this:

Sit and have a think on all the women you've slept with. Any regrets about having sex with them? Probably not really, right? Now, can you think of women you *could've* had... but turned down because they failed to meet your criteria? Here's the clincher: were some of them *better* than some of the girls you slept with?

Day 5: Cute... & Learnable

Read these articles:

[Girls: Silly and Cute](#)

Think women are scary? Unapproachable? Actually, they're just cute... and *silly*.

[Do You Really Need to Learn Game to Get Girls?](#)

This seems like a lot to learn just to get a date or a girlfriend – how much do you *really* have to do to get success with women?

Do this:

Make a list of things off the top of your head that you can probably improve about yourself with just a little bit of effort. Fashion, hairstyle, facial hair, posture, mannerisms, movement speed, and anything else that comes to mind are all fair game.

Did You Know?

Men with higher self-esteem have lower standards for short-term partners than men with lower self-esteem do.

When it comes to long-term relationships, however, both high and low self-esteem men retain equally stringent partner criteria.

From “[Lower Your Standards \(and Date Hotter Girls\)](#)”

If you're like most men, you've learned a thing or two (or perhaps more) in this first section. You've learned that attraction doesn't hang around for long; that being "fun" doesn't equal being sexually desirable; and that going backwards is a big no-no.

Now it's time for us to get you putting these lessons into practice. You've got the theory – you know you need to move fast – and in this next section, we're going to home in on arming you with the *tools*.

Section Two

Tools to Move Fast



Day 6: Ease and Effort

Read these articles:

The Law of Least Effort

Attraction and power are determined in large part by one simple formula:
results ÷ effort.

Secrets to Getting Girls: The Path of Least Resistance

If you want to maximize your success with women, start by thinking *for* them, and making it as easy as pie to be with *you*.

Do this:

Being good with women means being *effortless* with women, and making things effortless for them too. Make a list of everything you do that feels “hard” to you – even a bit – and things you ask of women that force them to think or work too much in “do or die” situations... What can you do to make things easier?

Day 7: Turn It Down

Read these articles:

Dialing Down the Value Volume

You've no doubt learned that if you want to get women, you must *impress* women. But did anybody tell you you could go too far?

Secrets to Getting Girls: Scrap Clever

A sense of humor is attractive, but if you're trying to laugh your way into a women's hearts and bedrooms, you'll struggle.

Do this:

Time we got out and started putting some change into practice. Your assignment is to go out and talk to three (3) new women, and not showboat or be overly funny a single time. This might be harder than it sounds.

Day 8: Amuse Me

Read these articles:

[The Bored Look: Use It to Get Women Engaged](#)

The bored look is useful both to get women chasing after you, and to swat away any attempts to make you squirm.

[The Skeptical Look](#)

For situations (and women) that call for greater doses of subtlety than the bored look affords, break out your skepticism.

Do this:

Practice the bored look, the skeptical look, or both in the mirror until you're satisfied that you've got one or both of them down. Now, go out and start talking to women until you get a chance to use your chosen look.

Day 9: Real Value

Read these articles:

**Take the Edge Off: Using Humbleness
Like an Elite Man**

Confidence – and even pride – are attractive traits. Yet, as you become more attractive, you must cultivate humility, too.

**How to Be an Alpha Male -- Without
Becoming a Stereotype**

You've no doubt heard of how important it is to be the "alpha male." But you probably *don't* know what this *really* means.

Do this:

In two (2) conversations with women today, use the techniques from the article on humbleness to keep your interaction with women more naturally impressive – appear to downplay your value, and you will seem to have MORE value, all while coming across more approachable and relatable.

Day 10: Good Talk

Read these articles:

Secrets to Getting Girls:
The Art of the Deep Dive

Deep diving is a powerful conversational technique for building very strong connections with people in a hurry.

The Conversationalist

An introduction to some of the main tools used by those who are truly skilled at conversations.

Do this:

Now you can test drive an exciting new technique: deep diving. Find four (4) different women you can speak with today, and deep dive each of them. Try to find out at least one thing about each woman she probably doesn't tell most people.

Day 11: Faster

Read these articles:



Do this:

Using Intrigue to Get Girls Chasing You

In their rush to impress, most men forget one crucial element to being attractive:
intrigue.

Secrets to Getting Girls: Move Faster

What if you found out that many of the women you lost, you lost merely because
you moved too slowly?

