

# Quadruple Your Dating

## A Free 30 day plan of attack for the average guy

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Time to START DATING MORE WOMEN

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## Mikes 30 day "Quadruple Your Dating Success with Women" Online Course

### Introduction:

The following is a 30 day course that is easy to get started and will drastically increase your abilities with the ladies. These are proven and tested ideas that work and work fantastic. I have used this exact system to meet women and get more dates than I have time for. And that is what you want to work up to. Having choices instead of waiting for a woman to come to you. Go after the women you want.

These are simple ideas but they are not intuitive for logical guys. Attraction isn't logical. You are playing a game of emotions but it does have rules. Follow the rules to achieve massive success.



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## Chapter One- How Do You Attract Women



You have all seen guys that can seem to magically pull women in almost right away. Naturals have learned the skills of relating to women, and it is mostly just the amount of time they have spent around women that is the secret. Time spent with women and learning from your mistakes.

Women are looking for certain traits in men and they are not hard to build into your character. You don't have to change yourself unless you want to get more women in your life. Otherwise, you need to show off these characteristics to every woman you want. It is critical to be the kind of guy a woman would be proud to show her friends. Nothing else works.

Are these traits difficult to make a part of you? Not at all, it just takes practice and paying attention to how you are being seen by others.

### **Good Traits:**

1. Masculinity
  - a. Safe and Secure
  - b. Able to Lead
  - c. Going Places in Life
  - d. Have things under control
2. Interesting Life
3. Fun and Exciting
4. Keeps composure at all times
5. Social Smarts
6. Stay Busy
7. Positive about things- no whining, complaining and bitching
8. Listen to women
9. Other women like you
10. Make her feel good about herself
11. Dress well and looking as good as possible

12. Doesn't embarrass her in front of family and friends

Do these traits sound hard to achieve with a little work? They are easy if you focus and get them taken care of one at a time. The following information will teach you how to do that in a short amount of time.

The key thing is to remember just being a Nice Guy never is enough. Too nice is the killer to attraction. Your goal is to be nice but with an edge. Don't be easy be a challenge, make her work to get you.

Click here to find out --->>[How a Former Stuttering, Shy Nerd 'Cracked the Code' to Flirting with Women and Creating Sexual Attraction](#)

## Chapter 2 First Steps First

Before you go further, here are some important things to get set up. Without them, your progress will be limited.

### Looking Good:

It doesn't matter what you look like. Short, not good looking, balding etc. you can only change what you can change. Women pay a lot less attention to looks, looks are not enough.

**How you make her feel is way more important. Women are not guys and don't think like guys.**

But you must take care of yourself and look your best. Women spend hours to look good, you need to show you spend time working on yourself as well.

1. Start going to the gym 3 days a week - builds testosterone which motivates you to find a woman.
2. Stop with the porn habit. It lowers your need to find a real woman. The need will make you reach for what you want.
3. Study nutrition and start eating healthier, it will make you look healthy.
4. **Go clothes shopping every week.** Update your wardrobe, throw out all your old boring clothes. Buy at least several great outfits for dating. And get stylish casual clothes to wear everywhere. Take a woman friend with you to help choose clothes or ask a beautiful saleslady to help. You always want to look good, because you know you run into prospects when you least expect to. Be Ready.
5. Keep your car clean, organized and smelling good. Have a varied music selection. Make it look like a woman has been in that car before. A good idea is to leave something she could spot in the car, like a hair brush or hairband. A woman's item, that another girl has forgotten. Believe me, she will find it.
6. **Your Place-** Clean, organized and not a bachelor pad. Classy with some good designer touches. Have a pet if possible and always a few real plants that need care.

Add little things like, a vase with giant leaves in a corner and good art on the walls. Interesting books to talk about. Nice furniture, toss old hand me downs. Good lighting with dimmers. Candles around the house. Make it look like other women have been there many times. A ladies shoe peeking out from under the couch is a good touch.

Also have a good sofa or loveseat with a nice blanket available. You want a good selection of music types and a tv with a dvd player. Keep a few chick flick movies that you can stand to watch.

