



BODY LANGUAGE MASTERY



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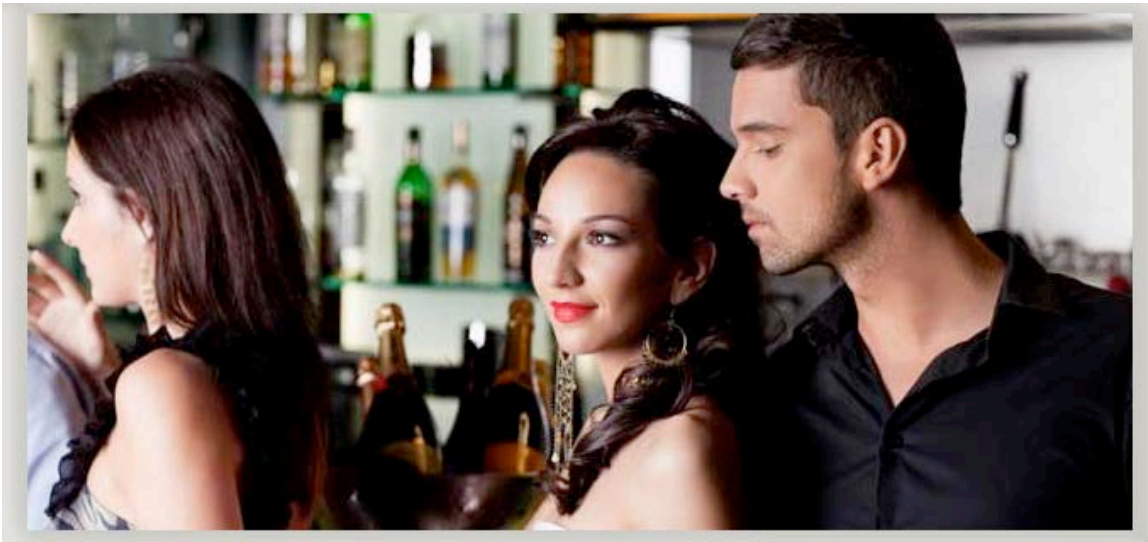
THE COMPLETE STEP-BY-STEP SYSTEM

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Foreword



When you go out and see a girl you want to take home, what's the first thing you think about?

What to say to her.

When you tell your friends later about how it all went down, what are you going to tell them in your recap?

What you said, and what SHE said in response.

There's a common thread here, and that common thread is that like most guys, you're probably focusing way too much on what's being said and not on all of the *other* communication that's going on "beneath the surface." And you know what? Your results are suffering because of it.

The fact is that although when we hear the word "communication" we immediately think of words, the bulk of communication actually takes place outside of the words we fixate so much on. Verbal tone, facial expressions, and yes, body language reveal tons of secrets that can give you valuable insight into what any woman you talk to is thinking, even if she is trying her hardest not to reveal her feelings.

Think about what that kind of knowledge can do in the hands of someone who knows how to use it.

Have you ever thought, "If only I could read women's minds, I could take home any girl I wanted?" Of course you have. It's a great idea and would obviously be an amazing ability to have.

What I'm here to tell you is that the next best thing is being able to all of a sudden interpret all of those non-verbal cues that other guys- your competition- are constantly missing out on. When you understand body language and subtle non-verbal cues, you'll know how to adjust your strategy, when you're on the right track, and you'll be taking girls home while the other guys are left wondering how in the hell you're doing it.

These tactics and the knowledge contained in this report all come from in-depth FBI training. The thing is, the same scientific tools used by the FBI to tell whether someone's lying, hiding something, or feels uncomfortable can be used to give you the upper hand when it comes to getting hot girls into your bedroom!

When you get out there and can use all of the information that other guys are just wasting, you'll feel like you have a superpower. It won't even be fair. In fact, you'll wonder how you ever were able to talk to girls without knowing all of these techniques.

Chapter 1: Why Body Language is Important

We've already talked a bit about why body language is important, but I want to give it a little more attention before we move on. After all, to truly master body language- both controlling yours AND interpreting hers- you're going to have quite a bit to learn, and I want to make sure you understand why it's so important to put in the time.

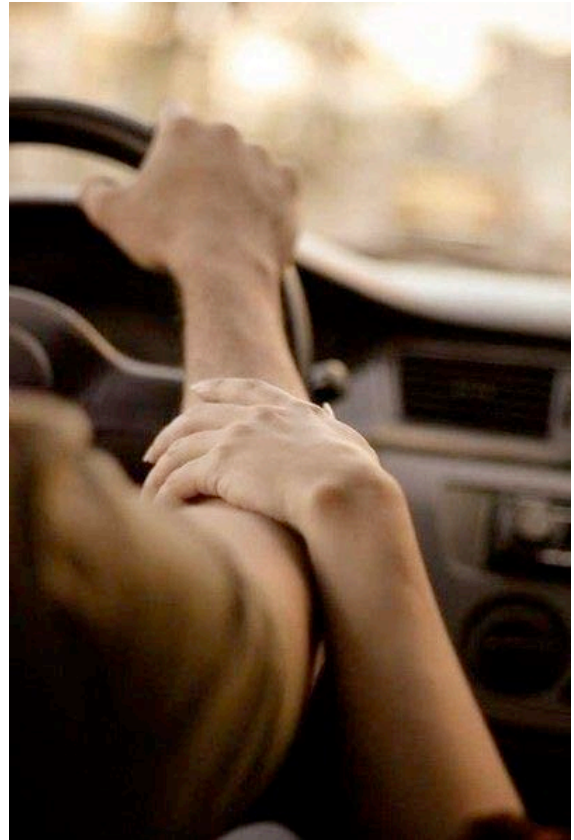
The first thing to think about is something we already understand on some level, which is that people aren't always honest. In fact, they rarely are, especially when first meeting.

Let me explain. We often think of honesty in terms of literally telling lies or telling the truth, but what about when someone politely declines an invitation when they're really thinking "no freaking way"? What about when you're at the bar talking to a hot girl and she's trying to play it cool even though she's impressed with how you look or how you're approaching her?

Body language is all about truth, and being able to interpret it gives you a huge advantage over other guys. You'll have access to her true thoughts, feelings, and intentions. You'll know when you're on the right track and when you might need to switch up your approach. You'll know if you're wasting your time and you'll be able to move on to the next girl. You'll know which girls to approach based upon how they use their body language and facial expressions.

Think about it in another way. How often are you completely honest with the opposite sex? Probably not very often, at least at first. That's because when we first meet someone, our guard is up. We're not entirely sure how to conduct ourselves and we don't want to do anything that will turn the other person off.

Plus, the stakes are high during your first interaction with someone. They're not invested in you (and vice versa), so a bad experience likely means your door has closed. Because of that, we try really hard to make a good first impression, even if it means presenting a false image. But over time, of course, the real you (and everybody else, for that matter) always comes out.



Now, when you go out and hit on a girl and you're really not interested in anything besides a little casual fun, you don't come out and say that. What girl would respond well to that kind of honesty? Even if she's also not looking for a commitment, you can't just come right out and say, "Let's go have sex."

Here's the thing, though- sometimes we DO say that. The trick is that we say it with our bodies, we say it with our facial expressions, and we say it without words. How many times have you been sent that signal and misinterpreted it? How many times did your missing out mean that the girl you could have been taking home went home with someone else, instead?

I've seen it a million times. I'm out somewhere and one of my friends (or even a stranger) has an attractive girl practically drooling over him and yet he's completely oblivious to it. What most of us believe is that maybe he's just playing it cool or that she'll want him even more, but as a master of body language, I know when a guy just doesn't get it. And guess what? Women eventually get bored and move on, and you may very well miss your chance if you don't interpret the signals correctly.

Face to Face Conversation Isn't Dead



With Facebook, texting, and other forms of communication coming to the forefront in our personal lives, someone may say, "Why spend a bunch of time learning body language when you can hook up with girls by sending a few texts or Facebook messages?"

Face to face communication isn't dead, though, and it never will be. At some point, even if you're lucky enough to meet a girl online, talk your way into her bedroom with texts and a few phone calls, and meet up with her for some casual fun, you're going to be face to face with her. And then, you'll need to know how to interact. Not only will you have to know how to interpret the signals she's putting out, but you'll need to know how to control YOUR body language to give the right impression and keep from screwing the whole thing up.

No, face to face communication is never going to disappear, but you know what is disappearing? The ability many people have to interact in person with the opposite sex. That,

my friend, is an opportunity. It's a chance for you to take advantage of the fact that a lot of guys are spending too much time looking at screens and not enough actually getting out there and talking to girls.

Girls will always prefer a guy who knows how to talk to them. While us guys can look at a few pictures and develop an instant attraction to a hot girl, girls are attracted to more subtle things, like confidence, the way you carry yourself, and the way that she feels when you're around. All these things are highly dependent on your body language.

Chapter 2: The Basics of Body Language

I'm not going to flood you with a bunch of little details to look for before you've been schooled a bit in the basics of body language. Hell, you could go out tonight and do pretty well with the ladies just by knowing these basics. Of course, you don't want to settle for "pretty well", but we're still going to kick things off by looking at some fundamental truths to look out for.

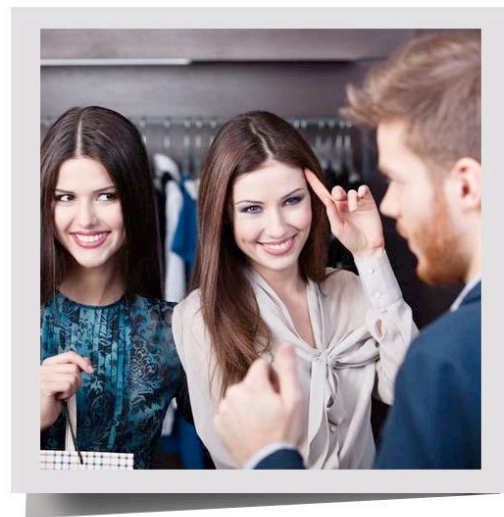
Focusing on Faces

In most cultures, eye contact is a big deal. It's seen as a sign of truthfulness (more on that later), confidence (ditto), and it supposedly gives you the best opportunity to figure somebody out. "The eyes are the window to the soul," say corny guys strumming acoustic guitars and trying to look deep and philosophical to impress college girls.

The thing is, faces are what most of us focus on to interpret other people's intentions, moods, and reactions, but they're also extremely hard to trust.

