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Exceed Your Limits with Women

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The success of any encounter with a woman depends on a series of factors, but, undeniably, the most important one is the mental component. A mentally strong person is surrounded by a powerful charisma and will find the dating game a lot easier to play than an insecure person.

Now don't get nervous. You don't have to have nerves of steel to score with women. Instead you can learn how to use your nervousness to your advantage and transform it into the fuel needed on the "battlefield".

"Yeah right," you say. But what happens when your heart starts pumping like crazy and your voice and hands shake every time you approach a girl?

First of all you should know (know it AND believe it) that it is all in your mind. You are your own worst enemy telling yourself that you can't do it, that you're not good enough or that she would never be with someone like you. Instead of sabotaging yourself try to have a more positive attitude. It will make you seem more confident and therefore more attractive.

In order to be successful you have to project self confidence and strength. But how can you pose as a successful man when inside your head there is this voice that keeps telling you that you're actually a loser? Strength comes from within so there is where it all starts.

Imagine the successful completion of your objective before you approach a woman, or even head out the door.

Know exactly what you want to achieve both short term and long term with women.

Set achievable goals.

Ex. I am coming home with one or more women's phone numbers.

Ex. I am having sex with an attractive woman tonight.

Imagine the whole scenario. Picture the successful completion of your objective then work backwards.

What did you need to do to reach that objective?

Does it mean dressing a little differently?

Ex. If you work in construction all day, maybe you could dress just a bit nicer when you go out to meet women.

Maybe do a search online for great jokes or pick up lines? Women love men that make them laugh.

Plan on a different kind of club than you normally go to? If you are interested in an upscale girl, then the local pub may not provide what you are looking for.

Dating attractive, intelligent women takes planning.

Know what you want, create a strategy and go after her.Z

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