Keep the fridge stocked with a selection of beverages and at least a couple of bottles of wine. A well

stocked bar is handy.

Okay you are on the road to success.

Now you have your bases covered and will be eager and ready to bring a lady into your life. If you don't have these things ready, how motivated are you going to be?

You are going to be stressing yourself out before you even ask her on a date. Get busy and ***Set Things Up ahead of time.***

## Chapter Three How to build confidence

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The most important thing women are looking for in a man is confidence. Everybody talks about it but hardly ever explains. Confidence is your attitude. You know what you are good at and it shows. The opposite of confidence is really INSECURITY. The death of attraction.

How do you get confident? Experience and knowledge. So to build confidence you have to learn something and learn it well. Become an expert on something. It doesn't really matter what, the more things you are confident about the better guy you will be.

Pick something and learn it, get good at it. Already, you know there are somethings you are really good at. Even if it is a computer game but look around you will see you are confident about a lot of things already.

A good thing to get confident about is nutrition and exercise. Study and practice what you learn. You don't have to be the worlds master at something, just know more than a lot of other people. If you can talk about a subject and know what you are talking about, that my friend is confidence.

Build up your expertise in a variety of subjects. You will exude confidence and always have interesting things to talk about.

Just don't be arrogant, there is a difference between letting your confidence show and bragging or being the know it all. It should be apparent without you working to show it off.



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## Chapter Four Practice, Practice, and more Practice

If you really want to get good at something, you have to practice it. You don't read about skiing and then strap on skis and head down a steep mountain. You fall down for days on the bunny slope first. Slowly you pick it up and stop falling.

Dating attractive women is the same idea. You read something and then you go out and try it on a real warm blooded woman. See all the ideas in the world are useless until you practice with a woman. Women are not the same, each is different and will react in a certain way.

There are variables or it could just be a bad day for her. Try things many times with many woman. Then you will learn what works well and what sometimes works.

This is hard to do when you first start working on it. Just like Surfing, you will fall off a hundred times. But if you don't practice, you will never learn a skill. You are building your confidence in picking up women, every time you go out there and talk to a woman.

Chances are you will not meet your dream girl on the first night and if you did you would not be able to keep her anyway. This is fun practice, have no goals, just practice talking to and meeting new women.

You know that is your real problem. You haven't practiced enough, you have been sitting around night after night watching television or looking at porn. Admit it. You have to decide to change and get out of the house at least 3 nights a week, to build your social skills. This is the only way.

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## Chapter Five - What do women want

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Women want fun and excitement in their lives as much as possible. That is why they go after bad boys with a vengeance. They can never have too much going on.

They live for the guy who will add to their boring lives. And all women think they have boring lives unless they have a fun and exciting guy driving them crazy. Remember a girl loves to talk to her girlfriends, **give her something to talk about.**

**You have to bring it to the table-** A fun and interesting guy who is rarely boring is always welcome in her life. **Don't be predictable**, surprise her regularly. Keep her guessing, don't be confessing how much she means to you in the first 30 days. She wants emotions, she wants to worry and wonder.

How do you, the boring guy do this??

**Don't be boring**, start doing interesting and fun things in your life now. Get out the newspapers and look for fun and interesting things to do and go do them. This will get you out of the house meeting people and give you unlimited things to talk about. Try new things, do things you haven't had time to do yet.

**You need to have passions in life besides women.** That makes you an interesting guy. Plus it will improve your social skills and get you lots of friends.

Staying in every night reading and playing on the computer will not help you one bit. Get out and do things you like to do.

And **be pro-active**, don't wait for people to call you. Call them and invite them to go do something, anything fun. This is how you improve your status in life. You will be the fun guy. They will start inviting you to things and introducing you to people.

Don't be upset if a girl just wants to be friends. You should still hang out, she might introduce you to a wonderful girl. Her boyfriend might have an awesome sister. You never know.

Be social and friendly with everyone who is nice to you. Having a few girl "friends" will really improve your success with other girls. You will get comfortable talking to girls and they will even help you get better.