Why is that? Because we KNOW that everyone focuses on our faces when we speak, so we learn at a very early age to use our faces to bluff and throw people off when we need to.

Think about it this way: when you were a kid, were you ever told by your mom not to make a certain face? Maybe you stuck out your tongue and looked disgusted when you heard what was for dinner, and you were scolded. You might have been at school and gotten lectured by a teacher or the principal and had to hide your sarcastic reactions in order to avoid worse punishment for whatever you did.



Even toddlers are taught to mask their unpleasant feelings. They're told not to stare at people that look different, not to say what's on their minds, and not to make unpleasant faces that might hurt the feelings of others.

Guess what we're not taught to hide? Our body language.

Now, don't get me wrong- faces can be extremely telling, but you have to know what to look for. Also, compared to body language, there are a lot more false indicators possible in someone's facial expressions and reactions, so you have to be much more nuanced in interpreting facial reactions.

Look to Her Feet for the Truth



You know what's hard to lie with? Your feet. Think about it- how many times were you ever called out for placing your feet a certain way in reaction to something somebody else did? Never. In fact, our feet rarely ever come up in conversation, and what we do with them is never brought up. That's why in many ways, they're the most honest parts of non-verbal communication.

What can you tell by looking at a person's feet? For one, you can see if a girl is feeling anxious. Is she moving her feet in a skitter way, or leisurely moving them or even performing a little shoe dangle with her heels bouncing up and down as you talk? There's a big difference, as the skittery movement can mean she's uncomfortable or anxious, while leisurely movements can indicate that she's comfortable with you or even turned on by what you're doing.

Even where her feet are pointing can be valuable indicators. Studies have repeatedly shown that when a person's feet are pointed towards a door, they're thinking about leaving. Now, there's some room for interpretation, here. Is she thinking about getting out of there because she has someplace to go, or because you're making her uncomfortable?

Fortunately, we have more than just feet to interpret, so we can get a better total picture of what's going on in her head. We'll talk a lot more about feet later, both in terms of how you present yourself and how she reacts to you.

Touching is Always a Good Sign

Another general truth about body language that you're more likely to already have a good grasp on is touching. For obvious reasons, touching is nearly always a good sign when it's coming from the girl you're hitting on. When she seems to be looking for reasons to hit you, such as making contact when you say something funny or even picking a hair off your shirt, you're on your way.

Of course, not all touching is a great sign. If she's interacting with you as more of a "buddy", such as playfully punching you while laughing and looking around the room, you probably still have some work to do.

One thing that we can always assume, though, is that touching means she's comfortable with you. Whether you're on the cusp of the dreaded friend zone or going to get a chance to see her bedroom is the question, but the good news is that girls don't touch guys that they aren't comfortable with. A lot of body language is about comfort, and touching is always a dead giveaway that she's feeling comfortable around you.



Signs of Confidence

The last general truth of body language I want to discuss before moving on to more specific information is confidence. It's no secret that women LOVE confidence, so being able to master confident body language is extremely important for you.

Something as simple as your walk can be a huge turn-on or turn-off for a girl. Hey, we're an evolved species, but there's still a lot of caveman left in us, and women still look for that alpha male, whether they admit it or not. That means when you walk around the bar, the beach, or even down the street, you walk with a purpose.

Confidence means that you don't do things like scrunch yourself in with your shoulders hunched. It means you don't hide your hands, bite your nails, or engage in other nervous behaviors.



For her, the same things are all true. The difference is that when she's doing these behaviors, you have to interpret whether she's shy or whether she's feeling uncomfortable because she's not into whatever you're doing. Fortunately, you'll be getting the tools to do all of that later on.

Let's get out of the general truths of body language and move on to how to master your own body language and give off the impression you need to in order to push all the right buttons and find yourself in her bed later on.

Chapter 3: Master Your Body (So You Can Discover Hers)

You know that girl with the unbelievable body sitting across the room, laying down at the beach, or walking down the street? You won't have a chance of getting to know her or her amazing body until you can master your own...your body language, that is.

See, even though most people are uninitiated when it comes to what subtle nuances in body language mean, everyone understands certain elements of body language on an instinctive, subconscious level- especially women.

Women may not even know what it is that is turning them on or off about a certain guy, but they know it's there. That's why you'll often hear a woman often say when asked about what she sees in someone that there's "something about him". That something is often how he carries himself.

How can we take this truth and turn it into something you can use to your advantage? We can do that by helping you to master your body language so you can be the guy that has that "something" girls can't resist.



How You Should Carry Yourself



When it comes to how you carry yourself, you have to be prepared to make changes that are a part of your entire lifestyle, not just certain situations. In other words, you don't want the more confident version of yourself to be a "character" that you play when you're out trying to meet girls. You want it to be the new you no matter what situation you're in. After all, you never know when you might meet someone, and presenting yourself as a more confident person will only help you in all areas of your life, anyway.

There's an overriding philosophy at work, and it is that everything you do has a purpose. This will guide the way you walk, for example.

When you walk, you walk with a purpose. That doesn't mean you have to walk super-fast or look extremely intense, like a WWE wrestler on his way to the ring. What it means is that you never look like you're just wandering around aimlessly, not sure what to do. You can be relaxed or even browsing in a store, for example, without looking like a little lost lamb.

See, when you're wandering around rather aimlessly, you can either look like a person who lacks confidence and isn't sure of himself, or perhaps even worse, you can look like a predator seeking out prey. You don't want to give off the "creepy" vibe, so when you see someone you want to approach, you approach. No half-moves.

The same guidelines apply when it comes to your posture. When your head is down, your shoulders are up in a half-shrug position, and arms are hanging limply, you look weak. It's your body's natural way of avoiding being seen and making yourself small. Contrast that to a confident person who wants to be seen and doesn't slouch or slump. Which one would an attractive girl be more likely to want to date?

There's also something called "freeze response" that comes into play, where your body literally looks frozen into position as you're assessing a situation. It's part of the fight or flight response, which is a bit of a misnomer because there's a third component which is freezing. Freezing often happens when you're sizing up a threat, or in terms that are more applicable to picking up girls, when you're not sure about someone that you're just meeting.

To sum it up, you want to look animated and casual in social situations, while looking as if you're comfortable and you fit in. You don't want to stand out as someone who is nervous, shy, or uncomfortable around others. Again, on a subconscious level women are generally looking for a strong person- an alpha male.

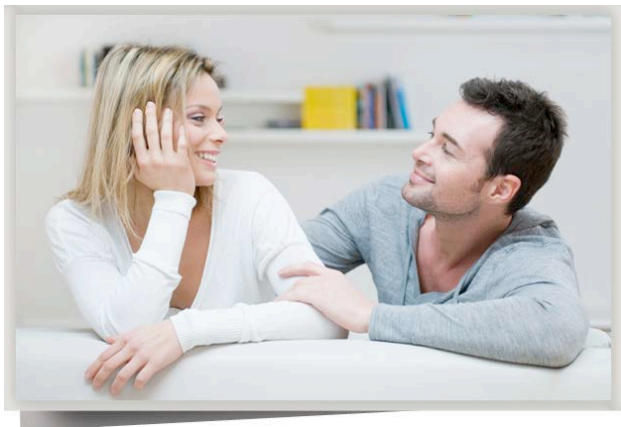
Other Ways to Look Dominant

There are other ways to give off a dominant appearance, even when you aren't in active conversation with the girl you're after. These things are important because when you're in a social situation, girls aren't just paying attention to you when you're talking to them. They're noticing you when you're interacting with other people, too. They sit and people-watch just like guys do (although with maybe a little less perverted of an approach, let's be honest).

When you sit, don't consciously or subconsciously try to take up very little space. Again, this is an alpha tactic and although she may not even *know* she's interpreting it this way, it'll affect her impression of you. Sit or stand with your feet apart, not together or crossed. Spread out and put your arm on an adjoining chair or counter- don't be smushed in to a small space.

Other dominant poses include standing with your hands on your hips, but don't overdo it- you don't need to look like an undercover cop that's scoping the place out. Avoid hiding your hands by self-consciously shoving them into your pockets. Avoid nervous habits that most people use to soothe themselves when feeling uncomfortable, like nail biting, rubbing your hands incessantly on your legs, and so on. These are all pieces of the puzzle.

How to Handle Yourself When Talking to Her



When you're in conversation with her, a lot of the previous tips still apply, but you might as well underline them and put them in bold, because now she's giving you all of her attention, and she's going to notice- consciously or subconsciously- your characteristics and mannerisms.

This puts you under the spotlight, and this is when your attempts to get her number, take her home, or whatever you're going for will either be made or broken. When you sit down be conscious of the fact that you need to appear relaxed. This is just as true if you're standing up when you approach her. Take a comfortable, wide stance and spread out, if you have the chance. Put your arm across an adjoining chair, the bar, or anything else that's convenient if you're comfortable doing so.

Actually, spreading out in this way is a territorial display that indicates dominance over the immediate area. Think about it- when people feel least at home, like in a subway (even if it's not particularly crowded), they take up very little space. Then again, when you're at home, you're more likely to spread out, kick your feet up, and take up a lot more room. That's because home is your territory, and you are the dominant individual there.

So perhaps the best way to sum up your general posture and positioning is to make wherever you are your home. She will pick up on your territorial display, whether consciously or subconsciously, and react accordingly.

When you're talking, remember to use your hands to punctuate conversation or even to occasionally make contact with her when it comes naturally, like when you make a joke. Never hide your hands or obscure them- it's an age old sign of somebody that's hiding something and comes off either socially awkward at best or suspicious and untrustworthy at worst.

Another thing to think about, although not to fixate on, is the way you're facing. When you face her all the way, with your torso completely pointing in her direction, you're sending her a message that she has all of your attention, and you're taking some of the appeal away from her point of view. She doesn't want it to happen that easily. Adopt an open stance where you can turn your head slightly to make eye contact with her, but if you looked straight ahead you'd be looking a couple of feet or more to her left or right.

When it comes to eye contact, give her eye contact when you're talking and periodic eye contact when you talk. There's a fine line to walk here- you don't want to be rude. However, you also don't want to appear like you're hanging on her every word. This doesn't mean you want to ignore her or act so aloof that she thinks you're not interested. Listen well, but do so while keeping your eyes moving around when you're not making direct eye contact with her.

Chapter 4: The Secrets of HER Body Language

Now, controlling your body language and sending the right signals is a big part of the equation. However, the biggest thing to learn will be how to interpret the signals that *she's* sending out. Therefore, that's going to be our focus for the majority of this report.



