

UNLEASHING THE ALPHA



The Ultimate LIFE for the Ultimate YOU

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FOREWORD

Congratulations,

You have made an excellent choice and took action on being the better self for You, your loved ones, your community and our world.

If that written above does not resonate with you, by all means. I will wait and let you read that again and meditate it for a few minutes.

Because All of that is going to start to happen once you start following the guidelines and mindsets that you are about to discover.

Because Today you are beginning a new chapter of your life. A new meaning for you and the people around you. You will become a better man, a better dad, boyfriend, lover, and friend. A respected individual in his community, a contributor to the world.

I write to you as a divorced man.

Three years ago, we both me and my wife at the moment could not stand each other anymore.

I was devastated, sick, and broke.

Everything I chased, worked and believed for so many years crumbled in front of my eyes. Days were long and tough.

And as they say, life is like school in reverse. In life, you get the test and THEN you get the lesson.

Marriage was a test for me, a tough one. And I failed miserably.

But Marriage is only a stepping-stone in our journey. What's important is to LEARN the lessons that are presented to us as tests, everyday. And I have internalized the lesson, digested it and come out the other end and you are here to begin that journey as well.

It is important that whatever failure in a relationship you had, it may not really be YOUR fault.

People divorce everyday and marry everyday.

They make up and then break up.

If you were in a committed, deep relationship for you and it did not end well, it is certain that YOU are to blame¹. But **ONLY** because ***you acted according to false beliefs***, you didn't know better. And if you had then you would have acted differently.

Your actions follow your programming, you can interrupt your actions for a short while and behave in a way that disrupts your programming but you will always revert back to the way you are trained.

Mostly your programming follows what you have seen on TV, movies, probably other couples, and friends. And the things that worked for them did not work for you.

That's because the world they show you and the world that is real are not the same.

They have taught you a standard of love that is no longer sustainable, they have indoctrinated you into a system of thinking that serves a purpose that is **NOT** necessarily your own.

They have created an edifice can no longer stand on it's own in the altered culture of the 21st century where political ideals have shifted the romantic landscape and permanently changed the way that human beings pair-bond.

Another reason that you are failing is that you are set up to fail.

¹ The whole point of this course is to make you better, and although you are only half of the relationship, you are 100% responsible of all your deeds.

Your biology, beliefs, and behavior have been tainted with trappings of modern industrial, mass-produced living and it has corrupted you in a very profound way.

You are far from the man that you should be, and deep inside of you, you KNOW IT!

It's like Morpheus tells Neo in the first Matrix movie...it is like a splinter in your mind.

It's a nagging hunch that never really leaves you alone.

It may be because you have been fed with food that actually **lowers your testosterone** making you feel less manly, and being surrounded by media that presents models of human relationships that are unrealistic, and marketing messages that are meant to serve the egos of their core audience (women), not those who are propped up as the core benefactors (men).

But like Neo you have a choice, you can continue to bury yourself in the myths and lies.

You can continue to feed yourself food that does nothing but corrupt your body and poison your masculinity.

You can continue to feed on the lifeblood that creates a political landscape that serves a very few elites who don't really give a shit if you fulfill your purpose as a man, and get your own share of the sex, success, power and freedom you were born to attain.

Or you can choose a different path.

So at this point you have a choice...

If you continue to read on, then you have agreed to be acquainted with these truths.

Many of them will be uncomfortable.

Many of them you would have never imagined or thought were possible.

But the one thing that all truly great men crave that **ALWAYS** comes with truth – is **FREEDOM**.

Hey, I can only promise that the truth will set you free, I will never promise that it won't **PISS YOU OFF**.

So be aware, that this path will certainly bring you forth what you came to know, but it will also push some of your buttons.

And It is Ok. It really is.

Your self image is a lot like a muscle...the more you demand of it, the more it grows.

The world has evolved up to this point by man telling stories. Stories that at some point is his realm of thought could explain things to him, thunder for example, and leave the rest of his time and mental capacity to other things like hunting, farming and having wild and *unprotected* sex.

Those same stories are told to every one of us throughout our lives.

These stories are so diverse that they reach every corner of man's reality, and some of those stories have another particular trait: If you use them with wit and intent they could lead to profit.

And I am not going to rant about this or that conspiracy theory, that is not what we are here for, but marriage; relationships, love, and all that package, has become an Industry. You see it in movies, hear it on the radio.

And it is Ok.

Some will fall for that, and pay for every station on their blindfolded journey that demands its fee. Some will go unnoticed, and they are happy to comply.

But couples counseling, long billable hours of “therapy” - and on the worst scenarios - divorce counseling, tuition fees, alimony and all that misery-profiting money sucking machine, will be demanding its payment, always.

What I will teach you here are mindsets and beliefs that will allow you to choose the best woman for you and how to have the relationship on the terms you want.

And having that certainty is pure bliss.

There will be always issues in every relationship you have, but now you will have the tools to make it the best out of it for YOU and her.

You are here to learn how to live the best life that is out there waiting for you.

You are here to learn how to attract all the things you want.

This book is divided into three chapters. I advise you to go through it all at once and then take notes.

The first chapters deal with self-development and why it is important for you to become the best version of yourself. It will teach you valuable insights that will change how you see yourself and the world. It will explain to you step by step how to do it and set yourself up for YOUR journey in life with the right tools.

The second chapter is about women and everything you need to know to deal with them in a win/win situation, getting all that you want out of your relationship with your woman, and at the same time providing her with what she craves the most from her man.

The third chapter deals with the dynamic of relationships and presents the tools and exercises so you can have, and keep if you want to, any type of relationship with a woman that you desire.

So, let us get started with your journey,

Dan Santiago.



CHAPTER ONE

YOU

*THE TWO MORE IMPORTANT DAYS OF YOUR LIFE ARE THE DAY YOU WERE BORN,
AND THE DAY YOU DISCOVER WHY - MARK TWAIN*

MINDSETS

The Journey of Self-Discovery is **THE ONE** most important aspect of life we are in this world to learn.

Essential for growth and the understanding of the part we are here to play in this world.

Although, not everyone is eager to really get acquainted with their nature.

And not because they are afraid to really see what is inside them, kind of avoiding the answers, the truth underneath them.

Sadly, it's mostly because people are just plain lazy.

They are not really interested.

They are too busy watching TV, playing video games, on social media all the time or self-absorbed in their own thoughts and not really being **AWARE** of their deeds or of their thoughts. The nature of why they act and think the way they do.

They just accept the reality they live in and do not question its validity. For them, it's just how things are or how things work.

They have not stopped and think for themselves and make their own judgments. They still follow what their parents, teachers, or authoritative figures impose them to do.

And what does that have to do with relationships? Absolutely **EVERYTHING**.

Every relationship you will ever have starts with **YOU**. The way you act and **THINK** about yourself. In a very profound way, relationships show us who **WE** are. They don't show us who someone else is.

The relationship you have with someone else will always mirror the relationship you have with yourself.

The science of human behavior is showing us just how complex that interaction can be.

The burgeoning field of epigenetics is demonstrating that our biology, our very cellular makeup itself is not just the product of genes but also the product of the way those genes are expressed.

So you need to be very careful what kind of relationships you cultivate because they WILL alter and change you in very profound ways.

If you are a person who thinks that everything happens because it was supposed to, or that's just how things are, big surprises are coming your way.

Most of the mental processes that we run on our heads are mostly linked to some experience we had prior to the age of seven.

Our entire worldview is defined by those experiences.

Those experiences are like **social heredity**, we inherit them by default through our upbringing and our environment. In turn, they are imprinted on our brains and everything we think and do is congruent with that “belief.”

That belief was engraved in our minds by suggestion.

Auto-suggestion² to be more specific.

Everything we have seen or heard that we held truth for us is there, somewhere, dictating every thought pattern we have, every deed we make.

That social heredity has passed through generations and has governed the collective consciousness of groups of people where each of us belongs, through our families, local communities, whole countries or extended geographic areas and varieties of different ethnic populations.

And, as we are unknowingly under its influence all the time, we do not quite understand its power and reach.

Knowing oneself is the cornerstone of the lives of everybody in this world, and being aware of the influence that our paradigms have upon us is a major step to move forward in our development as men and Human Beings.

This process of self-development consists of two major parts: How I am Now, and How would I like to be, or ***who do I want to become.*** Where am I and where do I WANT to go.

² Although in reality all Suggestion is eventually Auto Suggestion, and this is because every belief that we accept as true was at some point imprinted on our minds as TRUTH.

YOU ARE THE MAN MOTHERFUCKER

Everything you do in life is about survival.

Of yourself and of the species.

The instinctive turn of your head when you see a cute piece of ass walking down the street obeys the natural instinct to mate.

You could hear the most seductive, feminine voice behind your head, but there is no way you are going to turn around to see who is this chick talking if there are ass and tits parading in front of you.

And that is because men are mostly visual creatures on their search for partners to mate. The Hourglass shape of woman is more attractive because over the millennia has proven more suitable for offspring.

A major problem that has developed is that the male role model that you see on TV, movies, hear on the radio and possibly follow, is the one of a needy, wimpy, nice guy.

And as crazy as it may seem, on the screen, he always wins the day and gets the girl.

He sends flowers, writes love letters and day-dreams about his sweetheart.

Or, you see other role model of the Homer Simpson kind of guy who just sits in front of the TV all day, drinking beer, getting fat, and not deciding about anything else besides which channel to watch.

And men and women get bombarded everyday by the media about what is hot and what is trending.

This in the long run, develops a sense of lacking. All the time people are told what they **need to get** in order to upgrade in life. What they **need to get** to be on the next level. Being this absolutely a nonsense, it has made a tremendous impact on how men and women perceive relationships versus what does actually WORK and WHY.

It is ok to be a gentleman or a romantic type of guy and has flowers sent to your woman, but if you base your approaches to women on that, on a regular basis - as the media tells you to do it - you are only pushing women away from you in terms of attraction.

She will appreciate the gestures, though, but in her deepest core, she will start to develop a sense of disrespect towards you.