**Attitudes of winning players-** This is the attitude you have to give off to women. They don't want players but they want guys who were players. They want to catch the player and keep him with their beauty and charms. They want to get the guy all the other girls couldnt keep.

They are very catty and will steal another girls guy in a second. So you have to look and act like other girls are really after you. **Act like a player** but let her catch you.

**The Look of a winner-** You must give off appearances of being a winner, not a loser. Be secure in yourself, know what you want and how to get it. No kissing her ass. Make her earn your attention, you are interested but have doubts. You are just trying to find out more about her so you can make a decision.

You want to look like you are calm and relaxed. Just having a good time. **Keep this game fun** at all times. Don't be too serious. A key point is to not answer all her questions, keep some things secret and dish them out slowly and sparingly. Women love mystery and intrigue, make her curious to know more. Teasing is the way to be with a woman. Be a challenge and a guy who other women want.

→ [Chapter Six- Flirting Advice and more](#)

## Chapter Six Flirting Advice And Building Attraction

If you want to get good with women, you must learn and practice the only thing that works. Flirting with women is how you build attraction. It is a special language that has been practiced for millions of years. It is genetic and part of being human.

It is how men and women communicate sexually.

I know what your thinking, I don't want to stoop to that level. They should like me for who I am. Well I bet thinking like that has worked out pretty bad so far for you.

This is how people relate and fall in love with each other. Some birds hop up in the air and make strange sounds to attract a mate. Men and women flirt, it is our mating call.

You must get good at it because only then will women see you as a potential lover instead of just a nice friendly guy. Now don't go crazy and start doing this seriously with co-workers. Your job can be in jeopardy.

You still need a job to attract a great woman.

So do your flirting away from work, there are millions of single ladies in the world. And they all want to flirt with guys.

Flirting is simply put, Teasing and having fun. It is done in a bubble though between you and her. Other people should barely notice it.

There are lots of different levels. As you get more intimate and away from other people it should escalate. In front of others, just fun playful kidding and eye contact.

As you connect with her and move away into a one on one, you can up the ante. Flirting is going back and forth with role-playing scenarios and stories. Lead her into your world and make it a fun one.

Flirting isn't just what you say. 70% is eye contact, looks, and body language. How you say it and what your body is doing is the key part. Especially in a first meeting. She is watching you more than listening to the words.

Flirting gets her interested and makes her keep talking to you. It gives you a chance to show off who you are and what kind of guy you are.

Flirt until she is attracted then you want to start having longer conversations to find out who she is and let her earn your attention. Don't flirt too long, 5 to 10 minutes should be plenty. Too much will annoy her.

And gauge her reactions, if she isn't enjoying it, just stop and move on to someone else. Don't waste your time on a woman who is not interested.

[Read more Flirting Tips here](#)

Click here to find out --->>[How a Former Stuttering, Shy Nerd 'Cracked the Code' to Flirting with Women and Creating Sexual Attraction](#)

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## Chapter Seven - Leading and being a Masculine Man

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One concept that makes a man attractive to women is leading. Your role as the man is to lead the woman. Not control her but be leading the whole time. Leaders show strength, you are in control of yourself and decide what to do and when to do it.

**You should always be the one leading.**

You go up and talk to her first, you decide what to do next, you pick the restaurant or movie. Lead her to another part of the club, grab her hand and say I want to show you something. Let's go outside for a smoke. Come on I want to show you my friends. Lets go see a movie. I want to go get something to eat. You ask for the date. You show leadership abilities.

Lets sit over here. Here is your chair. Lead her to the next step.

A woman doesn't want to have to make all the decisions. You take the pressure off her by deciding everything. Now she gets to agree or not and you can let her have her way some of the time. But you should be offering ideas first. Plan your dates ahead of time. Surprise her.

Show her you have things taken care of.

If you make the woman take the lead, you are messing up. Women want leaders. A real man.

## Chapter Eight - Getting The Date

*How do you go about getting a date?*

The five minute or less method:

1. Go out in public to a social gathering.
2. Be in a great mood, just out to have fun.
3. Talk to several people on the way to the bar. To get in the talking to people mood.
4. Walk in and take a look around. Get one drink and flirt with someone. Talk to a couple of people with small talk.