Whether you know it or not, women are always sending you signals. Whether it's a girl you've talked to a dozen times, that you used to date, or that you just met, they're sending you information with their body language and facial expressions- you just haven't been able to interpret it properly.

Until now.

When you get done reading this report, you're going to be equipped with information that very few guys out there have- the ability to interpret her body language.

See, most guys not only have no interest in worrying about anything other than what's coming out of a girl's mouth, but they also don't have the first idea of what body language means. This is a huge advantage for you, almost as if you were at a bar where only you and all the women in attendance could speak English, while all the other guys had no idea how to speak to the girls.

Being able to pick up girls means more than just knowing how to take advantage of your own strengths- it also means capitalizing on areas that other guys are clueless about, such as body language.

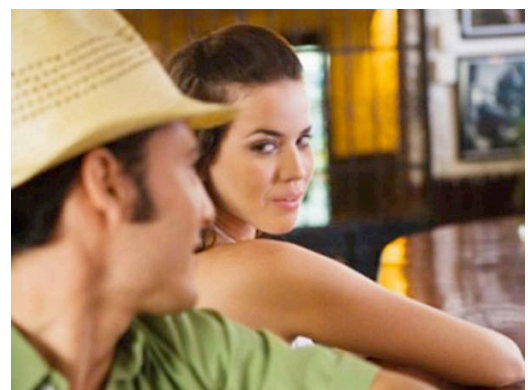
It can be difficult to adjust to being aware of body language because it means looking at the world in a different way. Once you learn to understand body language, you'll have a lot more information coming your way and it can be difficult to interpret it all, but it will happen in no time once you've adjusted a bit.

So now, your job is going to be observing the world around you in a bit more detail than before. This can be hard to do, especially if you're frequently lost in your thoughts rather than really taking in what's going on. But if you take some time to observe people (casually, not obviously) at your work, when you're at the store, or at the park, you'll see *tons* of examples of the body language displays we'll be discussing here.

Breaking It Down

Before we can really get into what specific displays of body language are likely to mean, it's best to break them all down into two rather broad categories- comfort and discomfort.

Comfort, of course, can mean all kinds of things. It can mean that she finds you funny, that she's well-acquainted with you, that she's attracted to you, or that



she's having a good day. The trick is to first be able to identify signals that she's comfortable, after which you can get to figuring out *why*.

Discomfort includes all kinds of other possibilities, including that she's mad (at you or someone else), nervous, scared, unhappy, or uneasy. Again, there's a considerable amount of interpretation work to do once you determine that she's making uncomfortable displays with her body language and facial expressions.

In order to interpret her signals, you're going to need a sound understanding of two important things- her baseline features and the context in which the signals are being given.

Determining Her Baseline Features

Her baseline features are something that will take a little time and effort to establish. They include her default posture, mannerisms, idiosyncrasies, and facial expressions. For instance, some girls are just plain shy. Therefore, if a cute girl is acting shy around you, but you know from observing her that she comes off shy with *everyone*, you know there's a good chance that you're not specifically making her uncomfortable.



Baseline features also have to do with her facial features. I saw a funny video not long ago on the internet about "bitchy resting face". The idea of the video was basically that some girls are always being asked if they're mad or in a bad mood when in actuality, their faces naturally give them a kind of annoyed look.

You've probably known a girl or two like that before who can easily look angry when in actuality, they're completely content. Knowing how a girl's face naturally looks when she's not displaying any kind of signal whatsoever is important, because then you can detect more subtle differences when she's giving you a slight scowl, a look of amusement, or even the "bedroom eyes" that we all strive so hard to get.

You'll notice above that I said "subtle differences", and there's a reason for that. With few exceptions, as adults we tend to hide our true reactions and feelings when it comes to our facial expressions. We're taught that as kids, when our parents and other authority figures tell us to hide unpleasant reactions so as not to be rude or hurt someone's feelings.

Of course, you'll still get some genuine reactions from people, especially when you take them by surprise. If you get used to looking for certain signs in people's facial reactions, it will be even more obvious when you're given something to work with.

It's All About Context



Almost all of the information you'll get in this report comes with a giant asterisk. Why? Because in relationships, context is everything. How many times have you blown up at someone who really didn't do anything wrong because you were still mad about something that happened earlier in the day? That's an obvious example of context. The person you blew up at likely didn't know about what happened to you earlier, and they think you're pissed at them. They don't understand the context that your interaction happened in.

In terms of going out and picking up girls, context is extremely important. Is she playing with her hair because she's turned on or because she's bored? Is she making only occasional eye contact because she's disinterested or because she's shy? Is she blinking her eyes more often than normal because she's uncomfortable or because she's aroused by you?

The way you interpret these types of complex signals is through context, and context requires you to absorb as much information as possible. If all of the other information you're getting shows that she's into you and you get a signal that can be positive or negative, you know it's likely positive.

The timing of her actions is also a valuable aspect of context. An uncomfortable response, such as drawing her feet back towards herself and maybe tucking them behind her bar stool, can be extremely telling if it was done right after you complimented her on her looks or made physical contact with her, for instance.

Other Basics to Learn and Remember

We discussed the freeze response a bit earlier on, and it's important because it's something you'll see quite a bit, especially if you're approaching hot girls out of the blue and starting up a

conversation. A freeze, even a slight one, means that she's figuring out what to do. She's unsure about you and maybe has been taken by surprise.

Either way, the jury is out when you get the freeze response, which means that you're generally in the running still and have a chance.

There are other common responses that include shoulder shrugs, which can be tricky to interpret the right way. Everyone knows that shoulder shrugs show either indifference or indecisiveness, but most people don't know that there are multiple types of shrugs.

A genuine shoulder shrug is full and equal, meaning that both shoulders reach the same height. This indicates genuine confusion or indecisiveness, and pretty much mean that you can take what she's saying at face value.



Now, if she shrugs halfway or partially, often with one side shrugging more than the other, that's generally an indicator that she's not completely committed to whatever she's saying. If she's shrugging like that while you're asking her what she's doing later, it could mean she's not being entirely truthful, or it could mean that she's hoping you'll ask her to do something with her.

Finally, before we get into even more specifics of female body language, it's important to reiterate a vital point:

Don't let her catch you observing her.

There's nothing that's going to turn her off more than if she catches you dissecting her every move or staring at her wide-eyed, trying to observe every detail of her actions and reactions. It's not a very attractive thing to be caught doing.

That's why practice makes perfect, and you're going to want to observe her casually, without ogling her up and down at all times. Remember to maintain a moderate amount of eye contact and not face her directly, which indicates that you're giving all of yourself to her and shifts the balance of power in her direction.

Observe her reactions- but be sly about it. Don't make it obvious.

Chapter 5:



When She's Attracted

For simplicity's sake and to help you learn what you need to know without wondering how to apply it to real life, we're going to separate the rest of the information on her body language into two categories: signs that she's attracted to you and signs that she's not.

Let's start off with some of the signs that you can look for that often indicate an attraction on her part.

The way her body is oriented in relation to yours is a big deal. What you're going to be hoping for is that when you approach her and start interacting, she turns her body towards you. When I say "her body", what I mean is her torso.

Your torso is a big deal, and not just because it houses all your vital organs. Actually, that's a bit of a lie, because that's exactly why your torso is a big deal in body language.

See, we still have some tendencies that are left over from the programming we had during our days as hunters and gatherers defending ourselves from beasts and fellow men alike. One of those tendencies is to protect ourselves by only facing our torsos towards people we trust.

Although now we're not interpreting every situation as life and death anymore, our tendency is still to only face our torso toward those that we're comfortable with and favorable towards, rather than people we dislike.

Think of it this way- when you hug someone, isn't that the ultimate symbol of trust? Not only are you facing your torso toward the other person, but you're also allowing them to make contact with it.

The behavior of facing people who you are open to with your torso and turning your torso away from unfavorable things can be observed literally everywhere. Ever seen a basketball player get

chewed out by his coach during a timeout? Afterward, when the coach is drawing up the next play, most of the players will be facing him with their torsos, but the player who got yelled at? He's usually oriented away from the coach and perhaps just looking at him diagonally.

The same is true in business meetings. People don't turn all the way to face a speaker who is saying something that they don't agree with.

You'll also see this behavior in social situations, where a group of people will be talking and maybe a girl in the group isn't that crazy about one of the others, so she doesn't turn her torso when they speak and maybe doesn't even look at them, either.

Getting back to hugs, the other big deal about a hug is that when you hug someone, you move your arms away from your torso, leaving it quite literally unprotected.

This brings us to the principle called "shielding". When you shield yourself, you put objects between yourself and the other person.

These objects can be a briefcase, a pillow, your own folded arms, or in the case of a girl you're trying to take home, a purse. The idea is multi-faceted here: she's trying to add distance between you and shield her torso at the same time. Obviously, that's not a good sign, while a lack of shielding is what you want to see.

You may have heard that when someone's arms are folded, they're either not listening to the person who's speaking, or they simply don't agree with what the person is saying. Those are two really strong possibilities, but another is that the person isn't comfortable or doesn't like the speaker.

Whatever the specific reasoning is, we know that we don't want to see that when talking to girls. When you approach, you want to see her torso facing you (unless it's impossible because of the sitting arrangement or some other limitation) and no unnecessary objects between the two of you.

Now that we've talked about bodily orientation, let's talk about some more specific positive signs of facial expression and body language, starting from her head and working down to her feet.

The Body Language of Attraction: The Head



Earlier, we talked at length about how facial expressions can be a bit misleading. One thing is not when it comes to women, though, and that's eye contact.

You absolutely want her to be making eye contact with you regularly as you interact. While guys will often avert their eyes while interacting, it's not something women like to do except in unpleasant circumstances, such as when they're looking for a way out of the conversation or they're bored.

Speaking of eye contact, there's something I call the Attraction Triangle that you will always want to be on the lookout for when you're in conversation with a woman. When you see the Attraction Triangle, you not only know she's attracted, but depending on the situation, she may be ready for you to kiss her, too.

The Attraction Triangle usually starts with her staring at your mouth as you talk, which means that she already has kissing you on her mind. She'll revert back to one of your eyes and then the other shortly after, not wanting to be caught looking at your mouth. But surely enough, after hitting each eye, she'll be looking at your mouth again.

This is a really strange phenomenon when you think about it, but I've seen it a thousand times and it's indisputable. Along with good eye contact and having her chest pointing toward you,

the Attraction Triangle is one of the very best indicators that you're definitely working your way in there.

What about her hair? You've almost certainly heard before that if a girl plays with her hair when she's talking to you, she likes you.