Religion, on the other hand, has always made man/woman relationships complicated.

I am not religious, and if you are, that is totally fine, I am not going to talk you out of it, but I am going to speak **UNDENIABLE** facts that sustain my point.

Religion³ teaches you to be guilty about being sexual.

And being sexual is a natural condition of the human species.

We are mammals and the fact that we have creative thoughts, thanks to our marvelous brains, sex is more than an act of perpetuation of the species, unlike it would be to any other animal on this planet.

Because of the emotion of “guilt”, and that it is “wrong” or “sinful” to think sexually, sex is used as weapon of mass manipulation/profit/entertainment/distraction. But without us thinking about it in those terms, without the mass imprinting of shamefulness on our own very natural sexual desires...the effect of manipulation would not be profitable.

Religion likes to do things against nature.

³ Abrahamic Religions

Like obliging man of the cloth to be celibate, only to make the brains of **SOME** of those men, into a cauldron of unfulfilled, unattained, and sickened sexual desire.

It also likes to reward women if they are cast and virgins, and historically has punished women with social alienation, the stake, the wheel, the flames - as in burning them alive - if some women show the slightest bit of power, that sexual power she has for being **THE MOST SEXUAL** creature that has ever walked the earth.

Throughout our lives and in response to the experiences we have everyday, we have been building a shield, a protective coat, a cocoon of thoughts and emotions to explain some of the experiences we have had.

We see the world and perceive the information that is given to us, through this mind-filter. And the issue is that we have to learn to be aware of this in order to connect and show yourself as you really are.

Many times these are protective layers, to guard us from emotional pain.

To become the best version possible of yourself, you need to be acquainted with your innermost thoughts and emotions.

You have to be totally honest with yourself.

The one who lies to himself lies to the world.

You can only fulfill your purpose and your desires once you become clear about what they are.

As you continue to do this you will sharpen this natural ability and hone your skills.

That behavior will keep reinforcing your purpose and desire.

It will fuel it with passion.

And a passionate and self-directed man is ATTRACTIVE.

To women, to potential business contacts, to higher value friends and networking clients, to the WORLD.

So with that in mind, let's start to gain some clarity...

Let's begin on this path to see and hear some truth.

YOU ARE THE PRIZE

As we grow up from being children into teenagers and finally adults, we get showered with content and contexts where man is always at the mercy of circumstances.

He is always chasing outcomes, dates, phone numbers, deals, jobs.

He is not shown as the creator of his fate.

He is not deciding, visualizing and neither acting towards his wishes. He's always *reacting*.

Every Human being has all the tools, all the resources to achieve whatever he wants.

And as you become the Man of Your Vision, you will naturally become more aware of this fact of life.

In order to have and sustain a relationship over time with any woman, be that a casual fling, a formal, marriage, or a long-term partnership – and have that partnership actually work then the **MAN** must be the **PRIZE**.

He must be higher value and slightly more unattainable than the female.

The female has her sexuality, and that sexuality is more valuable biologically than a man's.

Eggs are expensive and rare...a woman only has a few thousand eggs by the time she hits puberty and only 300-400 of those eggs will ever have the potential to result in another human life.

Contrast this with men who release millions of sperm per ejaculation.

If only 1% of those sperm are viable (that is, could fertilize one of the woman's eggs) he has hundreds of thousands of times more opportunity in his lifetime to spread his genes.

He can also easily impregnate more than one female at a time (whereas women can only become impregnated by more than one man at a time).

So her sexuality in a biological sense is more valuable than yours because it is riskier for her to have sex and her margin of error to make sure that her genes get passed on is smaller.

It's the ultimate example of supply and demand.

This does not mean that she does not value sex...she DOES.

Women probably value sex even more than men do and are HIGHLY sexual...but from a purely sexual perspective her sex is her value in the relationship.

Since sperm is “cheap” in a biological sense...a man must provide much more than just good genes to be a truly valuable partner.

That is why developing yourself into the prize and making yourself the in-demand and rare kind of man is so much more beneficial now than it ever has been.

You must have the higher value to offer in order for the relationship to truly work.

The value you offer cannot just be sexual because in a dynamic in which only sex is exchanged...women will always be more valuable.

I didn't make the rules...I didn't create the TRUTH...I am only here to reveal it to you.

So you need to really become the best YOU humanly possible...

You need to have value and magnetism and purpose that penetrates on a very deep level...

Men who possess this are RARE...much more rare than beautiful women.

So for a man to truly possess a woman's inner being and captivate her on a deep and primal level...

She has to chase You.

You cannot put her in a pedestal because it is going to backfire you.

Deep in her core a woman wants a confident, powerful, dominant man to be with.

She wants to feel SAFE first and foremost.

So every time you REFUSE to be the prize in the relationship, you lose, she loses, the relationship suffers.

Why?

Because if you do not take your role as the MAN, and LEAD the relationship, she will start to lead, she will take your role.

And this might suit you sometimes, but it will damage your relationship because she won't feel safe with you.

Obviously, I am not saying this so you can feel free to behave like an ass, or turn into a lazy, stuck up jerk.

What I am saying is that in your mind you have to know your value⁴. So you can project that value on her and she can feel prompted to follow your LEAD, being that in a lifetime marriage, to the beach on the weekend with your new girlfriend, to the club's bathroom with that hot one night stand, or to set up a date with that cute blonde in the copy-room that YOU liked and that now she wants a threesome with.

Obviously, you can follow her wishes from time to time, but the initiative and the lead should be yours.

Your Woman will question your lead, ALWAYS.

And that brings two important things that you should remember.

The first is to stop expecting that your woman or any woman is going to change.

⁴ And by value I mean your value as a man, and nothing AT ALL to be related with money. Value as your core beliefs, your vision, purpose, the energy and vibration you project, your emotional health and intelligence, integrity, coherence, self love, world-views.

Every time she bitches at you she is testing your lead.

She is testing you as a man, to see what you are made of.

And here is the second key: Every time she tests you, you cannot react.

She could throw an emotional tantrum, she could raise hell on earth, but you have to keep your cool.

So,

Remain unperturbed, fully present, loving. You are already what you are, with or without her.

But do not brag or rub that in her face.

Simply be Still and Know it.

If you brag or talk about it, you are just showing that you are not who you say you are. And she will sense this, and she will not trust you.

So Know it. Know that you are the prize.

Know that you are the more valuable one.

She may be able to find a 1000 men to have sex with her and buy her shit and kiss her ass.

And you may, up until now, have felt sexually inferior because it is so much easier for women to get laid.

But now you know that she doesn't think like you and her concerns aren't the same.

She wants a prize of a man, that rare, mysterious, powerful, smart, confident, charismatic, adventurous, and enigmatic creature that strides through life like he fucking owns every inch of it.

This sets off a thermonuclear blast of lust in the erogenous zones of her mind every bit as much as a hot chick in tight yoga pants with an immaculate ass does to yours.

And as you grow as a man, you will be drawing more and more gorgeous women into your life and the tests will continue to get harder.

So be prepared, it's not just the "bitch test" you get at the club on Saturday night...

That's just the beginning.

She craves to feel that dominant, free, unperturbed man. So never expect that she is going to get easier.

You may not *like* her tests.

But you definitely want it. Why? Because it is the quintessential sign that she wants you.

She wants to feel your strength.

Do not ever expect this to change. Even if you change women.

All the women you will ever come in contact with you, and become attracted to you will challenge you.

Because they want to see if you are the kind of man that so far they are being attracted to.

Especially in moments of your superficial success.

If you react, if you collapse, you have flunked the test, and she can no longer feel secure.

There are weak women out there who will settle for less and not test so much, but good women will always test you.

Being and knowing that you are the prize, comes with the actual demand from yourself to actually BE that prize.

Not only you have to believe that you are, but you also have to prove it.

And you do that by being congruent, having goals in life, loving yourself, claiming your place in the world, following your heart and being bold.

Learning everyday. From every experience.

Being thankful and contributing to the world.

Does all this sound like too much? Well, you can always go to the couch to watch crappy TV or go to mommy's lap for a pat in the back then.

But if you are here, you probably sense that you have much more to give to the world and to enjoy from it.

And with that being said, you have to commit yourself to evolve everyday into a better, bigger, stronger, optimized version of yourself.

Your self-image will do one thing.

It will put in your path the tools and opportunities you need to grab in order to achieve any goal you want.

But you have to GRAB them. That means you have to ACT on your desires and wishes and opportunities that come along the way.

You have to act boldly, not only for the sake of the adventure or the fact that boldness is a trait of a powerful man but because life is finite.

There is only limited time in here to do the things that we set our minds to do.

So ACT, NOW.

PURPOSE

We as men are the Yang force in the Universe, the masculine polarity, the energy that **penetrates**, that goes through.

Do you relate yourself with that label? Are you fucking your woman and penetrating the world with passionate, unquenchable and purposeful love?

Every man has a purpose in life.

Whether is teaching, creating, exploring, discovering, but every man has his own.

It's not always clear and it may also change over time.

One man would want to finish a career, and that it his purpose on a short-mid span of time.

But the meta approach to this is that every man wants his ultimate freedom in order to give his gifts to the world.

Every man wants to do what he loves, to be free in the dense concentration of the task at hand. To solve, to challenge and compete, to be free. And to win.

Over the course of history, every man that transcended had a purpose.

Henry Ford dreamed of a car that would be sold to any man, and that purpose made him the richest man of his time.

Purpose when followed by a man who is put to the tests of life and endures them, always comes with money. And women.

So being that Purpose such an important trait of a man, why don't more men take their purpose so much more seriously? Because it takes guts, balls, all your blood and all of your life.

We only have one life, you and I, only one stay in this planet so why not fucking live it with PURPOSE? If you are reading this then you must on some level recognize this importance.

If you are not living your life with purpose, with intent, with a goal, dreams, and a FOCUS, you are living for someone else's purpose. You are doing what you are told. Your core resents that, and you cannot

shine, you become soft and weak and the chords of your inner being cannot vibrate on a higher frequency⁵.

Some men discover their purpose early on in life, some never do.