5. Look for some fun groups, move closer and get involved in the group. Warm up. Other women will see you talking and having a good time.
6. Keep your eyes open for an attractive woman. Eye contact, don't look away when she catches it. She looks away first. Be smiling a genuine smile.
7. You have seen her, now you have 3 seconds to walk over and start talking. "You look like fun" " I really like that hat. Say hi, maintain eye contact don't look at the floor.
8. Flirt with her. Tease her about something and make her laugh. Keep an eye on her body language to watch for her reactions. Touch her lightly on the arm or shoulder. No throwing your arm around her yet. Involve the others in her group. Don't act too interested in her.

Start a conversation about the surroundings. Look for her to give you topics to talk about. Use her name often. Have a fun playful game or story to tell her.

9. Watch your body language. No slouching( shoulders back, chest pulled up and out) or leaning in until she says something good.

When she starts to earn some attention from you, make sure your body leans back in, then get distracted and make her earn some more attention. Push and pull with your amount of interest.

10. Always agree with her views, no arguing. You can add some teasing but you want to be saying "Me Too!" a few times. Keep the conversation going for a few minutes with light touches and humor. Listen closely to what she is saying, give her your attention if it is good conversation.

11. You don't have to keep the conversation going for more than a few minutes. You need to look like you are a busy popular man. Tell her you really have to go see your friends. You had fun talking to her.

12. Get her phone number and set up a date. Tell her about something fun, you are going to be doing this week and ask if she wants to come along. If she can't go, tell her you want to talk to her more soon and just get her phone number.

13. Then leave, you can stay around the bar for a little while but you don't want her seeing you getting 4 girls phone numbers. Don't be a guy who sits around a bar all night. You have a life.

Simple as that guys and it takes longer to read than actually do. You don't have to talk to a girl for a half hour. In fact, keeping the first meet short is much better. You will have less chance of messing up. Talking too much gets guys in trouble. You already know that.

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## **Chapter Nine - First Dates**

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Here are a few ideas for a good first date. The First date is a major stepping point but remember it is just about having a fun time getting to know who she is. Don't worry about how you are feeling, concentrate on making her feel good.

To have a great first date, you need to prepare and plan it out. Get the newspaper and go to the entertainment section. They call it that for a reason, it is entertaining for people. Scan it for ideas and write down three of them.

You need fun things to do or watch and a place to eat and have a drink. One of the places must be a good conversation location.

Dinner and a movie works but it is classic boring to women. And expensive. Find inexpensive things to do on a first date. Fun activities are best. And more than one location is important.

Go watch people play soccer or softball. Go mini-golfing or to shoot some pool. Throw darts at a nice sports bar. Go to the book store and then for a walk. Go to a museum.

You need to find 3 or 4 fun things to do. Two or three nice little cafes. Two or three parks to walk in. A good quirky shopping area to explore.

You only need a couple of ideas to turn into your standard First Date experience. Surprise, you can take them all through the same date. And you will get good at it fast, it will be second nature and you will be comfortable.

So make your First Date Plan. Go drive down and find out where they are and where to park, ahead of time. Go in and check them out. If you can make friends with people that work there, it is icing on the cake. Women like popular men. Write the plan down and put it up on your mirror.

### **My first date plan is:**

First location: We will go check out the new exhibit at the Art Museum.

Then we will drive to

Second location: A quick drink and bite to eat at Moes' Cafe.

Then I will suggest some exercise and head to

Third location: A walk through the Arboretum Park.

You will be reading her interest and gauging her reactions. Some women will be ready to go home earlier. Just keep offering options and have fun. The first date can be 30 minutes or 2 hours. I wouldn't recommend more than 2 hours unless things are really going good. And when she looks like she has had enough, you should end it on a high note before she does. Have a reason you have to cut it short planned out.

This is just having fun and learning more about her. You don't want to ask a million questions, just a few. She should be doing most of the talking, you listen and ask about what she is talking about. She will give you ideas if she likes you. Let her help. The key is to just relax and be comfortable.