The problem is that there's only a bit of truth to that, and the reality is that depending on *what* she's doing with her hair, it may actually be a bad sign, not a good one.

When it's a good sign, she'll be playing with her hair, not actually stimulating her scalp. Think about it. Is she touching her hair, especially further down toward the ends, or is she actually touching her head? Now, there's a caveat here, because if she's stimulating her scalp while making good eye contact with you and staying engaged, she may be associating you with sexual stimulation, since the back of the head is an erogenous zone for most ladies.

Imagine a girl who's twirling her hair absent-mindedly while looking around the room and chewing gum animatedly. Does she look attracted to someone or bored?

Now imagine a girl who's twirling her hair while maintaining eye contact or displaying the Attraction Triangle. She's the one who's definitely attracted. Once again, you can see that not only context is coming into play, but also using the other information she's putting out. No body language occurs in a bubble. You have to look at the whole picture.

The next thing to look out for in terms of what her head is doing is whether her face is relaxed. A relaxed face shows that she's not feeling stressed, which means she's comfortable with you, which is a big part of female attraction, as we discussed before.

To determine this, you need to know her baseline facial features, which we also discussed earlier. If you know what her face looks like normally, when she's not particularly angry, stressed, happy, or whatever, you'll know when her face is relaxed and when there's some tension there.

She may also tilt her head a little bit, showing her neck ever so slightly to you. This is huge in terms of displaying comfort. Another one of the traits that we've hung onto from the caveman days is not displaying our necks to those that may harm us, or to put it more in modern terms, those that make us uncomfortable.

If she tilts her neck ever so slightly and has a relaxed facial expression, it's definitely a good sign, especially if these signs are being displayed alongside some of the other positive reactions we've mentioned already.

The Body Language of Attraction: The Feet



Earlier we talked about how people barely ever think of what their feet are doing when they interact with someone. Ironically enough, because nobody cares about what their feet are doing, the feet are often the most telling aspect of body language!

Going back again to much earlier in human history, the feet show us a lot about whether someone is accepting us or not. In terms of fight or flight, feet will tell you just about everything.

For our purposes, what this means is that you always want the girl's feet to be pointing yours unless it's somehow impossible with the way you're sitting or positioned. This can be a very dynamic thing, actually.

Consider this example: You're hanging out on St. Patrick's Day and having some drinks at a huge outdoor party sponsored by a local Irish pub. There are people everywhere, there's a band, and everyone's either standing around talking, dancing over by the band, or walking to meet up with friends, buy a beer, or use the restroom.

You've made eye contact with a girl that's in a group of four a few times, and you're convinced that she likes what she sees. Now, you're going to approach the group (either alone or with a wingman or two, doesn't matter), and you want to know right away not only what she thinks, but whether there's going to be a cock-blocker or two in the group. (Hey, it's best to know right off the bat, so you can deal with the jealous friend if you have to.)

What you want to see when you approach the group is the group "opening up" to admit you. Not only do you want to see four torsos opening up towards you, but more importantly, four sets of feet. If their feet remain in the same position and they don't open up to admit you, at least a couple people in the group don't want you joining them.

Hopefully, the girl you're after is not one of those people, but even if she's not, you may be looking at an uphill battle to keep the other girls from thwarting your efforts. And especially in a busy social environment where people are moving around a lot and you don't have a lot of time to work your magic, that can be a problem.

To sum it up, you always want her feet to be pointing towards you. Feet pointing away can be taken extremely literally, as they almost always mean that the person you're talking to wants to leave. Next time you're talking to some friends and you can tell that one of the guys has to go to the bathroom or needs to get going because he's running late to be somewhere, check his feet. At least one of them will likely be pointing away from the group.

Another thing to think about in terms of her feet is how close they are to yours. When her feet are close to yours, she's showing that she's ready for more intimacy with you. Since the feet are largely subconscious while the upper half is easier for us to control to avoid showing our true feelings, the feet can be trusted much more. If her feet have made their way towards yours, it's a great sign, even if the rest of her isn't quite ready to admit it.

If you're at a restaurant sometime and there's a couple on a date somewhere in the dining room, give a couple of looks in their direction and check the positioning of their feet. If they're close together or even touching, you'll probably also notice that they're holding hands or in active conversation, having a good time.

If their feet are withdrawn or sitting under their chairs, you might notice that the conversation is much more reserved, one or both of them are on their phones, or there's little to no contact with each other's hands going on.

The couple in the second example probably won't be together much longer (which, of course, could present an opportunity to you, though you probably don't want to approach until he's not around!).

Earlier when I was telling you about women playing with their hair, you may have gotten the idea that movement isn't usually a good thing. She should be sitting there, almost motionless, completely transfixed on you, right?

Wrong.

In fact, movement is often a good thing. You know why? Because when she's moving, she's subconsciously saying, "Notice me!"

This is especially true when it comes to the last foot characteristic we'll talk about for now—shoe dangling. Shoe dangling is that move girls will do where the heel of their shoe comes off

completely, leaving the shoe dangling by their toes. It's generally done in a gentle rocking, circular, or up-and-down motion.

This kind of maneuver indicates three things. One, it means that she's comfortable with you. This movement is not a nervous one, after all. Furthermore, in order to shoe dangle, her feet can't be withdrawn, which means her feet are in closer proximity to yours.

The second thing it means is that she's stimulated by you. When someone is occupying your thoughts, emotions, and yes, desires, many parts of your body go on autopilot. That's when she'll start doing things like the Attraction Triangle with her eye contact or dangling her shoe absent-mindedly.

The third thing it means is that she wants you to notice her, as mentioned a moment ago. Think about it in terms of what I told you earlier about making your body large and spreading out, rather than shrinking down in an effort not to be seen. The female version of this involves making little movements, like dangling your shoe or playing with your hair. When a girl does this, she wants to be noticed.

Other Positive Signs of Attraction

Along with not using them to shield your torso, a great reaction in terms of her arms is when she has them up high. Now, you won't see this all that often, but you could see it in certain situations, such as on the dance floor. If you get her out there and she's got her arms up at times when she's dancing with you, she's not only comfortable with you, but she's not worried about being vulnerable.

In short, she's likely down for something to happen between you. If you play your cards right, that something could be a *lot*. Think about it this way: ever seen someone on a roller coaster who wants to have their arms in the air like all the other cool people who aren't scared of the ride, but they can't quite keep the courage to do it? When the ride gets a little scary, their elbows pull in and downward ever so slightly, even as they consciously try to keep their hands up. When you feel threatened or cautious, you keep your arms in front of your torso.



And guess what? Threatened and cautious women don't want to go home with you.

As you continue talking to her, another huge thing to take stock of is whether she's leaning into you or leaning away. Now, don't expect her

to look like an Olympic ski jumper, angling toward you in ridiculous fashion. It's a more subtle thing. Is her weight on her heels or more on her toes? If she's sitting, is her upper body angled toward you or away?

You can use this to your advantage, too. Occasionally, mix in leaning toward her with leaning ever so slightly away. Don't let her think that you're already committed to her and that you're "chasing her"- it's a turn-off.

Leaning in shows that she's open to making contact with you and closing the distance between you. When you notice it, you want to test the waters by making physical contact when it comes across naturally.

Hell, she may even beat you to the punch. If she's making excuses to touch you, you need to escalate immediately and not only respond to her initiative, but take it to the next level by upping the frequency and intensity a bit.

Finally, I think it's important to reiterate here that although you're going to be observing a lot of things- there's already a lot to think about here, with a lot more to come- you don't ever want to *look* like you're observing her. This is particularly true when it comes to her feet and other things you won't be able to check out while looking natural in certain situations. If there's a table there and you can't get the look that you want, you'll just have to go without it. It's better than having her notice that you're checking out her every move.

You'll look desperate if she notices, and just as badly, she'll start to put more attention into masking her body language, which means you won't be able to get genuine actions and reactions anymore.

Chapter 6: When She's Not Feeling Attraction



Nobody wants to spend a lot of time focusing on signs that a girl might not be digging them at all, but let's face it- it's a part of picking up girls. Since approaching women is all about confidence, it makes sense to want to avoid such a negative topic, too, but the point I want to get across here is three-fold.

First of all, attraction is not all black and white, and there are a lot of shades of gray. With women especially, attraction isn't something that's either all the way there or completely absent. She doesn't look at you and instantly know that she wants to have sex with you right then and there or she wouldn't touch you with a ten-foot pole.

Instead, she'll likely be undecided until you convince her otherwise, for better or for worse. Hopefully, you'll convince her that she needs to consider going home with you, rather than convincing her that she should definitely not give you a chance. Either way, only in absolute extreme situations does a girl already absolutely know one way or another that she's completely interested or disinterested in you.

The second reason we need to talk about these negative signals is that just because things aren't going as well as they couldn't doesn't mean you can't turn them around.

At any given moment, knowing that you're doing or saying something she isn't crazy about is valuable information because you can change directions and go with a different tactic, if needed. Even if the door is only open a couple of inches, it hasn't closed yet and you still have a chance to get in there.

Finally, the third reason we need to look at negative signals is that if she's making it clear that you don't have much of a chance, you should move on instead of wasting your time.

For one thing, there are likely plenty of other girls wherever you're at that you could be hitting on, instead.

Another thing is that when you're swinging and missing, other girls in the area are not oblivious. You don't want to quickly get the reputation at the party, bar, or wherever you're at for being the guy who clumsily hits on every girl around and gets turned down right and left.

Social status is huge to girls and if they see a girl that they don't think has their social value shooting you down, they may not want any part of you, either. If you're getting a lot of negative

signals, you at least know you can cut it short and move on gracefully before she gives you the hard pass.

Hey, and you never know...if she's giving you bad signals and you choose to cut it short and walk away, she'll often feel intrigued, because *she'll* feel rejected all of a sudden and start wondering why you changed *your* mind. She won't know that you preemptively sensed her attitude towards you because of her body language.

Your Mind Says “Yes”, Her Face Says “No”

Just as a seductive smile or a pair of bedroom eyes can let you know that you're heading in the right direction, a girl can flash you a facial expression or two that will let you know that things aren't going your way at all.

Although as we discussed earlier, faces can be very deceiving—as we've been taught since childhood to hide unpleasant facial reactions—it's also what you'll be looking at most often, so you'll get a lot of your information from looking at her face.



Furthermore, when you're talking to someone for the first time, there's a big element of surprise, and even the most poker-faced people may display a slight reaction to what you say or do before quickly recovering and regaining their composure. You might as well learn how to interpret negative facial reactions, so you can adjust accordingly.