Sprinkle some intrigue into the next three (3) conversations you have with women today. Try to make them wonder... make them feel as if they can't *quite* get a bead on who you are. And as you do this... *move faster.*

Day 12: Introducing...

Read these articles:

Easy Opening with Indirect Direct

An easy way to start conversations that's not too intimidating and combines light and funny with genuine interest.

Pre-Opening

If you want to up your opening percentage and warm your reception... just pre-open.

How to Break the Ice: 5 Surefire Ways to Entice Her

The “ice” here being that tension on first meeting, of course – let's *break* that tension.

Do this:

Pre-opening is fun, easy, and simple, and it multiplies the power of your opening. Let's try it out. Your mission – choose to accept it or not – is to go out and pre-open three (3) women today, using any form of pre-opening.

Day 13: The Big Tease

Read these articles:

Teasing a Girl the Right Way

Teasing is a fun way to introduce some challenge and excitement into your interactions – *if* you do it right.

How to Answer “What Do You Do?”, No Matter What You Do

You’d be amazed how many men kill women’s interest in them with their answers to the question “What do you do?”

Do this:

First, take a moment to sit down and hash out an interesting answer to “How do you do?” It’s worth the few minutes to think about. Next, head out and find two (2) women to flirt with and tease – can you follow the article?

Day 14: Reeling Her In

Read these articles:

Conversation Example

See how a great conversation looks between a skilled conversationalist and a new acquaintance, and why he does what he does.

Baiting vs. Trading Information

Sure, you *can* just tell her what she wants to know... *or*, you can tempt her and intrigue her, instead.

Get to Know a Girl: Connection-Building Tactics

Get a feel for the mechanics of connection-forming, and how to really build a good bond fast.

Do this:

Let's take baiting for a spin. If you're like most men, when you get asked a question, you provide an answer. Today, you're going to try to build some intrigue instead. Use the baiting technique in conversations with three (3) new women today... can you feel the difference in their interest levels?

Day 15: Invitations

Read these articles:

Invite Her Home

One of the biggest reasons most men don't sleep with more women? They don't invite women those women home.

Pulling Women Home: The Secret to Watertight Pick Ups

Getting girls from street, café, or bar to bed is about two (2) things: the ask, and the logistics.

How to Turn a Girl On: 3 Tiers of Sexual Excitement

Sex doesn't happen without desire. Use excitation and anticipation to make her heart race.

Do this:

How many women have you slept with in the past month? Well, how many women have you invited *home* in the past month? Over the next two (2) days, you're going to invite two (2) different women home with you. Get to it.

Day 16: Texting

Read these articles:



How to Text a Girl

A far simpler – and far more *effective* – means of using texting to line up dates than anything else you’ve seen.

What to Text Girls to Get DATES

Texting doesn’t need to be time-consuming or brain-racking; just follow the process, and you’ll get girls out in no time.

Do this:

Text the next four (4) girls whose phone numbers you get with the methods in these two articles. If you have active numbers now, start with these. See if you can’t line up some dates – quickly, efficiently, and without the back-and-forth.

Day 17: The Meet Up

Read these articles:

**Date Templates: Minimize Confusion,
Maximize Returns**

Where should you take her, and what should you do? Date templates help you nail down the best option, simply.

Simplify Your Dates

Dating doesn't need to be the complex undertaking most make it out to be. Keep it clear, easy, and to-the-point for results.

Do this:

Line up a couple of dates (2) and run them using the guidelines from the articles above. These can be informational dates, structured dates, or – if she really likes you – easy dates. Be sure to put some *strategy* into them!



Day 18: Not a Boyfriend

Read these articles:

**Telling Women You're NOT
Boyfriend Material**

If you've been (consciously or subconsciously) trying to show women you'd be a great boyfriend, this is for you.

**Does She Want You as a Boyfriend...
or Something Else?**

How do you know if a girl sees you as a boyfriend candidate to take things slowly with? We zoom in on the signs.

Do this:

Women who view you as a potential boyfriend slow things down, which means things often never end up *happening*. In three (3) conversations with women today, work to position yourself as *not* a boyfriend candidate.

Day 19: Hook, Line, & Sinker

Read these articles:

Book Excerpts: Reaching the Hook Point with Girls

The hook point is the point at which a woman is clearly engaged in conversation with you, and wants it to go on.

Making Girls Laugh Means NOTHING

A sense of humor is attractive, but if you think being a comedian is the way to her heart, you'll be in for a surprise.