Your first few first dates will be nerve wracking, but if you plan well there is less to worry about. Some of her questions may surprise you. Just think of a good answer or don't answer it at all and change the subject. This isn't an interview. Talk about what is going on around you and tease her often.

Once you have a plan, it is simple to ask a girl to join you. Call her up and get her laughing, then offer your suggestion. Not knowing what it do for a date is a major reason you don't ask girls out. So make a plan. It isn't written in stone, you can let her have input. Just do what feels right. Be flexible but ready.

At the end of the first date, you should have:

Made her laugh

Learned more about her

Had fun

Touched her arm and hands more than once

Gotten her comfortable enough for you to get really close to her

If possible, you should have fed her some food, or tasted her drink

When you get close, you should be able to feel if it is time to kiss her yet

The earlier you kiss her the better. Don't wait for the end of the date.

When you say goodbye, you should offer a second date later in the week. Try to get her to agree. Don't just leave it up in the air. You can but it is a risk. Now don't be super eager, she shouldn't know you are in love with her yet. Let her wonder for a week. Keep it low pressure but fun. Tell her she was great fun.

You definitely want to get a kiss on the first date. No kiss means you probably blew it, especially if she wanted a kiss. Go for the kiss and early in the date.

Have a plan for what to do on the second date.

Trying to sleep with her on the first date is really not recommended, unless it is really going well. Rare. It takes time for a woman to be ready to sleep with you. Don't push too early. The second or third date is fine. An average time between meeting a girl and sleeping with her is about seven hours spent alone together. Counting phone calls and the very first time you met her. Don't rush it. Let her warm up.

## Great Second Dates

I know a lot of you haven't had many second dates. I was in the same boat for most of my life. You have to follow the rules, and the women wrote the book. Do what they want not what you think they want.

The kiss and touching during a first date are the key ingredients. No touching means no sexual tension. And that means no chemistry. Build that chemistry, you will feel it. Flirt and have fun and you will get second dates.

The second date is planned just like the first date. Find 2 or 3 interesting activities, and a place to eat or have drinks. Go check them out beforehand. Definitely plan for this date to wind up at your place or hers. You want to be able to be alone with her. And you will be all set.

This date is more of a real date, you should act like you are boyfriend/girlfriend more. Really get into deep rapport and find out who she is. Go as deep as possible and see how she thinks and what you like about her.

Keep up the fun the whole time, but you are finding out more and more. Now she likes you and you like her so you have to escalate. More touching, more looking into her eyes.

When you get back home, just chill out for 10 minutes talking. Then sit next to her on the couch and move slowly into making out and kissing. It will lead to all kinds of good things. Just remember two steps forward and one step back.

Don't rush, enjoy the whole evening. The more dates you go on the better you will get at it. Fun practice with no agenda. But it is your job as the man to lead her where you want to go.

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## Chapter Eleven - Escalating the interaction

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There are some important steps with every new woman you meet. They are the same and must occur in a predictable manner. It is up to you to move the relationship forward, she will rarely do it for you.

If she has to be the first one to touch or kiss, you are not the kind of guy she is looking for. It is supposed to just happen for her. She needs to always be able to put the blame on you, so she doesn't feel like a slut.

You are responsible for what happens, she only allows it to happen.

### **Some of the main steps are:**

- First words
- First touch
- Getting alone with her
- Holding hands
- Getting into her personal space
- Touching her hair or face
- Touching her legs
- First Kiss
- Making out
- Getting naked
- Sex

Follow these steps at her pace, as soon as she will let you. You have to be the one pushing things forward. If you go too far, just back up a step and continue. Don't get upset or mouthy. Take your time but keep trying. At the sex moment, she may say stop, that is ok, stop. Move back a step or two and slowly move back in again. There will be another time soon, if you can relax and let her back up a little. Without losing your cool. Don't push farther than she wants to go. Wait for tomorrow.