Right off the bat, a lot of very telling signs will come from her eyes. Earlier, you read that when a girl is into you, she'll let you know with her eyes, making a lot of contact and looking at you dead on.

On the other hand, when a girl is not into you, she'll be looking at you a little bit sideways, and maybe not making a lot of eye contact at all. She may look anxious, casting her gaze around the room instead of settling upon you for any length of time.

Then again, she may reside in that frustrating middle ground, not giving you a great indication either way. Maybe she's being polite, maybe she kind of likes you, who knows? That's why you use your other tools and indicators, too.

A lot of the facial expressions you're looking for will be momentary reactions to what you do. If she isn't outright disinterested in you, it means you have a chance and it's all about how you play it.

This is the space where probably 80% of your encounters with single women will take place, with another 5-10% each occurring within the "definitely down" or "definitely not interested" areas. In other words, the vast majority of the time, you will have some sort of chance, but it's all about how you handle it. Being able to interpret how she reacts to what you do is huge, since you can avoid doing things that aren't working.

One facial expression to look for is a slight squint or a raise of her eyebrows. When she does that, she's usually expressing either dislike or skepticism. Now, be careful, because it might be that she's aiming her disdain at whatever you're saying, and not you personally. If you're telling a story (or she is) about a person that did something shady or about something negative, her reaction could be appropriate. If you're bragging about your accomplishments, though, she's not buying it.

The slight nose crinkle is another obvious tell, and it will usually be a very quick one that she erases from her face very quickly after giving just a flash of it (remember, we're all taught to hide disgust and all that). Nose crinkles can mean anything from literal sensory disgust to disagreement with what someone is saying, but it's never a positive signal.

When she furrows her brow by bringing her eyebrows inward, it means she's feeling anxious, annoyed, or uncomfortable. If she does it right after you said something, consider what you said and why it may make her feel that way. If you're telling her an unpleasant story (which you honestly shouldn't really be when first talking to her), she may be reacting appropriately, but otherwise, you don't want to see that facial expression.

Another sign of discomfort or stress will be when she presses her lips together firmly. Her lips should look loose and relaxed, not tightly pressed together. Contrast the pressing of lips together with another motion, such as when she licks her lips or pushes them inward so that they momentarily disappear. Both of those are also nervous movements, but they don't have the negative connotation that lips firmly pressed together do.

On the other hand, another thing she may do with her lips is purse them together ever so slightly, as if in the beginning stages of making a kissy-face (or duck lips, as girls often annoyingly did on Facebook pictures not all that long ago). This generally indicates disagreement.

When someone slightly purses their lips together, they're either saying that they don't really agree with what you're saying or they don't really buy what you're saying. Again, you're not

really looking to get either of those reactions when you're hoping to take her home at the end of the night.

Keep an Eye on Her Body (But Not for the Usual Reasons)

Bodily positioning is not as much of a dynamic thing as it is a constant thing that doesn't change a lot during the conversation, but it will give you a solid idea of where you stand at the beginning or at later stages of interacting with a woman.

Like we talked about earlier, you want her to open up with her torso, ideally with her chest pointing towards you (which is a pleasant experience for more than one reason). This indicates her openness toward you, which means you're not fighting an uphill battle by trying to get her to entertain your advances.



The other huge thing mentioned earlier is torso shielding, and when it comes into play, you will almost always see it in the form of a purse on her lap.

If it was already there, you're not necessarily in trouble, but if she had it resting on the table or the bar in front of her and then put it in her lap, it's a definite defensive gesture. She's either reacting negatively to part of your advances or she is uncomfortable with you for some reason.

Remember that torso shielding can also come in many other forms, including her having her arms folded in front of her. If it's not particularly cold in the room and she suddenly puts on her jacket or zips it up, taking away your previously great view, it could be something to worry about, as it's another type of shielding at play.

To understand the concept better, just remember that torso shielding is when she does anything that puts something between your torso and hers. Clothing, purses, her arms—anything.

The distance she is away from you is a big indicator, as if she's looking to expand the distance between you during conversation, what are the chances she'll be looking to close that distance in the bedroom later on?

Even if her body is close to you, she can nonetheless create some distance between her torso and yours by leaning away. This can even happen sometimes in really busy environments where there isn't a lot of room.

I've seen guys hitting on girls before and probably thinking that they're making progress, because the bar was so crowded that their legs were almost touching. But looking at her upper body, it would be angled away, even to the point where her back was up against the person behind her, which shows that she's looking to maintain distance, even with the packed environment. Sure enough, eventually he'd be shot down and moving along to the next girl.

At the same time, she could have a lot of distance from you and be leaning in, with the distance just being a result of the chairs being fixed a certain number of feet away from one another. You have to look at it all in context and understand the setting to really know how to interpret some of the more subtle signals.

The Agony of the Feet



Excuse the pun above, but a lot of what your night ultimately holds will be told far below the waist, in the Wild West of body language, her feet. Earlier, we discussed how since we aren't taught to worry about the messages our feet are sending; they're often the most honest body part in terms of body language.

This gives you an opportunity, and you'll want to watch out for some negative messages being sent by her feet during your conversation with her.

As mentioned before, her feet should be pointing toward you when you approach and start talking with her. If she was facing the other direction, she should turn her body to meet you,

including her feet. If her feet are pointing away from you (even just one of them), it shows that she isn't entirely committed to hearing what you have to say.

It goes without saying that if she isn't entirely committed to hearing you out, she's far from decided to let you into her bedroom at any point later in the night.

Likewise, you don't want her feet to be withdrawn from yours. She doesn't have to be playing footsie with you right off the bat, but you certainly don't want her to have her feet as far back as possible, tucked behind her chair and away from yours, either.

If you're sitting side by side, she obviously can't really face you with her feet, but she can face away by having the leg that's closest to yours crossed away from you on top of her other one. That's closed body language and can indicate that she's closed off to you, too- at least for the moment.

If her feet are in a neutral position or even in a positive position and after you say something, she withdraws them, she's pulling back from you a little bit, literally and figuratively. Whatever you just said is making her pull away a bit. Reign it in and regroup. If you were making a pass at her, you might have just moved a little too fast.

A quick joke can bring her back and add some levity to the conversation, allowing her to relax so that you can work your way back into position to make a move later on when she's more ready. By noticing the way she moves her feet, you'll know that you need to adjust your strategy accordingly.

Let's say her feet are in a neutral position, perhaps with her legs crossed and midway between the two of you. If you can easily see them, you can look for certain reactions to give you an invaluable window into how she's feeling about you.

The negative signal you don't want to see is when her feet start kicking. Now, if they're comfortable rocking a bit, that's one thing, but a more frantic kicking motion is usually a clear sign that she's uneasy and uncomfortable.

If it's more of a jiggling motion, it means she's more nervous, whereas kicking is a stronger, more unpleasant feeling. Either one means she's not currently in the mood to go home with you, which means you've got some work to do.

Another thing to keep an eye out for if you can do it subtly without it catching her attention is whether she changes tempo with her foot movements. In other words, let's say she's swaying her foot casually throughout your conversation. Then, all of a sudden, she starts picking up the pace and rocking her foot more frantically.

That's when you've got to think: did I do something? Did I say something? Don't get me wrong, you don't want to outwardly second-guess yourself, because that makes you look weak and completely unappealing.

However, without acknowledging that you noticed something is wrong, you can gently change course and take things in a different direction if needed, looking for better visual cues from her body language as you go. It's an art.

A Few Other Things to be Conscious Of

Between her head and feet, there are some other areas you'll want to keep an eye on- besides her boobs, obviously.

One of them is her hands. Does she withdraw them all of a sudden and place them under the table? That could mean you've made her uncomfortable.

Does she mess with them a lot? If she does so absent-mindedly while maintaining eye contact with you, it means she's feeling a bit shy, but nonetheless comfortable with you. However, if she's looking at her nails out of boredom, it means you obviously need to step up your game a bit.

If she plays with her hair, it's good as long as she's not stimulating her scalp out of boredom. Again, eye contact also rules here- if she's making good eye contact and playing with her hair, it's a great sign. If she's looking everywhere but your direction and playing with her hair to entertain herself, step it up!

Another thing she might do with her hands is block her eyes on occasion. You don't want to see this happen. It means she's giving her brain a break by momentarily removing herself from the situation and turning off the sensory function of her eyes. It's something we do when we're stressed out or when we hear or see something we don't like.

If she blocks her eyes by rubbing the area around them or near her eyebrows, she may be showing that she's tired. Again, not the greatest sign. She's either bored with you or she's literally physically tired, in which case she's probably not having an amazing time and will be looking to head out in the near future. You have to turn it up a notch at that point to regain her attention and show her you're worth her time.



One last sign of discomfort to be aware of is her freezing reflex. This can manifest in her hands, face, shoulders, legs, feet- anywhere, really. It's essentially a momentary thing, as she'll "snap out of it" quickly, but it means you said and did something (not necessarily negative) that has surprised her and made her think a bit.

Now, establishing a baseline for her is important for noticing the freeze reflex. Earlier, establishing a baseline was discussed in terms of getting used to her facial expressions so you can accurately decipher her reactions. This time, it means more in terms of how much and how often she moves.

Some people are just active with their hands, for instance. Even when they're calm and comfortable, they fiddle with objects while they talk. If someone like that freezes momentarily, it's extremely noticeable.

If someone is more calm and stationary with their body movements in conversation, a quick freezing reflex is a lot harder to pick out. Of course, you have plenty of other areas to observe to give you the clues you need to help you work your way into her bedroom.

Chapter 7: Signals That Can Go Either Way

So far, the body language that we've discussed is usually either clearly positive or clearly negative. While you'll always have a little work to do deciphering the reasons for her reactions, you've at least got a nice list of both positive and negative body language that will help you to find the right path to her heart...or at least her bedroom.

Unfortunately, not every type of body language is going to be obviously positive or negative. Come on, you didn't think it'd be THAT easy, did you?

Let's go over a few things the she might do which could be either positive or negative, depending on the magical word we discussed a bit earlier in the report: context.

Why Is She Blocking?

While torso shielding with her purse, her arms, or anything else possible is never a good sign, there's a cousin of torso shielding called facial blocking that can be either positive or negative, depending on the reason for it.



One top of facial blocking is as simple as touching your face, and when a girl does that in front of you, she's subconsciously self-soothing herself while struggling with some emotional discomfort, doubt, or insecurity.