But the real tragedy is men that discover their purpose and not follow through. Or quit.

So if you have not discovered your purpose yet, do it. If you have, keep going hard at it.

If you did follow your purpose and life got in the way, or you pushed out, find the way to get it back at it or find something WITHIN you that you passionately want to do, something that makes you happy, cheerful and makes a positive impact in the life of others.

Purpose comes from the heart, it comes from love.

Your purpose cannot be to be a serial killer. It does not work that way.

⁵ I refer a lot on terms of vibration, frequency and shit like that because that's what WE ALL ARE. We are mass and energy, and a fractal of every atom on the universe. We are energy embodied. Everything in the Universe vibrates at a frequency, a rock, a planet. That hot brunette over there. And Yourself. And you can rise up your frequency with your thoughts.

Every man is good in his deepest core. There are men that perform bad deeds, but those are often a byproduct of FEAR, IGNORANCE, and INTOLERANCE.

A purposeful man will never have a problem with a woman's tests.

He has his mind on his objective, and if he mixes this with a sense of humor, funny comebacks, and teasing, his woman will always surrender every time he wants.

He possesses her.

And now she is ten times more attracted to him because he is unperturbed.

No matter how strong her storm may seem, it does not rock this sailor's boat.

And that IS what she wants.

She wants her man to be a rock solid cool motherfucker so she can surrender to him.

She can trust him and then trust him to dominate her and fuck her brains out.

Living a life of purpose is like how good you are fucking/penetrating the world.

If you are not charging hard at it, is like your dick is limp and you can't slide it in. Like playing billiard with a rope.

You have to charge everyday, hard. You have to form your entire being into a raging hard-on.

Full throttle, purple-headed, bursting at the seams hard.

Do it and your sex life will improve dramatically. Because women cannot resist a man who goes hard. Who fights for what he believes in. Who sharpens his will and mind into a fine point he can drive into the heart of destiny.

You could be a good employee in a job you hate, but that won't cut it.

It is the **PASSION** that comes or emerges in you that makes the difference.

And women are sensitive to this. She will sense your passion, and that will make her even more attracted to you.

You could be making a good living, having a good income, but the fact that the activity that earns you that living does not **MOVE** you,

you will not be fulfilled, your core will not be full, and your woman will sense that also.

She will begin to take more charge because she will perceive you with no authority. This lack of sense of trust will make her less attracted to you, and that will damage your relationship.

I am not telling you to quit your job, I am telling you to find your **PURPOSE**.

When man had to hunt and provide food for his clan or family, his woman saw that as the ultimate purpose, a task which was necessary for survival.

In order to eat you had to kill.

This informed your biology on a very deep level of realities that made you more manly, that gave you more purpose, that made you a raging, whirling cloud of bad motherfucker that went balls deep into life.

In modern times men no longer have that primitive connection to life they once did, they are no longer alive with energy and connected to the ways in which they earn their supper. You can get drunk as a lemur and stroll into a mid-night meal of processed shit at Taco Bell so while there is entertainment...there is no purpose. So women look for different signs to show that her man is doing his living with purpose.

And the passion that goes into the task and the impact that it has on you and inside of you makes all the difference.

You cannot compromise your purpose for your relationship.

If you, after much work and grief, convince yourself that your woman does not support you on the achievement of your highest purpose, you should leave her.

And never look back. Period.

If you compromise your purpose for your relationship you will feel weak, your core will not be fulfilled, and your woman will sense that too.

You cannot compromise your purpose for your family either.

The fact that you give up on doing what your heart dictates, sends a bad example to your children who will now incorporate in their behavior that it is ok to give up on what you love, that is ok to stop fighting.

You have to be clear. You have to be willing to set aside time for your family of UNDIVIDED attention and love. But then go on with your purpose, charging hard at it.

And they will support you in this decision. And if they don't ... It's your fault. You are not making it clear enough.

In order to help you find your purpose you have to be willing to listen to your inner self, your inner voice.

There is always a calling, a call to adventure, Joseph Campbell, and his works show this repetitive pattern throughout human history.

It's embedded deep in our psyche to the point where it a genetically coded need we must meet.

And there are always barriers to that calling...

Your comfort zone, your friends, family members, your own fears.

But when the calling is accepted and the Hero (You) begins his quest; meets his mentor; then challenges and temptations test the Hero.

All of this is comparable to your purpose.

You will have set backs, temptations, people - dear people - who will discourage you.

But as women, the world is also unpredictable, and your capacity to stand your ground with pure and true love and passion no matter what will show her and the world your character, your strength, your power.

Your purpose comes from the heart, and it is done with the heart's strength, with courage.

“Courage is a heart word. The root of the word courage is cor - the Latin word for heart. In one of its earliest forms, the word courage meant “To speak one's mind by telling all one's heart.” - Brené Brown.

So listen to yourself, find your purpose and ACT on it.

SELF LOVE

BUT THAT IS NOT THE REAL YOU. IT'S A MASK. THE REAL YOU IS THERE, I SEE IT FROM HERE, SMILING, AWAITING TO BE UNLEASHED - DTOX

This is one of the most important lessons you will ever learn.

To love yourself. And I do not mean it in an egotistical and narcissistic way, because being like that is exactly the opposite, is living without self-love.

Everybody wants to be, or feel, or experience love.

At any age, and a lot of times.

Everybody wants to feel in ecstasy, intoxicated by love. But you cannot love anybody, thoroughly and deeply, unless you love yourself.

Despite the fact that a major theme of this book is about relationships, you have to understand now, that the most important relationship you will ever have is with yourself.

You cannot receive love and experience it truly, if you do not love yourself.

Why?

Because not being in love with yourself will prevent you from fully accepting someone else's gifts.

It will make you sabotage your relationship, as that is the kind of action congruent with a person with no self-love.

It goes back to acting on how you are programmed, not acting how you want to act.

If you are programmed to internally think that you have no value and there is nothing to love you will act according to that idea.

A person with no self-love will always search for self-validation, pursuing a feeling from the outside to try to cover for something that is not coming from WITHIN.

A person with no self love will try to fill that empty space with cheap entertainment, drinking as a therapy to escape, drugs and any kind of shit that will help him remain numb or help him fill that void, no matter how fleeting it may be.

A person with no self-love cannot stand his ground for anything because he does not know where the limits are, so he becomes a pushover and women and the world will sense this about him.

A person with no self-love allows other people to make decisions for them as they cannot stand for themselves and claim their place in the world.

A person with no self-love does not respect himself, and in that way, his respect for others is also limited.

The results in your life that you get are an extension of your self-worth and self-respect. The bum lives under a bridge because on some level that is what he has accepted as his worth.

You can begin to see how important this is for your woman and your relationship .

Without loving yourself there is no way that you can see yourself as valuable.

Without truly seeing and feeling our value we cannot magnify it, cultivate it or expand it.

A man who does not love himself cannot expect his woman to respect him because he does not respect himself. Period. You could use tricks and tactics to get laid. You could dress yourself in better

clothes or pay prostitutes, but if that does not reflect true self-love and self-worth it will all eventually disappear.

Loving yourself will help you manifest your highest purpose.

Because loving yourself and realizing that you already have everything you need, will let your woman know that you are always a CHALLENGE and the PRIZE.

Because you love yourself you have limits, you don't take shit from anybody, you stand for your beliefs and by doing that she feels secure. She can trust you.

Loving yourself is dropping your **ego**.

Is living life without judgment, with acceptance and tolerance.

Dropping your ego involves being vulnerable, it involves accepting sometimes that you don't know all the answers and having the humility to be teachable.

It involves accepting yourself, deeply, thoroughly how you are right now. And without judgments and in a tender way, addressing all the matters and issues that are rooted deep within you both the good and the bad and learning to LET GO of all of them.

This isn't a matter of being born with some special characteristic or genetic heritage...loving yourself is a muscle. You can train it and make it stronger.

Because loving yourself is a state of mind⁶, even if you hated yourself for something in the past, you can always look at the event in the past, contemplate it, treasure it (it rids off the negative emotion of the event) and let go of it.

Loving yourself is being open to life.

Is being vulnerable, to listen, and learn, to stop judging yourself and taming your own ego.

And your ego manifests in so many ways, when you interrupt a conversation, when you get offended by someone else's comment, and when you get attached to outcomes.

Your ego is the interpretation that throughout your life, YOU have built for YOURSELF.

Your family, your teachers, society, they all have also made their contribution for the formation of your ego.

⁶ Well everything is really, that is why everything, every state of mind can be learned, practiced and achieved.

If you have found yourself saying or thinking “ I am not good at math”, or whatever, you came to that conclusion through repetition. And it stuck. And that comes to be a part of **how you see yourself**.

When you are talking with someone, and you get to a topic on something, and you feel you have to interrupt only for the sake of not feeling left out, that’s also, your ego talking.

When you get really good at something, and you get attached to being praised by your gifts all the time, your ego is sneaking in through the back door. It also happens when you develop a really thorough understanding of something, and you criticize or get upset at others who are not as skilled as you.

There will always be ego traps, all the time, and as you grow they will keep on coming forth. Be aware.

Loving yourself is dropping your ego, and dropping your ego is to live without judgements.

Love yourself right now, and amplify that feeling.

Even if you don’t believe it at this very moment, even if you carry blame and other shit, loving yourself will help you carry those burdens.

If you want to look at it from other perspectives look at religion. Jesus said that the one of the two more important commandments - and basically the others being redundant - was: Thou shalt love thy neighbor as THYSELF.

Everything in the Universe is made up of the same matter, and all of that matter is made of energy. If you love life, life will love you back.

So,

You are LIFE motherfucker, so LOVE yourself.

By doing that, you are loving Life. And man, Life just wants to be ravished.

You, Me, everything is connected to everything else, so as you love your life and yourself, you are loving the universe, you are loving God if that is how you want to put it.

Love yourself, love women, love life.

And it all starts with YOU.

Loving yourself allows you to be free and present, you do not have to live up to someone else's expectations, just your own.

Loving yourself gives you **POWER**, you do not need to validation from anybody, and the only validation required comes from **WITHIN...** from the standards that you set up for yourself.