Do this:

If you've been ignoring your posture, voice, and facial expressions, now's the time to work on these *hard*. Can you make yourself attractive enough that women hook soon into an interaction? Try it with four (4) new women today.

Day 20: Social Toughness

Read these articles:

Breaking Circle

You might be surprised how many women you've lost in social situations by violating this one rule:
don't break circle first.

Responding to Interruptions

How you deal with interruptions can make or break your interactions with women.

Tactics Tuesdays: Staying Unfazed (When Girls Try to Faze You)

Women do all kinds of things that can throw you off balance – your response here is key.

Do this:

If you haven't been meeting women in dynamic environments – parties, bars, nightclubs, networking events – today's exercise requires you to try. In a highly social environment, get into two (2) conversations with women with friends and other people around – and *don't* be the first to break circle.

Day 21: Roll the Dice

Read these articles:

Randomness and Success

Succeeding with women is as much about giving yourself enough opportunities to find success as it is anything else.

Go With Your Gut

You're not always going to know the "right" thing to do for every situation, but if you learn to obey your instincts, you'll win.

Do this:

How much have you been going out, and how many women have you been meeting? You're going to show yourself what that looks like at double: that's right, this exercise is to go out today and approach *double* the number of women you normally do. Once it's done, what were the results of the day?

Day 22: Using Your Body

Read these articles:



Sexy Body Language for Men (Learned from Hot Girls)

Body language is a powerful attraction trigger and nonverbal indicator of social dominance.

How to Have a Sexy Walk That Drives Women Nuts

If you want to turn heads, get a sharp walk – a sexy male walk will clear men out of your way, and make women stare.

Do this:

In the mirror, practice your walk and your body language until it looks sharp. Next, head outside and take a stroll down a street that has a lot of attractive women, making a point to keep your walk sexy. Note whether you get more glances, stares, and flirty facial expressions from girls than usual.

Day 23: Investment

Read these articles:

**Tactics Tuesdays: Command Women
(and Have Them Listen)**

The proper voice tone when you ask or tell a woman to do something makes all the difference in the world.

Compliance Stacking

Getting investment from women is key to successful seductions, and compliance stacking is a great way of getting lots of it.

Do this:

Let's see if you can get some investment. With three (3) women, ask for investment using the tone of voice demonstrated in the "Command Women" article, and – once they're investing – stack compliance and see how much you can get.

Day 24: The Desired

Read these articles:

[How to Make Her Want You: Lessons from Marketing](#)

The same tactics that work great for marketing work great for meeting and succeeding with women, too.

[How to Be Playful: 4 Tips You'll NEED](#)

Four (4) vital elements to being playful in a way that isn't tryhard, annoying, or too far into the "comedian" role.

Do this:

Are you playful? Take the tips from the article above and modify your approach to playfulness – maybe that means adding more, or maybe that means toning it down. Try out this new approach on two (2) new women.

Day 25: All Alone

Read these articles:

[Get a Girl Alone Today with These 7 Tips](#)

There's more to taking women home than just inviting them. If you want to get a lot more "yes"es, read this article.

[Get Her Comfortable Alone With You](#)

If she isn't comfortable, you won't get very far with her. Here's how to get girls comfortable back at your place.

Do this:

Using the techniques in the first article, see if you can't up your closing percentage. Today, invite two (2) women – it doesn't matter where you meet them – somewhere alone with you, and see if you can get them to say "yes."

Day 26: Open Anywhere

Read these articles:

Meeting Women on Buses, Trains, and Airplanes

Approaching women in or waiting for transit is surprisingly easy and quite effective. If you haven't tried it out, do so.

"Are You Single?" Why to Always Ask Girls This

A seemingly unconventional opener, "Are you single?" cuts out all the tiptoeing and gets right to it off the bat.

Do this:

Today's assignment is a choice: you can approach three (3) women on mass transit, *or* you can open three (3) women by asking them whether they're single. Which you choose is up to you – but both are lots of fun.

Day 27: Style

Read these articles:

Facial Hair Styles to Make You Look Cool, Sharp, and Sexy

The right facial hair adds a great deal to a man's attractiveness. We review the most attractive styles, and the research on them.

Fashion for Men: The Primer on Looking Amazing

There's a lot more to style than throwing on a button-down shirt or a blazer. Learn the fashion fundamentals and look *good*.

Do this:

You're going to give yourself a makeover. It doesn't matter how stylish or not you already are – you can always be better. What new suggestions from these two articles can you implement now? Go implement them, and get sexier.