This can be good for you, because the doubt may be caused by her reconsidering her feelings for you in a positive way.

She could also be feeling insecure because she's impressed by you and doesn't feel good enough to be in the position she's in, talking to you while you flirt with her.

It's hard sometimes for us to think of hot girls feeling this way, but even attractive women have some level of insecurity to them. While the stereotype of the beautiful girl is someone who is not only confident, but full of herself to the point of being nearly impossible to deal with, there are a lot of good looking girls out there who, for whatever reason, are much more down to earth and may react with a little nervousness when approached.

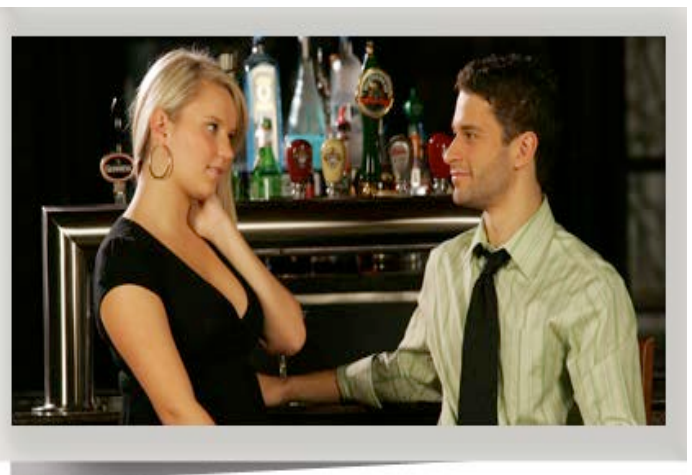
Hey, don't run away from these girls. Many times, they're the ones that you'll actually want to *talk* to after the first night.



Protect Your Neck

Another interesting display that women make on a regular basis is when they take a hand and place it to their neck, covering what I'll call the "neck dimple." The neck dimple is straight down from your chin where your neck meets your torso, right between where your collarbones end.

Women will touch this area with their hands, or even play with a necklace that will generally be located in that specific area, with either signal being the same for our purposes.



What does it mean? Well, many of the possible meanings are negative. She could be showing you that she feels uncomfortable, threatened, or even fearful. Hopefully it's not either of the last two, since you're just talking to her.

However, she also may be feeling insecure, which at first thought would seem to be a bad thing. Is it, though? You have to determine why she's feeling insecure. Just as some women will become shy when a guy that they like approaches them, some women will feel a bit insecure and uncomfortable, too.

If that's the case, it's not really a bad sign. You may have to do a bit of work to make her feel comfortable, because she's not going to want to escalate anything when she doesn't feel relaxed. However, you've already accomplished what most guys would call the hard part- she's attracted to you.

Now, if she's been acting completely relaxed and casual and then you say something that leads her to touch her neck dimple, you may have a problem. At the very least, something you just said or did made her feel a bit uncomfortable. Gauge her reactions after that, though. Does she feel uncomfortable because you essentially read her mind when you asked her what she's doing later on in the night, or does she feel uncomfortable because she really doesn't want to be in the conversation in the first place?

Watch For Her Blinkers

Just as when you're driving down the street, it's important to look for blinkers when you're in conversation with a cute girl. Of course, her blinkers are her eyelids, and what you're looking for is spontaneous, rapid blinks.

Earlier, I told you that sudden, speedy blinking can indicate discomfort or even a struggle going on inside of a girl's mind. Generally, it's not a good struggle either.



She's not likely struggling over whether to go to your place or bring you to hers, for instance. She's probably struggling with how to get herself out of the conversation.

All is not lost, though! Besides the fact that you can almost always do something to get things back on track, there's also a distinct possibility that she's actually indicating arousal.

To determine which one it is, you need to take into account the rest of her body language. Is she pulled back from you or close to you? Is she leaning away from you or toward you?

Where are her feet? Close to yours? Is she casually rocking them or shaking them more frantically?

If you're seeing more than one sign of stress to go along with some distancing on her part and rapid blinking, it's definitely not a good thing. You're probably going to notice that her lips are slightly pressed together, too.

However, if everything else looks good, she's in decent proximity to you (or even better, she's close), and so on, the blinks likely indicate that she's feeling some arousal towards you. Look for the Attraction Triangle- if it comes, it's time to make a move.

The Eyes Have It



What if she's *not* making eye contact?

As we talked about a bit earlier in this report, this is one of the trickier signals to interpret, as it could literally mean anything from her being woefully bored or completely disinterested to her being so into you that she doesn't trust herself to make responsible decisions (what a glorious place to find yourself in, by the way).

In this kind of situation, you need to use your other context clues to help make the picture a little clearer.

When she makes eye contact with you, what does she do? Does she smile? After she makes eye contact with you, does she look down when she looks away, or either up or to the sides of you?

Looking down, especially after a smile, just shows nervousness on her part and is nothing to worry about. That means that you'll just have to take the lead when it comes to the conversation and your mission will go from trying to make her attracted to you to just trying to get her to open up a bit.

If she's looking at you, but not smiling a lot (or not giving a genuine smile- more on that later) and then looking around the room, or even worse, upwards, it's either a sign that she's bored with interacting with you or she's not impressed by whatever you're doing or saying.

The other thing to pay attention to is when she's losing eye contact with you. Is it when you're talking? That's not a great sign, because unlike men, who feel very comfortable listening to other people talk without looking at them, women don't naturally do that. If she's looking away while you're talking, she's escaping and not really paying much attention.

If she's looking away while she's talking, it can mean the same thing, but it can also mean that she's feeling a bit shy. Again, which direction is she looking? When you lock eyes, is she smiling at all- even a little?

There are a lot of other things to take into account here, too. Although unless you like to travel a lot, you won't really have to worry about it, there are many cultural differences that govern eye contact. In some cultures, most notably in Asian countries, people often avoid eye contact other than quick glances.

There are other cultures where the men are expected to maintain eye contact, but women aren't. There are also places where eye contact is reserved for certain situations or for when you know someone well enough to maintain it.

The best advice there is to know about the place you're visiting before you go out and try to observe body language while hitting on the local ladies. This is especially important because if you aren't completely familiar with either the language the girls speak or the specific slang or

accent they use, body language may be just about all you've got. Trust me, though, it's usually all you need!

Using Context to Interpret Tricky Signals

Earlier, we associated discomfort with a girl not being into you and wanting to end the conversation, but as you can see, with some types of body language that are not necessarily negative *or* positive, the discomfort can come from what many of us have often heard called "butterflies".



While there are some universal truths of body language, context is how you're going to get the actual specific truths of her individual movements and signals.

Think about context's relationship to body language as you would the relationship of voice tone to spoken language. Imagine that you go up to a girl and ask her what she's up to and she tells you she's meeting someone. Without knowing her tone, you don't know what she specifically means.

Depending on how she says it, it could be sarcastic, like she's meeting someone she doesn't want to hang out with, dismissive, like she's trying to tell you she's not available, or even a bit disappointed, as if she's telling you she wishes she *wasn't* already meeting someone so she could talk to you, instead. Her tone could even indicate to you that she's just meeting a friend, but she's interested in talking to you in the meantime.

Context is the same way. Most of the body language signals we've talked about so far can mean a number of different things, and even when a signal almost always means the same thing, you still have to figure out what caused the reaction. Is it something you did? Said? Is she just disinterested in you in general? Is she in a bad mood cause she's having a terrible day?

Use context to determine the truth. Context includes every single clue that you've gotten from interacting from her so far.

It includes the tone of her voice and what she just said to you as well as everything she said earlier.

It includes whatever you just said or did *right before* she sent the signal.

It even includes her behaviors before you approached her, when you were just checking her out casually from across the room. All of this information has to be taken into account.

As we discussed earlier in the report, baseline features and mannerisms are also a huge part of context. If you've observed her a bit while talking to her friends and she's someone that prefers smaller, more conservative smiles over the kinds of smiles that show her teeth, you know not to freak out later on when she's displaying more conservative facial expressions to the things you say and do. That's just how she is.

If you know she's an animated person who laughs and smiles a lot, you know that her laughing at your jokes isn't necessarily a sign that you've got a sure thing, and you need to check out her other body language signals.

Another great example has to do with proximity. Some people need less personal space than others. If you can see that she generally has no issue being close to other people, you know not to overreact when she's close to you- and that if she's distancing, it's definitely a bad sign.

Without understanding context and looking at the whole picture instead of interpreting every body language signal in a bubble, you won't be able to make any sense of what her body is trying to tell you.

Chapter 8: Things That Can Throw You Off

I want to take a little bit of a turn from the last chapter, although there will be some similarities here, because we're going to be taking a further look into tricky body language.

However, the difference here is that these aren't so much body language signals that could be positive *or* negative- instead, they're things that generally look like the opposite of what they are. Maybe they look like they'd be positive when they're actually negative, or vice versa.

Either way, you should be aware of them.



Does Crossing Her Legs Mean She's Closed for Business?

With everything that we talked about before in terms of torso blocking, if you had to guess you may assume that when a woman crosses her legs, it's a negative sign. It probably means that she's feeling reserved, right?

Not so much. In actuality, leg crossing is a good sign for you, or at the very least, a sign that she feels comfortable in your presence. Why is that the case? Let me explain.

See, one of the things that has remained for thousands of years when it comes to our body language is that we don't cross our legs, either while sitting or standing, unless we feel comfortable.

That's because when your legs are crossed, you're vulnerable. Think about it. When you want to maximize your balance, you adopt a wider stance. Imagine if I told you I was going to shove you and I wanted you to try not to move, you wouldn't stand with your legs crossed. You'd probably stand with your feet shoulder width or a little farther apart.

Even while sitting, we adopt this body language without thinking about it.

It may seem counter-intuitive, right? If you're hitting on a girl and she crosses her legs, you'd almost think that she's putting a barrier between you and the place you're hoping to explore later in the night. In actuality, though, legs crossed can be a great sign, particularly if it's combined with other positive signals such as her legs pointing in your direction, a gentle foot bobbing up and down, and other signs of relaxation or interest in you.

So no, when you see her legs cross, it doesn't mean she's literally closing herself off- it just means she's relaxed with you and probably very much into your interaction. Both are good signs, of course.

Another Look at Pursed Lips



Reading lips can be difficult because there are a number of different signals that can look pretty much the same, if you aren't used to knowing what to look for.

The first thing to look at is when her lips literally disappear. This is kind of the "my lips

are sealed” pose that you might have seen kids do when you were little. When the lips turn all the way inward, it indicates stress or anxiety.