Loving yourself makes you realize that everything you need in life you have already had. Everything you really need is inside yourself, to treasure it, to admire it. Self-love will bring you the most of life since you are Life yourself.

Loving yourself raises your vibrational frequency, allowing to attract more easily the things you want, your own piece of the success, power, sex and money that you want and need.

SEX

We get all excited with this part. And who doesn't?

Although we are exposed to it from a very young age, society has made of sex a sort of taboo, money making machine.

The true fact is that sex is the most natural thing in the world. We are all here because of sex because someone ***gave a fuck***.

When it comes to primal things, the most sure way to keep your woman happy is with good sex.

Good sex=Good relationship. Amazing sex=Amazing relationship.

If you can make your woman curl like a pretzel for every orgasm she has with you, you can get away with a lot of harsh shit.

You can be a class A jerk, but she'll always see a god every time she looks in your eyes.

This IF you treat her right, and good treatment is a good fuck.

And quantity in this matter is **QUALITY** also.

She should see your hard dick more often than her reflection in the mirror (and we all know how women love to look at themselves.)

Good sex and a lot of it will ensure a great relationship no matter what type of relationship you want.

In order to be the best version of yourself, the true **Alpha** version that you were born to be, you have to be a good lover.

Everyone of us **can** become that lover, but some have conditioned their minds so much, that when it comes to the old in & out, anxiety, nervousness, self-consciousness and other feelings prevail instead of being **PRESENT** in the moment.

In order to have great sex, you have to be present, and by that, I mean being in the moment.

You cannot be thinking of your favorite team's next game when about to pound your girl.

Most men who have reported troubles getting it up, or plain down impotence - laying aside organic matters aka John Bobbitt & shit - is because they are not present.

They are in their heads.

On their mind's inner chatter.

And if they get it up, they remain in their head wandering if they are going to last long enough. So, after two eternal minutes (Most of that time spent in their heads) they shoot out their load.

Not good.

Women can orgasm in that amount of time, even without a dick, but no woman can ever enjoy sex like that. The real joy and fulfillment comes from a long passionate session of being DEEPLY and thoroughly pounded by her man.

There are tons of techniques for lasting longer, and I am not going to discuss them here, but the one that I always recommend is BREATHING.

As simple as it sounds, breathing can make the difference in everything in your life.

You can control your emotions and feelings when you master your breathing.

And in sex, breathing CAN make all the difference.

When you reach puberty and the jerking off festival begins, you are **DISCOVERING** your body.

Learning and enjoying the new sensations that arouses from it.

But few men detach from that sex approach, and what I mean here is the cycle get horny -> get hard -> get-off -> repeat.

Have you ever noticed how you feel after you ejaculate? It's great and can be very pleasant - **le petit mort** - as the French say, but it comes also with that dizziness, you feel a bit weak, drowsy, sleepy, your knees could tremble, even hurt a bit.

This sensation does not improve with age. And even when there are guys who can get it up immediately afterwards, most men need a window of time to perform again.

The energy expenditure of an ejaculation for the man is huge.

This is not the case with the woman.

For the man is actually getting rid of a fluid that could be compared to blood. According to Chinese philosophy, every time you orgasm and ejaculate is like bleeding out a bit.

Not good either.

According to TAO, when you shoot your whizz indiscriminately, you compromise your ability to perform sexually at an older age, and with this, also your overall health.

Energetically speaking you are depleting your **CHI**.

Women can have multiple orgasms, clitoral, vaginal, G-spot, squirting ... and many times over, and they hardly lose any energy as we men do.

Men can do that too (have multiple orgasms), but IF they learn how to.

And in order to do that they must **unlearn** the way they have been taught (by porn, friends, self-experience).

The common masturbatory practices every man experiences as they grow up, lead to having sex in a more or less the same pattern.

There is a mental image or stimuli that arouses, tension builds up, constraint and release.

Ejaculation then is signaled as an outcome that needs to be obtained in the sexual encounter.

This is heavily reinforced in porn, that usually ends when the man ejaculates.

But the fact of the matter is, that men can experience orgasms without ejaculation.

In fact, the purpose of ejaculation is to spread your seed, in order to have offspring.

But if you want to enjoy sex and not planning to get kids in the near future, or with the partner you are currently having, why would you ejaculate? Why would anyone sane would risk ending something as amazing as pounding that hot ass for a temporary reward as ejaculating?

Would they still do the same if they knew another, better, mentally empowering, physically healthier way to achieve orgasms? A way that gives everybody involved a better experience out of the sexual encounter?

When a man cannot control his ejaculation, he is at the mercy of circumstances.

Not in complete alignment with his mission and his core.

When a man cannot control his ejaculations, he is weak at his core and by being weak, the world can also make him crumble. When a woman can make you come at her will, she owns you.

And she knows it.

Set aside the tragedy of sexual frustration in her, she knows deep inside that by even with the slightest innuendo, she has you. You are hers.

And so far, by the understanding of women that we have reached up until here, those are not good news for you.

Remember the part when women want to feel possessed and ravished by a strong man? Well, no matter how loudly you bellow with manly screams when you are about to come, if you are about to ejaculate by being persuaded to do so, you are hers.

And once she can sense it, you lose value for her.

She can sense in her deeper core, that the world or life obstacles can derail you easily from your goals.

That maybe your passion for your goals is not that strong.

The way out of this is to make ejaculation a conscious decision.

That before you engage in sex, know that you are going to ejaculate or not.

Beforehand.

This makes you feel detached for that outcome. And with that, space is created.

A mindset you want to internalize is that your load is a **VERY PRECIOUS GIFT**.

And by that meaning that it can't get wasted away indiscriminately, on jerking off, porn, hookers or one night stands.

Save this gift for the girls/women that truly deserve to be showered by your load. Same for the oral, do not go around licking every girl's pussy. Make her **DESERVE** it.

I am not saying that you should stop jerking off (even if you should); getting a hooker (no dude should have to do that); or watching porn, I am saying that those gifts you should save for the women that deserve it, that you can tell that they have fought for you and deserve your gifts.

There are numerous benefits out of dissociating orgasms from ejaculation.

i.- No premature ejaculation and erectile dysfunction issues

ii.- By dissociating you give your woman more time for her to experience more and different forms of orgasms - your gift to her - and by doing this she can experience forms of pleasure that she might not even be aware of. Giving her this gift, she can truly open and trust you in her wildest desires, so in return - giving her gifts back to you - she can be totally willing to express herself sexually and fuck your brains out like she has never done before. Or you.

iii.- By dissociating you are in total control of your body as you penetrate your woman and make her surrender in love. You can have long lasting hours of sex without losing your boner.

iv.- By dissociating you can use your load as a reward. As the ultimate validation for her. Your load can be leveraged this way. And this leads to a part of sex that we all like very much. Getting head.

Ever heard that joke, why is the bride smiling as she walks down the aisle ? ... Because she knows, she's giving her last blow job. Well, that is amusing but at the same time very sad.

Always make sure that your woman LOVES to give head.

If she doesn't LOVE to give head, she might stop blowing you the minute she can get away with it and KEEP you at the same time.

How you beat this scenario? You are always the prize remember. Your cock is a privilege to her. Not her right⁷.

v.- By dissociating you can enjoy long lasting sex and orgasm. The focus of the orgasm CHANGES and it is not genital anymore. It is more a cerebrospinal flow, and it is achieved by mastering these four factors at once: Present, Breathing, Muscle Control, Perception.

PRESENT is understood as being in the moment, totally immersed in it. When you are saying to yourself: " Oh this feels so good " you are not at the moment ... you are in your head.

Connect to the moment. Connect to her.

Talk to her and tell her how good it feels. Being present in the moment is absolutely necessary if you ever want to enjoy and provide out of the charts sex.

⁷ By changing you mind set about your load, you can educate in your woman to give you head whenever you want, and lick you clean all the time. Why? because you can choose not to give her your cum every time she blows you, or every time you have sex with her. You can even deny it to her, the pleasure, the validation of your load, on the climax of your love session - she will go freaking bananas, so beware because she might even get pissed at you. But this is just her fake act, because you didn't validate her.

With this mindset, it becomes something that is always YOUR choice, always in YOUR control. You will, of course, sometimes be willing to give it to her if you want to reward her for something she did or how she has behaved, and you give it to her. Your liquid form of love.

At the primal level hard dick is the most effective turn ons for woman. And a woman's ultimate sexual gift to you is swallowing your load.

Breathing will help you stay in then moment, breathe with a constant pace **NO MATTER HOW** fast or rough the sex gets, be **AWARE** and keep your breathing steady.

Inhale deeply, as you if were going to fill your balls with air, from time to time, once every 3 - 5 minutes, at perineum level, but most of the time keep it at your belly and diaphragm level but just as deep. And exhale through your nose. While doing that, feel the energy running through your spine and reaching the back of your head.

No matter which position you are engaging with your woman keep your **BREATHING** at the same pace.

Being aware of the pace of your breathing will make a tremendous difference in your sex life because she will also perceive that you are in total control and dominant of the situation.

If you start to speed up the pace of your breathing to match hers while she is about to cum, you will notice that the arousal level increases, and if you keep that up you will eventually ejaculate.

Mastering your breathing will let you come at your will when you want it to.

MUSCLE CONTROL on the other part, is achieved by having control over you PC muscles.

The **Pubococcygeus muscle** is the muscle that gets squeezed when you want to stop peeing.

You have to train that muscle since it has been proven to be beneficial for your sexual health. You can do this through the cyclical contracting/relaxing of the entire area that. When you relax, your body can conduct the sexual energy more efficiently. This will improve the exchange of sexual energy between you and your partner(s).

I don't need to go into any details about this here, as there are other great sources for this information. But it is important to do it consistently for at least 6 weeks to start to see results. Also, be careful about which exercises you are doing as by doing the wrong ones with weak or underdeveloped muscles you can injure yourself or create cramping.