Day 28: Numbers

Read these articles:

How to Get a Phone Number from a Girl Every Time You Ask

Getting phone numbers is a lot simpler than most men make it out to be. With the right tools in your toolbox, it's a snap.

What to Do When a Girl Doesn't Text Back

What do you do when she won't respond to you? Stay calm, and keep texting.

What to Do When Girls Flake

If she flakes on a date, it isn't necessarily over – unless, that is, you over- or underreact.

Do this:

See how many phone numbers you can collect. Today's mission is for four (4) – that's right, four numbers in a single day. Can you do it? If you want extra credit, see how many more than four you can hit.

Day 29: Who's Chasing?

Read these articles:

Secrets to Getting Girls: Staying Out of Auto-Rejection

You might think women reject you because they don't like you enough, but much of the time it's that you've pushed them away.

Tactics Tuesdays: Move Girls

If you want women invested in you, get them to *move* with you.

Things That Show Women You're Chasing Them (That's Bad!)

You don't want women to think you're chasing them – because once they do, it's often all over.

Do this:

Move two (2) girls: that's what this assignment is all about. You can move them a few feet; you can move them to sit down somewhere with you; you can move them to a dance floor, or a park bench, or a table. Doesn't matter *where* you move them... so long as you *do* move them.

Day 30: Think Good Thoughts

Read these articles:

Most Important Thing to Becoming a Lover of Women? Don't Be Bitter.

Guys looking for dating advice often come from a place of bitterness and rejection. But this will kill your chances with women.

Lower Your Standards (and Date Hotter Girls)

If you want success with women, you won't get it meeting a couple new women a week because they're the only ones you like.

Do this:

Want real success with women? Then you've got to shed your bitterness, and, at least while developing your skill set with women, you've got to set aside your pickiness. Approach five (5) women today – even if they aren't gorgeous.

Did You Know?

Women have a region of the brain strongly associated with sexual behavior activated by smelling the testosterone found in men's sweat.

In contrast, smelling men's cologne *reduced* blood flow to women's vaginas, signaling a reduction in arousal – cologne was a turnoff.

From “[Having a Male Scent That Fills Women with Lust](#)”

That wraps up the lessons of the Journeyman's guide to being great with women. We've covered moving fast with women, *not* being a boyfriend, turning yourself into someone truly attractive, and understanding women at a level most men out there never will.

In the next section, we've included some additional article links to things that every Journeyman ought to know, but that didn't quite make the cut for the main part of the book. Check them out if you want more.

Section Three

Bonus Reading



More to Read

On Flirting:

- [How to Flirt with a Girl](#)
- [Constructing Your Sexy Vibe \(and Making Girls Go Nuts\)](#)
- [Secrets to Getting Girls: Chase Framing](#)

On “Game”:

- [How to Be Smooth with Girls Every Time](#)
- [How to Use Indirect Game to Get Girls](#)
- [How to Pick Up a Girl](#)

On “Game” (cont’d):

- [Dance Floor Seduction](#)
- [The Secret to Hooking Up with Friends](#)
- [How to Stop a Cockblock \(Without Breaking a Sweat\)](#)

On Judgment:

- [What to Do When Girls Act Superior, Rude, and Aloof](#)
- [Stop Being So Judgmental: It's All Actor-Observer Bias](#)

On Phone Calls and Texting:

- [How to Text Girls: 20 More Tips and Techniques](#)

More to Read

On Dating:

- [The Party Date: Don't Do It](#)
- [Should You Pay for a Date?](#)
- [Book Excerpts: Bad Dates You'll Want to Avoid](#)

On Closing:

- [Take Women to Bed: Successful Physical Escalation](#)
- [How to Get a Girl in Bed: 10 Crucial Tips for Making Her Yours](#)
- [How to Get Turned On and Beat Performance Anxiety with New Girls](#)

On Connecting:

- [How to Build an Emotional Connection](#)
- [Tactics Tuesdays: Learn How to Be Relatable with These 7 Secrets of Relatability](#)

Get One Date

If you're ready to learn even *faster*, it's time to upgrade to the One Date System. You'll learn:

- How to make a girl your girlfriend in one simple, easy-to-get date (use Chase's powerful SAC system to figure out exactly the date she needs)
- A straightforward way to build arousal with girls by breaking rules or violating tiny expectations
- The super simple process that gets women to follow you around *anywhere* (even back home)

Ready to find out more? Check out the program page here:

[Get One Date](#)