You’re literally hiding your lips as a defense mechanism to something that’s making you stressed out.

If that’s the case when you’re talking to her, then, something is making her anxious. You may have made her uncomfortable with something you said or did.

Lip compression, on the other hand, is just when she presses her lips together more slightly, so they reduce in size but don’t disappear. As you might expect, this can also be a sign of stress, though it also may be sign that she doesn’t know how to react to something. It’s not as severe as when her lips disappear completely as in the previous example.

If she compresses her lips and her corners of her mouth turn downward, she’s likely in disagreement with you or is feeling something unpleasant.

Then, there’s pursed lips, which are the beginning of a “kissy face”, as we talked about earlier. This is another sign that she’s either not in agreement or feeling a bit awkward. She could just not be sure what to say. In that case, you want to pick up the reins a bit and take more control of the situation- but be on the lookout for further body language that may indicate that she’s not buying into whatever you’re saying.

It’s the Little Things

Not every body language signal or facial expression is black and white, and a lot of it comes down to being comfortable with the person you’re talking to and knowing their own personal mannerisms.

These little mannerisms or quirks are also called *idiosyncrasies*. Idiosyncrasies are essentially behavioral patterns that are particular to a specific person.



Everybody has them, but if you aren’t usually looking for body language you may not even notice them in somebody that you’ve known for a long time.

One mannerism that a lot of women have that can mean many different things is when they bite their lower lip.

For some women, this is something they do when they're feeling sexually turned on, or even because they're trying to turn you on. Remember, the lower lip bite has been a go to pose for everyone from supermodels to centerfolds for generations now, so women know that it's something that works, and it's become a flirtatious tactic.

At the same time, some women bite their lower lip when they're feeling a bit nervous. It could be that they're nervous to talk to someone that they like, but it could also mean just general nervousness or an awkward feeling.

Still other women might bite their lower lip when they're concentrating on something or putting a lot of thought into something.

As you can see, it's important to pick up on a girl's idiosyncratic behaviors as quickly as possible to get the context you need to interpret these kinds of signals.

Misinterpreting Her Baseline Features

Depending on whether you observed her at all before you approached her, you may not have an understanding of her baseline features. Like we discussed earlier, baseline features mean the way a person's face looks in its natural state, with a blank expression. The important thing here is to avoid assuming what her baseline features are if you don't know them for sure.

One of the advantages to checking out a girl for a bit before approaching is that you'll be more familiar with both her little facial and body language quirks as well as her baseline features. Knowing her baseline features allows you to determine more easily when she's feeling stressed out, when she's amused by something you said, and so on.



Are Her Smiles Real or Fake?

Unlike with men, not all female smiles are created equal.

One of the things you'll need to learn not only for picking up girls, but just for your everyday life, is the ability to be able to tell a real from a fake smile.

In your regular life, being able to tell real smiles can help you know when a friend is having a rough time and hiding it, whether someone really finds your anecdote amusing during a

job interview, or when someone you're just meeting is or isn't hitting it off with you.

When it comes to picking up girls, though, being able to separate real and fake smiles is absolutely essential. That's because her smile is one of the absolute top tip-offs that she's into you.

If she's flashing you fake, polite smiles and the whole time you're misreading them as genuine smiles, you're in for an embarrassing letdown. You're also missing the chance to change up your style a little bit to get onto her good side, too.

Now, the first clue as to whether her smile is real or fake is a bit hard to really decipher. That's because it's looking for the emotion in her eyes that should come with a real smile. This is one of those traits where having a baseline reading of her features really helps. Does she have lively, active eyes? If so, it should be easy to read her eyes and see if her smile is genuine. If she doesn't, it'll be harder.

Fortunately, there are other ways to decide if it's a real smile or not. The most basic one is where the corners of her mouth are headed. During a fake smile, most people tend to pull the corners of their mouths toward their ears.

On the other hand, with a real smile, the corners of the mouth should be headed more upward, instead of straight across as with a fake smile. The upward movement at the end of each side of the corner of her mouth is a great tell.

A real smile does something else that's even easier yet to see- it shows her teeth. That's because it's hard for most people to put on a real smile, where their corners of their mouths are turned upward, without showing them.

Maybe she doesn't look how she likes when her teeth show in a smile. That isn't usually the case, but you never know. In that case, with a real smile you'll see her bottom lip move up a bit to provide coverage over her teeth to compensate for her top lip moving upward. You may also see a flash of teeth before she pulls back the reins a bit. Either way, you're looking at a real smile.

One last quick tip about fake smiles- look at her jaw muscles. You've probably seen somebody getting ready to confront another person or getting angry, and you'll see that they clench their teeth and their jaws flex in a certain way. This is a sign that not only is someone faking a smile, but they're hiding some real displeasure. Not something you want to see when you're talking to a hot girl.

A fake smile isn't the worst possible thing, mind you. For one thing, there are different degrees of "fake". There's one where she's just being polite, which is definitely not what you want. But

there are others where maybe she's just having a rough day and you're cheering her up, in which case the fact that she's bothering to give a little smile means that you're headed in the right direction. It's all about context, as I keep repeating in this report.

Ensuring You Read Her Signals Correctly



If there's one thing I'm going to preach to you regularly in this report, it's the value of context. This last section has to do with using the context that gives her actions and reactions meaning to allow you to read the signals she's sending correctly.

Now, I'm not going to lie- a lot of this has to do with practice. You'll get better at this the more you do it, which means that on the other hand, you won't be that great at it at first.

The key is to stick with it. Don't assume that reading her body language just isn't going to help you and go back to ignoring it completely when you pick up girls.

The more you talk to girls, the more you'll be able to supplement the information that you're getting from this report with your own experiences and interpretations. The thing is that body language is largely about *feel*, and when you finally get truly in tune with female body language, you'll sense things and interpret them without even consciously looking for them anymore. It'll be like an awesome sixth sense that helps you pick up women.

In the meantime, though, you're going to have to work at it. When you're not doing anything and you're in the position to observe people, watch people who are talking to one another and check out their body language. Look at how people orient themselves when they're obviously having a disagreement, or check out a new couple that's obviously in love.

All of this is practice, and it's all going to help you to further your knowledge and comfortability when it comes to body language.

Chapter 9: Is She Being Truthful?

Using and deciphering body language doesn't end when you get her phone number or even get her into bed. If you plan on having any kind of relationship with her, or even a completely different girl later on, there are a lot of good applications for body language that can help you when you're consistently dating someone, including being able to tell if she's being truthful.

Now, I'm not here to advocate that you should always be skeptical of everything she says or constantly be checking to see if she's lying to you about things.



That's not really any way to build a relationship, and if you think she's lying that often, you're not off to much of a start and should probably just scrap it.

However, there are many different kinds of lying. It's not just about finding out if she's cheating on you or another huge lie, although being able to see signs of dishonesty is surely important for those unfortunate situations. But even something like knowing when she doesn't really feel comfortable around a certain friend of yours or that she's hiding something that is bothering her can help your relationship run more smoothly as you avoid certain problems and possible pitfalls.

The Relationship Between Lying and Discomfort

The reason that we can use a lot of the body language techniques and indicators to help determine whether someone has been honest with you or lying to you is that lying is closely tied to discomfort.

Of course, comfort and discomfort is a big focus of body language, so when we're trying to figure out if someone's lying, we're going to be looking for signs that they're not feeling very comfortable.

On the other hand, very few people can maintain a comfortable disposition when they're lying. Lying naturally takes you out of your normal routine, unless you're a compulsive liar and you've

become very good at not telling the truth. Obviously, that's not the kind of girl you want to spend much time with, anyway.

Using Your Baseline Measurements

One of the first things to discuss when it comes to detecting lies from the girl you're dating is how to use her baseline behaviors.

This is a little different than the baseline features we talked about earlier, because now we're looking more at actual behaviors and mannerisms than her facial expressions alone.



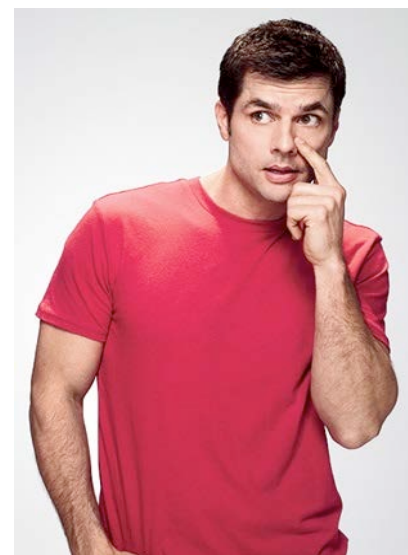
Think about it- even if people don't know that they're interpreting body language, they are. You've probably heard somebody saying that they know another person is lying because they're "acting funny". Hell, maybe you've said that to somebody (or they've said it to you!).

That statement really gets to the heart of being able to detect if someone is lying, because what you're doing is looking for unusual signs of discomfort. You're looking to see if they're displaying their usual behaviors or acting unusually nervous or behaving erratically.

Therefore, having a baseline idea of the other person's actions are extremely important, but even that won't help you if you undermine your own efforts to get to the truth of the matter, which we'll discuss next.

Don't Undermine Your Own Efforts

One of the worst things that you can do when you're trying to get the truth out of someone is acting funny yourself. If you come across as extremely accusatory, aggressive, or upset, you're going to immediately put the other person into an uncomfortable mode, which isn't going to help you determine whether they're lying or not.



Why? Because you won't know if she's nervous and uncomfortable due to lying to you or just because you're making them feel uneasy with the way you're acting towards her. Think about it- if you came home from work and your girlfriend immediately jumped down your throat about something you didn't do, you might react angrily or even with nervousness due to not knowing exactly what her deal is.

Therefore, one thing you should do is remain calm and try not to come right out with an accusation. Instead, take the time to have a more normal conversation with some questions that you know she'll answer honestly. Then, you'll just be looking for inconsistency with the details involved instead of coming right out with asking if she did something like cheated on you or lied about where she was.

That's a police as well as an FBI tactic. The reason that an officer or an agent will often ask about the details surrounding someone's story over and over is to find some inconsistencies that will let him or her know to probe further. When you catch someone lying about a seemingly inconsistent detail, you know you're on to something.

If it's not a huge matter and it's something more routine, like her saying she'll go out when she'd probably rather stay home and relax with you, you'll be able to easily tell if she's straying from her baseline behaviors since she won't be feeling cornered and it's a more casual situation.