Is true that contracting your pc muscles from time to time will prevent your fluids from reaching the urethra, but the fact that you would be consciously redirecting your attention to this small muscle all the time, is enough to take you away from **THE MOMENT**, and begin with the chatter in your head and missing the whole point.

So, the secret is to contract those PC muscles and relaxing them and do this syncing **RHYTHMICALLY** with your breathing.

Your practice will be focused on two areas.

Developing strong PC muscles and establishing synchronicity with your breathing. You can find PC strengthening exercises everywhere, and you can practice them everywhere also.

The other part you will have to practice during sex or while jerking off. And do the latter with the PURPOSE of practicing, breathing deeply as you contract AND relax those PC muscles.

PERCEPTION is the intended focus you have to willingly have at the moment. And in this case, of course is the other person.

When making love to your woman, really FEEL that you are inside her, under her skin, focus on her breath - while maintaining yours in a steady pace - her skin as it touches yours, the smell of her and her juices. The perception is on her and the ying yang union⁸ of two people.

Focus on when you are fucking her, you are making her soul shine, that is your gift. Big throbbing dick right through her soul. And that IS what a woman wants from her man.

Increase your perception of her while having sex, through your other senses. You are getting connected through your touch by the penetration, also through your skin, through your nose with her

⁸ Or the union of two vortices creating a *singularity*

scents so if you want to keep upgrading to the next level, just keep adding senses.

Dirty talking is essential to have superb sex.

Not only increases the senses connection, but allows you to behave dominantly⁹ and command things from your woman in the middle of heating sex. You have to set this pace at the beginning of your relationship; otherwise, it is going to feel pretty awkward if you introduce it later. And if that is your case, you will have to do it one bit at a time, otherwise you are going to kill this vibe.

In order for this to work, she has to perceive that you are assured of your words, and that means you have to **COMMAND** that feeling of submissiveness from your woman.

So, start small and then turn it up further. Also, you can select your words more carefully.

MY SEXY Little bitch, or **MY** slut. The possessiveness of the word **MY** does two things. First, it makes her feel more safe with you, since she is not being labeled as a random woman, she is yours after all.

Women crave to be possessed by a strong man's will. Being raped is a common fantasy for women, and not because of the pain part, which some women might like, but mostly because of the sensation

⁹ Being dominant is different from being domineering, which is being arrogant in asserting or attempting to assert one's will over others.

of being **DOMINATED** and **SUBMITTED** by a strong man's will¹⁰. And dirty talking can evoke that. It allows you to connect by **SOUND**.

Pure DOMINANCE and PAIN can make sex a transcendent experience for both of you. **DOMINANCE** must be an essential characteristic of men in the bedroom, and by that not only meaning you have to lead the interaction, you have to dominate her.

Being on top or bottom, you have to grab her powerfully. If she enjoys the pain (which some women do, and don't ever get judgmental about it) give it to her. You certainly don't have to burn her with cigarettes, and if your woman ever asks you to do something like that, you better know where you stand with her (don't want anyone calling the cops).

But many women like the pain part. Choking her as she is about to come is a good example of **DOMINANCE**. When she is about to come, you can choke her and then release just before she comes. She will come ten times stronger. You'll be more aware of this once you start to take on the dominant role in the bedroom and use dirty talk on a regular basis? Choking accumulates more tension that will be wildly released when she orgasms.

The point of pain is very simple.

¹⁰ The rape fantasy is also common because 1) she's being taken by a strong man and submitted to his will 2) Being wanted that way, let's her get rid of any feel of guilt about being highly sexual and pleasure seeking, which is the true nature of women sexuality.

They are both, pain and pleasure, represented at very closed areas in the human brain cortex, so if you keep stimulating these nearby areas, the orgasmic response is raised exponentially.

You can also dominate her by tying her up - ideally with ties and scarfs - handcuffs are scary and they hurt.

The key thing is balance. There will be times that things can get really rough and wild, and balance can make you use pain for pleasure while at the same time keeping her SAFE and not really hurting her in the long run.

So, instead of pushing her against the wall and smacking her head against the concrete, you can push her against a door (which will smash itself generating noise) while grabbing her hair from behind her head (which they love - unless she uses hair extensions) this way avoiding her getting hurt. Better to spank her butt with your hand all spread so it SOUNDS louder but doesn't hurt as much, than with your palm closed.

The other powerful way to connect with her is through the "windows to the soul." Eye contact will bring about a powerful feeling in her that you are present there with her and that you feel the connection as she does.

And when you have all the other factors mentioned above handled, you are on pace to distinguish yourself as a powerful, ravishing lover who takes her in the way that the disconnected men who do not go balls deep and charge on their path could never give her.

Eye contact is extremely powerful. You can go into a trance during sex with your partner by looking into her left eye with your left eye.

While fucking her, kiss her and breathe with her. You are fucking her, making strong eye contact, kissing her and actually **GIVING HER AIR FROM YOU**. This will create the inner belief that you are actually **SAVING HER LIFE**. She won't know what happened. She will feel so connected to you that she'll develop strong feelings for you up until complete devotion.

This is extremely **POWERFUL** stuff.

Use it responsibly.

And the last sense, if you can call it like that is her intuition.

In order to be the best lover you can be, for your current woman, or all the lucky ones that your bright future await, is your ability to fuck her mind.

Imagination is the most important sexual element for a woman.

It is her most erogenous zone.

Woman can have orgasms without a dick. The women's brain is a smoldering cauldron of sexual desire and fantasies as diverse and immense as the grains of sand on a beach.

Fantasies about being raped, like it we discussed before are also known as forced sex role play; having sex with more than one man at once, public demonstration of their sexuality, etc.

And women have can be hugely turned on by words and what their imagination comes up with.

That's the reason 50 Shades Of Gray and all these trashy romance books are such a success.

Women are inspired by words and their imagination.

When you describe to a woman what are you going to do to her, sexually speaking, and you warm her up this way and keep this up as a practice on a regular basis she'll be so turned on you it will change the way you think about women and sex forever.

And she'll love you for that. When a woman talks about being swept off her feet, she is talking about this.

Every time that you hear her talking about sexual fantasies DO NOT EVER judge and DO LISTEN intently.

Shut up and listen.

Even when what she's telling you sounds way too hardcore for you, just realize that this is a part of her imagination. She is giving you the secret to her sexual mind and, if you can play your role, whatever she has for you in her wildest desires, she will always come back to you like a nymph.

APPEARANCE & SELF CARE

THE ONLY THING STANDING BETWEEN YOU AND YOUR GOAL IS THE BULLSHIT STORY YOU KEEP TELLING YOURSELF AS TO WHY YOU CAN'T ACHIEVE IT - JORDAN BELFORT.

So we're almost done with the first chapter and at this point I felt it was important to advise you on how to get the most out of the body that nature has blessed you with.

I really feel that my journey of self-development – which hasn't ended and will never end, began the day that I started to be FULLY aware of my body posture. Basically to stand up and sit down with a commanding and erect posture.

When you do that, all kinds of positive things start to happen.

It's simple and men frequently underestimate it's power but sloppy body language is communicating something really nasty about how you view yourself.

The science of biofeedback and embodied cognition tell us that all of our cells (including our nervous system which is responsible for generating our self-image and self-concept) are intricately intertwined.

When you change how you present yourself in the world you aren't just telling other people good things about you...

You are actually beginning to turn on specific genes inside of your body that code for proteins that can create a feedback loop of positive effects.

Being your best really starts with your body and biology and always comes back to your body and biology

The way present yourself in the world is the way people assume you penetrate it as a male. If you're trying to get connections or build contacts with movers and shakers that can help your career, they are going to take clues about how you will perform based on your posture.

If you are trying to bang hot women, they will assume that your slouchy lack of erectness will carry over into the bedroom.

When you stand up straight you improve the ability for your cerebrospinal fluid to insulate your spine and exchange the charged electrolytes necessary to conduct nerve signals so, not just

metaphysically but physically...standing up straight helps your body conduct energy better.

And most importantly, mind follows body. So here are some tips to boost your appearance and make the most of it.

- Stand up straight. Imagine a cable, that runs through your spine and is pulling your skull to the sky, and your tail bone to the center of the earth. Women sense when a man has good posture, it means he is open, dominant, vulnerable, bold. So, stop standing up with your arms across your chest all the time

- Wear clothes that fit your body type. If possible every time you shop for clothes, go to a man's clothing store, not a department store and let a woman there pick an outfit for you. Don't argue with her, buy anything she suggests

- Get a nice haircut, or decide a style that you like, and keep it like that. And by that I mean you have it cut every two weeks. Otherwise it gives the image that you just had your hair cut, which sends the wrong message - that you must have looked like shit prior to it. No barber or barber school either. Get a proper haircut from a professional stylist. It'll look better and last longer.

- Cut that fucking nose and ear hair. And beware of those bushy eye brows

- NO sneakers when you go out. Get a nice pair of black shoes. They will go with anything

- NO tighty-whitey underwear or white sox

- NO T shirts with stupid sayings on it
- NO tacking in your shirt
- NO big wallets on ass pockets, get a money clip that can hold your license, your one and only credit card, a few of your business cards and that's it
- Carry only your keys, money clip and cell phone in your pockets, no pens, no shit on your belt either. Dress smart, live with style.

By now you should begin to understand that you are developing yourself for the long run here. This isn't a quick sprint to the finish line. This is a massive redirection of your life energy and biology in a way that will make you the badass motherfucker you were born to be.

You probably have sensed already that this is a life-changing attitude that I tend to masterfully and artfully tattoo into the deepest recesses of your mind.

No matter what has happened to you in the past, or what you have gone through you must accept self-love as your fundamental self-concept.

Operating from this place creates self-trust and the energy you need to continue getting better everyday. That will allow you to bounce back from anything that happens.

Changing yourself in this way will take time but you'll find yourself more naturally navigating into a state of being where you face

challenges, accept consequences, and make yourself better all the time.

So your one and only concern from this day forward is getting better everyday and throwing down hard on your own personal journey.

EVERYTHING ELSE....and I do mean FUCKING EVERYTHING is secondary.

If you take only one lesson out of this guide...that should be it.