Click here to find out --->>[How a Former Stuttering, Shy Nerd 'Cracked the Code' to Flirting with Women and Creating Sexual Attraction](#)

# Build your social value Plus a 30 Day Dating Success Cheat Sheet

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In order to sleep with a woman, you must present sexual value to her and others. She has to feel that other women want you. She has to know you can please a woman.

Do this with your stories you tell about your past girlfriends.

What you have no past girlfriends? Fake it, make up some believable stories. You surely had some close calls. Use your imagination and things you heard from other guys and girls.

It just has to show other women loved you in the past and you had a lot of fun with them. Don't worry, this is one of those areas where you have to fake it til you make it. Everyone else did the same thing when they started. She doesn't know what you don't tell her.

I assure you if you tell her she is the only woman who ever even got close to sleeping with you, you are deadlier than a doornail. Tell her positives only. Play it up a little even. Not bragging stories just a simple story that shows you know what you are doing and can have fun with a woman.

Soon you will have a few dates and girlfriends in your past and you can really have some interesting stories to tell.

Especially if you follow this advice and become an interesting fun guy who plans dates ahead of time and has a game plan of what to talk about when you meet a great girl.

You must have social and sexual value to be attractive enough for a girl to want to sleep with you.

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## Chapter Thirteen - The 30 day Cheat Sheet to Dating Success

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1. Start going to the gym 3 days a week and eat healthier
2. Stop with the porn habit
3. Get your wardrobe updated with cool clothing
4. Clean your car and carry supplies- spare clothes/shoes, variety of music, blanket, overnight kit
5. Clean and prepare your place for women visitors
6. Prepare your First Date and Second Date plan
7. Build an interesting life - Do interesting things on a regular basis, build your friends list
8. Be more social - go out 3 nights a week to social gathering and mix and mingle
9. Talk to women everywhere you go
10. Start flirting with attractive women as often as possible
11. Get 3 female friends in your life
12. Practice your eye contact on women everywhere

13. Start with saying "Hi" to attractive women
14. Start flirting and interacting with women
15. Start going up and talking to women you are attracted to. no agenda
16. Start adding in more of what we learned here until you can ask for the date
17. Get at least one date or phone number from an attractive woman a week
18. Get 3 dates or phone numbers each week.
19. Get your first date under your belt
20. Celebrate but keep on meeting and asking women out, you will have more and more to talk about and women will notice. Don't get hooked on any woman and stop asking women out. The more prospects you have the better.

You shouldn't be getting serious with one girl yet, because you don't have enough experience and you will blow it.

Date a woman for at least a solid month, one date a week before you even think about starting up a serious relationship with her. One date a week and a few phone calls spread over the week will keep her interested in you.

Now something you need to know; is women want a boyfriend. So if you don't get serious within two months she will be looking elsewhere. Yes, there are some girls who are just out dating for fun and just want to keep it friends with benefits but for the most part they expect things to keep moving forward. Move at her pace but let her know where you stand. Wait for her to say " I love you" first. Let her work for you. Be a challenge.

Guys will fall madly in love too fast. Like on a first date. Which is bad news for a girl. Let her wonder and let your actions speak louder. Don't say it. Believe me it does not work. A woman wants to date you 3 or 4 times before she ever even begins to fall for you. They love dating. To us it is something to go through to get laid. Let her enjoy the journey and she will pay you back later.

**The bottom line is to get out there and practice dating, so you can get better at it.**

Don't get paralyzed with study. Too much learning will actually just slow you down. Learn and study a couple nights a week and spend the rest of the time practicing and building your interesting life.

Now motivation and keeping yourself moving is not easy.

## Your Next Steps

Visit the Dating Tips Blog at <http://attractingwomentoday.com/blog/>

For loads of new tips, best ebooks to read and ways to improve your results in dating, relationships and love.

The basics always work but women get tired of us all doing the same thing. Keep an eye out for the latest tips and strategies and you will be ahead of the pack.

For advanced flirting tactics be sure to [check this out](#)

## **Get Out There And Ask For The Date**

It is all up to you. Nobody else can do it for you. It's only practice and fun. You choose your attitude every second.

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