The thing to take away from all of this is two-fold. For one, you can't tell if someone's lying if you don't know their baseline behaviors. You need to know not only their baseline behaviors if they're in a regular mood, but also when they're really happy, a little depressed, had a rough day, or whatever else. That's because baseline behaviors vary based on mood.

The other thing you need to remember is that you can't make someone uncomfortable and then take those signs of discomfort as signals that she's lying. Nervous or suspicious behavior is only reliable if you know that it's due to something that she's saying and not something that you're doing that's making her uncomfortable.

Practice Makes Perfect

Just as with other body language signals indicating that she may be attracted to you, or that something you're doing or saying might be turning her off, it'll take some practice to tell when someone might not be being truthful to you.

Another thing to consider is that practice makes perfect not only for you when it comes to detecting lies, but also when it comes to women who are used to lying and have become good at it.



When it comes to a girl who may be cheating on you or pulling some other dishonest behavior, it's not usually something where she's entering that territory for the first time. Because of that, she will have been in this position before and will be better at pulling off a believable lie than a girl who you can actually trust would.

Ultimately, take the information you've been given in earlier chapters, solid baseline knowledge of her mannerisms and actions, and the context of the situation as well as what you know about her and what you're asking about to come to a conclusion. When in doubt, trust your gut instinct. Eventually, your ability to read body language will become instinctual, anyway.

Chapter 10: Win Her Over with Good Strategy

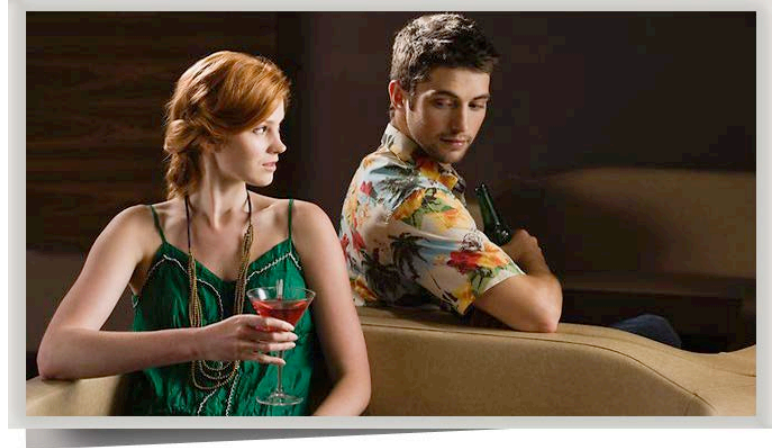
This entire report so far has been about how to interpret body language. We've talked about signs that she's comfortable or uncomfortable around you, signs that she doesn't agree with what you're saying, signs that she's attracted to you, and even signs like the Attraction Triangle that show that it's probably time to make your move.

However, one thing we haven't really touched upon is how to react and play the game when you see she's sending you specific signals. Although I've mentioned a couple of times that you may need to change up your strategy, I think it's worth going over a few general ways to do that when you aren't getting the body language from her that you were hoping for.

Your Clothing Sends a Message

A lot of your seduction game starts before you even leave your house. Why? Because just like we do with women, women will size up men based upon their appearance. Therefore, you need to make sure that the way that you dress yourself sends the right message.

I'm not here to tell you how to dress (for advice on this, check out one of the other bonus reports that comes with the Tactical Attraction system, "How To Get The Look Women Love.")



For now, what I *will* tell you is that you need to make sure that your clothing agrees with two things- the setting you'll be in, and your own personal style.

When you're going out to a nice club for New Year's Eve, for example, it's a little different than hitting the local college bar. Instead of rocking the t-shirt and jeans combo, you may need to dress it up a bit more. That doesn't mean you can't add a little of your personal style, but it does mean to take it up a notch from usual.

One good guideline is to never be the obviously best or worst-dressed person in attendance wherever you go. You want to stand out, sure, but not for not understanding how to dress for the occasion.

When it's a more casual thing and you have more latitude to bring your attitude, do so but make sure that you're presenting a consistent package. This may sound stereotypical, but it's true- women will expect a certain personality based on your appearance. That's what they'll base their initial attraction on many times, too. When you approach them and you don't provide what they were expecting, things might not go your way.

Therefore, don't wear the clever t-shirt if you're a guy with a dry personality. If you're a bit reserved, your rocker gear may throw her for a loop and leave her wanting more. If you're an alpha male, dress like it.

A lot of guys have made a big deal about having something in their attire that stands out, even if it's a stupid looking hat or a random bracelet or something. I'm not a believer in that- I think that like I said earlier in this report, 80 percent of the time you're going to have a chance with any given girl when you open the conversation, and it's all about performance from then on out.

Having a characteristic that stands out as an icebreaker isn't a big deal if you're comfortable approaching a girl without one. Now, you want to stand out, but for the right reasons. You want to stand out because you're confident, because you carry yourself like someone who knows how to treat a woman, and because you look clean or attractive...not because you're wearing a bright pink shirt or a feather boa.

Being Sly About Your Observations

One thing I can't stress enough, which why I'm going to touch upon it again, that you have to make sure she doesn't catch you observing her. I'm not saying that you don't want to lock eyes with her- that's one of the ways in which you get valuable information on where she's at in terms of her attraction to you.



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However, you don't want her to catch you *observing*. If you lock eyes, you want it to seem like you're checking her out, but not dissecting her every move like you actually will be. Girls want to believe that their interactions with you are all about spontaneity and passion, and we're just going to let them go on believing that. Use the magic that you've got and the tips from this report and others, but don't let her get a look behind the curtain.

Plus, if she catches you outright studying her, she may misinterpret it and find you a bit creepy. Not a good thing, obviously.

This continues when you're in conversation with her. If you're obviously studying her from head to toe and watching her body language, she's going to wonder what's going on. She's going to be used to guys either making eye contact with her or, well, checking out her boobs. She won't

be used to guys sneaking a peek at her foot positioning or checking out the tilt of her neck or torso. It'll throw her off a bit.

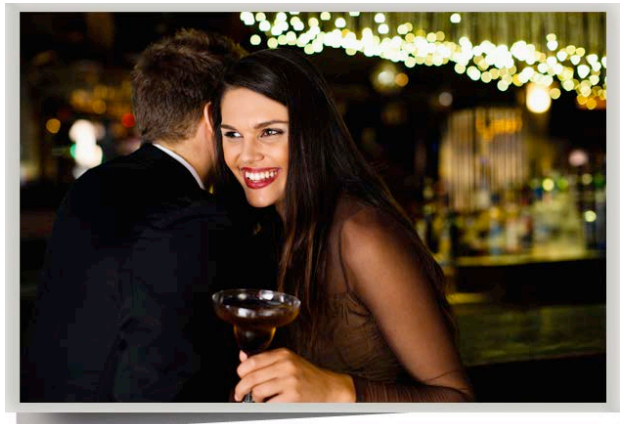
Use your peripheral vision to check out these things and snatch a sneak peek when you can, but don't make it obvious. Furthermore, if you're spending a ton of time obviously studying her movements, you'll be giving her too much attention and taking a considerable amount of the fun and challenge out of it for her, causing her to lose interest and maybe even see you as desperate.

Therefore, you're going to have to sneak in those observations while also making sure to look away regularly when she's talking to show that you're not completely giving yourself to her just yet. Give her something to work toward.

Changing Directions

The other major strategic aspect we'll talk about before we move on is how to change directions. Obviously, you'll be changing strategies when you see something in her body language that indicates she isn't digging what you're doing.

However, you have to be subtle. If you do it right, you can salvage your chance to get in her pants. If you do it wrong, you can come off like you have multiple personalities. Obviously, the former is a better outcome than the latter.



So, if you make a joke that she doesn't appreciate or that, worse yet, makes her visibly uncomfortable, move on and make a note of it. It doesn't mean that you stop making jokes or using humor altogether. It means that you make a change to the style of humor so that you can get more information and recalibrate your comments to what she finds funny or charming.

If you made a sexual joke, you try something a little different next time and maybe back off the sexual jokes a bit. If you were being sarcastic, you ease up on the sarcasm a bit, and so on.

Furthermore, you don't stop flirting altogether just because she doesn't respond well to your flirtatious remark or gesture. There are a lot of variables involved, and you have to go through them to come to an accurate conclusion.

Was she uncomfortable because you touched her? Because of *how* you touched her? Because she doesn't like to talk explicitly about sex? Because she's coming off of a bad breakup? Because she's worried you'll think she's a slut if she goes along with it too easily?

These are all possibilities, so while you'll play it a little bit safer in the near future, you don't abandon flirting altogether- that's crazy. There's also that distinct possibility that we talked about earlier that you may be getting signs of her being shy or nervous, rather than her being disinterested. Only when she does something dramatic, like physically pull far away from you, do you want to make that kind of assumption.

Conclusion

Understand how to read body language is one of the most powerful tools in your seduction arsenal, and will give you a huge advantage over all the other guys out there who don't have the tiniest bit of knowledge about the messages that women are constantly sending out during social situations.

However, it's still just one tool, and it's not going to be as useful to you as it could be if your other tools aren't sharp. All of the body language knowledge and intuition in the world isn't going to be completely helpful if you don't feel comfortable talking to girls, if you don't know how to present yourself, or if you don't know how to change things up when they aren't going the way you want them to.

That's why your knowledge of body language has to be just one part of your overall game if you want to really have a chance at getting that hot girl to be interested in you. If you can add good, intuitive use of your body language knowledge to an ability to confidently talk to women and present yourself positively, you're going to be hard to shut down out there.

At first, it may seem like you've taken a step backwards, especially if talking to women naturally comes easily to you. You'll wonder, "Why am I stressing out about which way her torso is facing or what her feet are doing? I know how to talk to girls!"

But after a bit of practice, you won't have to obsess over body language. Your brain will interpret it naturally. Before you know it, you'll be better than ever at getting women interested in you, and it will be because you can understand everything she's saying, even the stuff she's NOT trying to show you.

Don't settle for less than the amazing girls that you've always wanted to date. Take your game to the next level and make sure you're using every advantage available to you. With this knowledge of body language, you'll be one step closer to being unstoppable.

Your Wingman,

Dean Cortez

EXTRA RESOURCES

FEMALE MIND CONTROL

The world's top pickup artists agree:

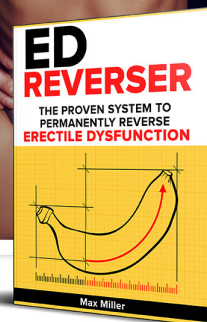
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