No matter what happens to you, divorce, separation, loss of job, loss of business, etc..you are on your path and you will regroup, bounce back and be better than ever.

This simple mindset is self-reinforcing and is the key that has allowed people like Donald Trump and Robert Downey Jr. to bounce back and become better than ever even after tremendous set backs that would have ruined most men.

You may have kids and family to take care of, but getting better yourself - getting proper care of you - will set an example, especially with your kids and your loved ones.

The process of becoming the best version of yourself never ends. It cannot.

Because the moment you think you are the shit, you stop evolving. You start **SETTLING**, and you stop giving value to the world.

You are back to the flock of sheep you came from. But with a new ego issue being just formed. You develop a sense of entitlement, as if the world owes you for, well for just being you.

In order to fuck the world so lovingly and deeply like you are supposed to, you have to be constantly upgrading, while deeply loving yourself.

You will learn something new everyday, whether that's through experiences, self-teaching, or coaches and mentors.

Learn something from your mistakes and the mistakes of others.

It's not important how you get the lessons; the important thing is to have an open attitude towards learning, to not be afraid or lazy of actually **GETTING SMARTER** and to be **OPEN** and **HUMBLE** to recognize the lessons.

If you start to get the attitude that you won't make use of something that you learned then it's time to evaluate your ego...and check it at the door. That kind of thinking will stunt your growth and lead you down a path of complacency and self-satisfaction. It's also a way for you to procrastinate.

So do yourself a favor...

unleashingthealpha.com

Love yourself, invest in yourself, go balls deep and charge hard towards your purpose...everyday this is the path to growth.



CHAPTER TWO

WOMEN

THE MYSTERY UNVEILS

THE SEXUAL LIFE OF ADULT WOMEN IS A "DARK CONTINENT" FOR PSYCHOLOGY.

SIGMUND FREUD, The Question of Lay Analysis

Freud died not having a clue about what women want, what moves them, inspires them, attracts them.

Even though at the end of this book you will have a complete understanding of those questions, it is important for you to realize where you are at the moment with your understanding of women.

And accept where you have been fucking up on your interactions with them, get acquainted with your mistakes - many of them you

probably aren't even aware of - and get the knowledge of what works, in order to have the relationship you want, on the terms you want.

Mainstream media has, for a long period of time, painted a picture of what women are and behave sexually, or what they are looking for in a man.

This tale has been told so many times that everybody has it written on their subconscious.

It's in the movies, songs on the radio. It is so embedded in people's brains that men and women alike see the picture through this tinted glass.

We discussed in the previous chapter how this **sexvision** has created a male role model of a weak, wimpy, needy, nice guy, that puts the woman on a pedestal and gives all his power away to her.

The message is as simple as it is emasculating, he is not **COMPLETE** without her, he **NEEDS** her in order to live.

Women on the other hand, have listened to this message an infinite times by the time they are 21, as we men have.

Some of them even try to reaffirm that this approach is what works either because they are unaware of how their attraction mechanism

really works or because they want to mislead men for their own benefit.

Before getting mad about this understand that you as a guy have hidden your intentions many times as well and have always sought to maximize your opportunities to get the sex that you want.

There are other women who like the sense of power given to them by their men. They feel incredible, upgraded, with a strong sense of entitlement, but all that rush is accounted to their husbands or boyfriends who have become powerless, who have become their bitches. Because men gave away their power first¹¹.

Mainstream media also depicts a woman who is always smart, leading and powerful, and her clueless male companion a needy, weak man who is always wrong and who always needs to eventually realize the error of his ways.

We internalize our environments and what we are exposed to in such a way that everything we see, hear, feel and experience becomes a part of our inner construct of how things work.

Because most men live their lives to be entertained-whether with parties, drugs, women, porn, video games, or social media...they generally accept what's presented in the mainstream as what is correct.

¹¹ When I speak of giving the power away, is your masculine power, the belief that you ARE the price.

As do women.

The nagging, the belittling, the emasculating, or other manners of how a woman can end up treating a man starts with the MALE giving his power away.

If you behave that way before you bed a woman you'll end up in the friend zone, even if she was originally attracted to you.

If you behave that way after the sexual relationship has begun (because that is the ONLY context in which you should relate to women you feel sexual for), then you will end up getting cheated on, dumped, or if she doesn't have any options at the moment, you'll be her little bitch boy.

It is important that you relate honestly with women.

It is okay for men and women to be friends and only friends if they feel nothing sexual for each other.

But if you feel something for her that she does not return, don't stick around. It's possible you messed something up during the attraction phase or it's possible that you never really were going to end up getting sexual with her.

You cannot possibly attract every woman and even the smoothest of men, the most charming, the most handsome and successful, there will always be women who won't go for you.

The media is always telling men to give their power away to his woman, in songs, in movies, TV series, and chicks love it.

They feel vindicated by it because they are told that feminism and female empowerment is correct.

They feel that it represents "equality" when all it does is pit men and women against each other in a way they were never meant to compete.

Feminism isn't wrong because men are better than women inherently.

Feminism is flawed because men and women are different and evolved to serve different evolutionary purposes.

They don't love it in a way that they feel attraction and deep compulsion to be sexual with men to behave that way. They love it because it provides them with the thing that chicks love the most, which is **EMOTIONAL EXPERIENCE**.

That is why women love chick flicks, they get to feel those emotions, they get to feel amazed, saddened, excited, shocked, amused.

But men process that information through a logical filter, and if they accept the message, if they accept that **FRAME** and start to adopt that behavior, soon enough start acting like **REAL PUSSIES** in front of women.

This destroys all of your natural mojo. The whole filter through which you need to move through the world is that you **ARE** what it is.

As you begin to accept and adopt that frame more and more, your body responds biologically and accepts this new position you have given it.

Your biology and self-image work together to inform you of who you are on a deep level.

In order to become the man who gets his fair share of the sex, success, power and freedom that **YOU DESERVE...** you have to begin to accept **THAT** frame and give up the idea of what's imprinted on you by the media that doesn't give a shit if you succeed with women or not.

So the first thing that you need to do to become the man you were meant to be and active your own internal biological right to masculinity..you have to begin to distance yourself from the negative influences that tell you to be powerless or to give your power away.

So stop watching bullshit TV.

Stop buying into the female frame and mindset that you are lucky to have her, to have her sex, to have her love.

She wants the man that she feels those things about, because is directed towards his purpose, because he puts that above her and develops himself to his fullest to fulfill that purpose.

If you simply observe the dynamic in the relationships that truly work between men and women you will find the woman looks admiringly on her man who looks toward his path and purpose always instead of pining over his “beloved” like you see on the movies and TV.

So with that in mind, we are going to begin to fix your mind. We will do this by repositioning your mindset and how you interpret your reality.

Because the filters through which you interpret your reality are what eventually become your reality.

MINDSETS

POWER

There are infinite mindsets about women and how to relate to them.

A powerless mindset will always be detrimental for you.

No matter how hot she is, or how desperate you are to get her, you cannot give your power away.

And by that, I mean two things: You are **ALWAYS** the prize. And you have to know it in your bones. You have to know internally that you are the best choice for her, as she will take her cues for how to feel about you from how you feel about yourself.

NEVER brag or even talk about it - **KNOW IT, BREATHE IT, BE IT, BECOME IT** - You are the selector.

And two, you are always and I mean always are **NONREACTIVE**. You don't ever get emotional, throw a tantrum or react in any way.

Breathe, analyze and RESPOND - preferentially in a funny, challenging way - but never REACT. Boys react. Men respond.

To project a powerful, masculine vibe - you are calm, indifferent, clever, self-amused. But never react to her comments or actions. Respond to challenge her, but never react.

Being the selector - having that mindset - will allow you to act accordingly and will show your woman that you are a valuable man.

She will be less likely to test you or play games with you.

Having that mindset allows you to project an image that you are confident around women, that you have options - and you do - She feels compelled to work to get your attention and validation, to invest in the relationship¹² - something women feel they need to do **WHEN THEY ARE ATTRACTED TO HER MALE. And at the end makes her even more attracted.**

Women have a retroactive logic. When she picks herself doing things for you or thinking about you she concludes that is because she is attracted to you.

¹² That is why, no matter how many times you heard it in tales or the media, but women do not stay with a man for his money. Surely they won't complain, but they are attracted for what the money represents - that many times belongs to a leader of some sort, but a powerful man indeed. There are gold diggers however, but they usually are around men who are replacing their lack of skills with gifts and favors.

This isn't conscious. This isn't something that she logically determines. It's just the way their nervous systems are set up to respond sexually.

So don't be arrogant about this. Be cool. Rock solid cool, knowing that you are unique and already have everything you need.

Being non-reactive allows your woman to feel secure.

And feeling secure, to be in a position that she can open up to her man is the first and most important emotion that a woman needs to feel in order to have a relationship with anybody for that matter.

Your woman will test to feel if there are cracks in the person she's attracted to.

If there are "flaws"¹³ she will not feel secure. And as the relationship progresses, so will be her testing. And she does it because is in her nature.

If she is very young and sexy she won't even progress the testing much further but will simply begin to string you along as she seeks a more powerful partner who satisfies this basic feminine emotional need.

¹³ It's not that women are looking to point out your mistakes or flaws, they just need to feel safe as the relationship progresses, and they do that by testing you. Is like tip toeing your way through a river, being careful not to fall down.

So if your woman stops being sexual with you, makes excuses not to see you or acts in a way that gives you a sense she isn't sexually available. Then you know that you have given away your power and that you showed a crack in your armor.

Your masculine power and dedication to your purpose must be complete.

There can be no holes.

There can be no leaks.

If there are she will find them.

Women have an uncanny knack for exposing these weaknesses in males because biologically it helped her secure the best genes and the best provisioning for her children.

Once you pass her test, she feels secure again, and then she can go back to be in horny-slut-puppy mode. Which is what she **craves**¹⁴ in her man. Women are most happy and satisfied when they feel that way.

¹⁴ Is not that women only want that, but they can only BE like that IF they feel safe by being with an emotionally available and strong man. It may not be the only thing they want, but is the thing that they want most.

Besides being non-reactive, you cannot evoke - with your words and body - a change of your mood. You are always COOL.

Changing her mood on the other hand, to a mood of laughter, irony, self-amusement can also work wonders. Also by responding with a challenge can be great. But the most important thing to be aware of is to be non-reactive.

Never react, at all.

Don't ever throw a tantrum, or get angry, or emotional, or get offended by anything she says or does. Do not EVER get physical with her.

If you do that, it only speaks that you have emotional issues yet to be worked on¹⁵.

It says nothing about her.

Of course that there are mean bitches that can be quite irritating, nasty and right down offensive.

But then again you ALWAYS have the choice to walk away.

¹⁵ All the violence against women is a product of men being pussies and not being able to control their emotions. Then they come back for forgiveness and repeat the cycle.

And find another woman. But let them know - the women in your life - that you are unperturbed. That you are already complete and in no need of her validation¹⁶.

Besides being non-reactive with her, you have to have the ability to communicate emotions.

If you can communicate emotions, you speak her language.

Women's most usual complaint about their men is that they are "emotionally unavailable". Women communicate in emotions.

Whatever friendship a woman has with a female friend, their communication is far broader AND deeper than yours with your best buddy.

Because it is emotionally driven.

Men on the other hand feel emotions but they are less drawn to them. They don't have the substance and texture that they do with women. They are simpler and more internally directed.

We are interested in hitting that ball as hard as we can, or tackling that motherfucker who thinks he's too fast.

¹⁶ Of course, this means you have to BE unperturbed, to BE rock solid cool. Don't brag about it. Or talk/discuss that with her. SHOW THAT to her.

As we grow up competing and trying to go faster and jumping higher than the one next to us, most women grew up with their girlfriends talking emotions.

We as men are told that men should suck it up, or that it's "sissy" or shit like that. It is highly advisable that as you grow up and grow old, you get acquainted, in touch with your emotions, in order to express them in a FUNCTIONAL way.

Whenever you have been in a discussion and you "lose it" you are experiencing the result of a lack of emotional experience¹⁷.

That can be, in most cases, a result of how you grew up, the relationship your folks had and especially the relationship you had with your father.

You got your emotional education from him¹⁸, you probably repeat the same pattern to communicate emotions that your old man has or had.

That he probably got from his old man. And so on.

¹⁷ Of course there are contexts. All emotions we feel are good - including blowing up and being aggressive - but in their proper CONTEXT. And in a context of dealing with women, the non-reactiveness, the emotional control, always wins.

¹⁸ Or another male role model in your life.

If you had a close relationship with your mother, you probably are quite decent communicating your emotions.

If you had sisters you were close with...even better.

The men who did not have sisters, and grew up with emotionally unavailable parents are going to have a tougher time digging this one. But you will have to go through it anyway.

When I mentioned power as a mindset that will let you experience relationships the way you want, is your masculine power that you always have to keep.

Do not ever become needy, you are **experiencing** or **relating** with women at any given moment.

Women ALWAYS sense this about you and always find it sexually repulsive.

You do not **need** her. She's nice to have around in your life, maybe she gives great head, maybe she's cool to talk to, maybe she adds tremendous value to your life by matching your vibe and supporting you in your purpose.

But you NEVER and I mean NEVER need her nor her validation to feel good about yourself and your purpose.

There is a lot of mainstream literature out there telling women to distance themselves from their desire to please men and want men's validation but that is a perfectly valid emotional desire for a woman to experience.

Internally, she is wired to want to rely emotionally on a strong man she can trust to lead, to fulfill and follow his purpose, and to provide security for her and her potential children with him.

It is biological and evolutionary.

Men on the other hand are emotionally designed to fulfill their purpose and to place all of their emotional energy into it.

While "neediness" is not attractive for either sex, her desire to please you is much more a natural function of her internal emotional desires and no matter what her social programming tells her she wants to submit to a strong, powerful man.

When you spark this feeling inside of her you create a release of dopamine, which stimulates the pleasure areas of her brain.

Whenever you stimulate those areas of her brain, you are creating an emotional environment that leads her to want to fuck you.

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But not all men who stimulate her pleasure centers get to dive into the soft ponds of her femininity and grind her into transcendent orgasmic release.

Which is the perfect segue way to our next topic – sex.

SEX

Women love to fuck.

Women are the most sexual creatures that ever walked the earth.

They are the only creatures that have an anatomical structure which only purpose is sexual pleasure.

Women can have orgasms without a dick, on the subway, talking to you, giving birth, at church, at the dinner table. Just for thinking about it.

Women's orgasms can last up to half an hour, and are 10 times stronger than men's.

Social heredity throughout history has conditioned women to avoid exploiting and experiencing this pleasure.

When our ancestors lived in caves, a woman who wasn't selective about which dick she was letting in, could result in her death and the death of her offspring.

So, a woman needed always to be selective and mate with a partner who was more than capable to provide for, and protect the family.

So throughout evolutionary history women established mechanisms to scan more easily and rapidly for mating candidates.

That's why she tests you, to see if you stand your ground - calm and self-assured - as in the cave if it was being attacked, or you would react and get emotional, which in cave times would be equal to flee from the scene.

The women who had the most reproductive success were selective about which dicks they let it. To be too easy would mean she would squander her relatively scarce sexual and reproductive resources on men who wouldn't let her genes continue on through the generations.

That's why *slut* is an insult, a derogatory term, to shame her for being too open with her sexuality.

It isn't simply men who shamed her this way; other women would do this as well...especially her kindred because it was their genes at stake as well.

This social conditioning sometimes is so strong that women can become uptight about sex and deny their own sexual nature. They refuse to honor their true nature as sexual creatures.

There are women who will always be judgmental about sex, they are generally the ones of a deep need for a proper pounding from a powerful male (enter you if you like her like that ;-)

Then they will behave like normal people.

Women get very pissed off when you expose this about them but they are just as much in need of sexual release as men are.

They simply have a different mechanism to determine which candidates are the most sexually viable.

With the 60's came the pill, and with the pill came birth control.

But the social conditioning has perpetuated until today¹⁹.

And the attitudes towards sex, although it has been loosening up is still pretty controversial.

Sex is still used as a money making machine. And it always will be.

The bottom line is that women LOVE to fuck.

¹⁹ With birth control, it would not be that foolish to assume that women could have evolved to a more open and less judgmental sexual conduct as the chance of getting pregnant are up to them. But the selectiveness and the social conditioning stayed the same.

And in every relationship you'd ever have, be always sure to address the two sides of your woman.

She will have an angel side, the one that is for dinner with your parents, going out with friends, that chick you will make laugh, challenge, tease.

And there will be the other side. That dark side of women.

And this is the prize to be obtained from her.

When you address this side of your woman you unlock her REAL self, and you get the most loyal, passionate, wild, seductive animal that she could ever be.

And she will ADORE you for that.

But remember that you are the GIFT always that lets her express her sexuality.

She DESPERATLY wants to be fucked, and owned, and pounded and cherished sexually and in order to experience this she needs a suitable man.

When you unlock this inside of her you become a hero to her.

Even if she eventually loses attraction for you some deep part of her unconscious mind will assign great value to you because you were able to exceed with your attractive masculinity her resistance to explore her sexuality...even if only for a short period of time.

That side of her is kinky, dark, seductive, might even be shocking to you.

Always treasure the fact that she opened up to you, and never use that against her, ever.

Weak, incompetent and ignorant men do that.

Once she opened up to you, you have the keys to the kingdom.

Use that power wisely.

But be aware that if you ever show the slightest bit of judgment towards her, she will close herself down and never open to you again.

It would be fair to say that you have one shot at this.

So listen, without judgment, express and be available emotionally for her.

If she ever mentions something really shocking to you, just shut up and listen, and remember that is only a part of her imagination, of her fantasies.

Do not ever assume she has done whatever she is telling you or that she's in an urge to experience it.

And If you GET shocked she might not be suitable for you and vice versa.

As you have read early on, your key to that realm is through LISTENING and never, ever judging her for it.

Never judge your woman.

If you have been listening and she opens up to you in conversation after sex or before sex, about fantasies and you play your part on her head, for whatever part she has for you in it; she will always come back to you like a sex addict.

Imagination is the main erogenous zone of a woman. Yes, you can make her cum rubbing or licking her clit or by banging her, but if you can fuck her mind, you will unleash the beast.

The best way to stimulate a woman's brain is with dirty talk.

Dirty talk, if done properly, stimulates her in a way that seeing her naked and writhing and moaning does for you.

Your sexual mechanism is visual and hers is verbal and imaginative.

The earlier you introduce dirty talk in your relationship with her (even before you have sex with her is best), the better the sex will be for both of you.

It is not necessary that you both be already naked, you can start whenever, telling her what are you intending to do to her, in which way; how you are going to kiss her neck, and pull her hair.

All the time while you are saying this to her she is imagining it happen in her mind.

You become like master of her Remote Control Clitoris - the distance between her imagination and her physical sexual experience.

She will become so wet she might mess up her panties and have to excuse herself. This means that you are exhibiting the ultimate sexual control over her.

If you do this in a calm, non-reactive rock solid cool way, you will triple the effect.

We have already discussed that women crave to be possessed by a strong man, and fantasize with being taken.

So, besides stimulating her brain with the dirty talk, make sure you are **manhandling** her the proper way.

You can start soft, and tease her during your love making session, but at the heat of the moment, you have to be rough, aware of her safety, but rough still.

And you have to be fucking her all the time.

Always stimulating her and giving her what she needs.

Do not expect that she is going to make the advances on you, that's what pussies do: I made the move last night, it's her turn tonight - NO.

YOU are the man; you are the responsible of the Yang, of the penetrating.

There will be times that you don't want to do it...this is inevitable and you must accept it.

There will be times that she won't want to do it, and you must accept this as well.

But if you continue to avoid her she will not glow with hot sexuality in your own mind and you will lose your attraction for her overall.

Remember that women take their sexual cues from you, the leader, the one who penetrates.

So in turn she will stop making the effort to make herself sexually desirable.

You want your hot woman to remain hot? Keep on fucking her, and fucking her PROPERLY. She wants it dirty (imagination, fantasies, dirty talk), she wants it rough (manhandling her, dominating her, choking her, giving her pain in appropriate doses, grunting and making her moan) and she wants YOU as much as possible.

That's it.

If you do the aforementioned, your woman will NEVER cheat on you or even dream of having sex with another man.

Women want to be loyal to ONE MAN sexually..

And, by doing that, she will reward you by reflecting the most intense and pleasurable emotions back to you, for that is her gift.

There are no particular techniques you need to learn to be a superb lover.

Follow your instinct.

That animal instinct you already HAVE, plus having the right MINDSET, will get any woman that crosses your path on her knees blowing you and feeling like the luckiest, prettiest girl around because YOU came home to fuck her.

Follow your heart, your instinct.

And by doing that allow HER to open up and release the sex goddess she truly is. Never sell yourself short in this. Always try to open her up so you can be a TRUE gift to her. Making her feel like a REAL woman.

Not like an uptight princess bitch, at least not all the time, IF that is the way of the “public” side of herself. Every secretary, doctor, fearsome bitchy lawyer and school teacher is someone’s or craves to be someone’s dirty little whore.

We grew up thinking that sex for the mere pumping and dumping, and always validating ourselves with our friends, as in: dude check out the bitch I fucked. These are immature attitudes that only reflect your animal nature.

As we grow old, that behavior cannot continue.

There is not need for validation anymore.

We have all gotten tits and ass so it's not a numbers thing and certainly not a competition.

Women don't see it as an ego thing. She is not so crazy about your pumping and dumping. She is won't tell her friends, Hey I got banged so hard last night - Yeah! No. ***She might do it but not to get validated by her friends.***

She is looking for a connection.

And so should you.

Why? Because sex is just BETTER with emotional connection.

And I don't mean love letters, telling her that you love her and shit like that.

Connection.

About expressing how you feel. And you DO this in sex also. You connect emotionally during sex. And that is when you knock it out of the park. When you do that, you can make sex a transcendental experience for both of you.

One night stands can be very hot, but sex is better when you have been with someone for a length of time and established that connection.

For any relationship you want to have in your life, and to have on your terms, you have to make it your business that what is happening under the sheets - or wherever for that matter - is taken care of, PROPERLY, as we discussed.

The LOVE duties are to be incited by you.

The MAN is the penetrating force, so you are responsible for your sex life. Good or bad.

She will always beg you to fuck her if you are CONSISTENT with these mindsets.

All women eventually are going to cheat if they don't feel loved or appreciated enough. Period.

And the BEST - and probably the only - way to avoid that is through wild, steamy, long and frequent sessions of penetration. Treating your woman well means fucking your woman well²⁰.

Once it's done, it's not the time to continue with the dirty talk and to keep on calling her a slut.

This is the time to hug her and establish more connection.

It is reciprocal due to Oxytocin, so be aware. Words you can use in this occasion are: connected, connection, understanding, together, union, caring, bond, passionate.

Avoid using: relationship (you'll be setting up yourself), "in love"(too strong), devotion (way too strong), committed or commitment (too strong).

Let her use those words and don't ever devote yourself to a woman, your devotion is for your path and your purpose.

Women do not want you to be devoted to them anyway, they want to be your woman. They do NOT want you to be their man (no matter what their social or intellectual programming tells them).

²⁰ And whenever she is not up for sex, when you want, I want you to internalize, as a mindset, that she is NOT rejecting you, don't take it personal, she is rejecting HERSELF. She is saying no to the pleasures that your dick is going to give her. So be cool. And always remember that ultimately she wants the dick. And you are the one who has it. The power belongs to the one who has it.

Just like you don't want a woman who can bench press more than you, she does not want a man who has an emotional weakness for her.

When you get to fuck her dirty, using all the info I just gave you, then proceed with the words and the bonding, and then you fuck her "Hollywood style" that is sweetly or tenderly, you will rock her world.

She won't know what happened.

She will tell her friends that she had the most amazing time with you and will start to develop feelings of affection and devotion, and even sometimes obsession.

So be careful who you share this with...

Great Power demands great responsibility.

CHOICE

***THE SUPPLY OF GOOD WOMEN FAR EXCEEDS THAT OF THE MEN WHO
DESERVE THEM***

ROBERT GRAVES - BRITISH POET AND NOVELIST.

Life is full of choices.

Life is abundant.

It's abundant in absolutely everything.

And women are no exception.

The key here is to accept, again, that fairy tales do not exist, and that love is not something that happens magically, and the fact is that you may have experienced love, but you may have felt it with somebody unsuited for you.

Napoleon Hill said it.

Picking the women you are going to marry²¹ will make or break you.

And that is absolutely true.

Acknowledging that attraction for men is mainly visual, whenever you see a hot chick, well dressed; with style there is a 100% chance that you are going to feel attraction for her.

But life is full of beauty.

And as you grow older and gain more experience, your filter mechanism for picking up women has to be upgraded.

So,

BESIDES her being hot and all, she has to meet, and preferably surpass rigorous criteria, she has to meet the highest standards.

Which standards you ask ... well ...Yours.

Because nobody ever taught us about the IMPORTANCE of this choice, hardly anyone makes it.

²¹ Or any relationship for that matter. What is the point on getting into a relationship to have a rough, unpleasant and annoying time.

And as all of us want DIFFERENT things, having an abundant mindset will always provide you with the women you want.

Have you ever stopped and really gave any thought about what you really want in a woman?

And I mean besides looks.

So, as how it happens in life when you do not make the choices, the choices are made for you.

And as a result, the vast majority of men end up with a woman that either sparks little happiness in their lives or even worse...actively ruins their happiness. And of course, most women aren't happy with the partners they get either.

And what happens next is that you end up settling for someone and before you know it, you are depressed, fat, drunk, powerless, with a wife that hates you and who is probably banging some random dude, or in the worst cases, a friend or sibling.

WHAT TO LOOK FOR *BESIDES LOOKS*:

SELF ESTEEM

Self Esteem has been defined as “The disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness “ by Dr. Nathaniel Branden, world leader in self-esteem psychology.

A woman with high self-esteem will always be demanding²².

She is clear on her goals, she knows exactly what she wants in her man, and she knows she DESERVES all the great things life has to offer.

She makes wise choices for men in her life.

A woman with high self-esteem will always speak her mind, no matter who's listening.

²² This is one of the many reasons why you always have to work on yourself to get better everyday. So you can always remain a challenge to her, and by being that way she can always remain attracted to you.
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They make good eye contact, she is not afraid to connect, in fact, she looks to connect with people of her liking.

She is congruent with her beliefs and values, and she is more concerned about her opinion of herself than what others would say about her.

She is an energy source, and seeks harmony and is self-affirmed.

We have all met this type of women - the purely amazing character of a woman with high self-esteem is unforgettable - they are the cool chicks. No matter her looks, which she embraces, she is happy with who she is.

On the other hand, if we pay attention one more time to Dr. Branden's definition of self-esteem, low self-esteem women will NOT have the disposition to experience her self as competent to cope with the basic challenges of life, and be worthy of happiness.

These are women who will never make for a relationship in the long run.

They can be great people, hot, intelligent, sexy, but they will tear your soul apart.

Low self-esteem women share a common ground: they all had a troubled relationship with their father when they were kids.

Either he was absent, an alcoholic, abusive or condescending.

As they had this type of relationship with their father, in their core they do not trust men.

At some point of the relationship, you will start to notice some odd patterns in her behavior. She will pick fights, she will create drama, these are part and parcel of dealing with a low self-esteem woman.

And this starts to happen because when she receives real true love and you two are happy, she will eventually sabotage the relationship, as this is an action that is consistent with her self-image.

She feels that she doesn't deserve happiness and that she is not worthy of having it. It could manifest during sex, by her inability to orgasm, or a victim mentality, or by being an energy vampire.

Obviously, you can have a relationship with whoever you want, but there are women that eventually won't make ANY relationship work in the long run, and this is because of some issues they had - as we men also have - that forged their character.

And for you, it will always be better to have a relationship with a woman with high self-esteem.

So be aware.

And DO NOT make the mistake of staying in a relationship with a woman of low self-esteem just for “charity” or “mercy”²³.

It will have disastrous consequences on you.

You cannot “save” a woman, any more than she thinks she deserves to be “saved.”

No matter how hot she is, or how in love you think you are with her, it will only be detrimental for you. It will suck up your energy, and it will surely be a break up.

This is a vitally important thing to be aware of.

Because even a Hawaiian Tropic model can be a woman with low self-esteem.

It is trait that can be found in any woman.

²³ And It could get pretty hard to say NO to this, because sometimes these women are really needy, depressive, could threaten to hurt themselves, and all kinds of drama you don't wanna know about.

And a hot, sexy, intelligent woman with low self-esteem, eventually can be really hard to pass up.

You can have sex with her, bang her all you want but never fall for her.

And never do the mercy thing and stay in a relationship or project yourself with a woman with low self-esteem.

There is one simple test to see if a woman has high or low self-esteem.

Whenever you are with a woman, stop whatever you are doing, look at her in the eye, and praise her with a GENUINE compliment.

Something about her looks, the way she glows, her eye contact, or how good her outfit looks on HER.

Do NOT compliment her on her shoes, her career, her car.

It has to be something about HER that you like.

Authentically.

If she deflects the compliment, or rejects it, or diminishes the enthusiasm that you put on your compliment, or she says ANYTHING that is not a THANK YOU as an answer, or gratitude for the observation, you may be with a woman of low self-esteem.

This will have two effects.

It will IMMEDIATELY let you know if she has a high or low self-esteem.

Low self-esteem women, as it was mentioned before, will deflect the compliment, and for a second will act awkwardly, as if she has suddenly become very self-aware.

This is the duality of her self-concept coming to the surface.

Duality meaning that as she perceives herself with low self-esteem, YOUR compliment is not consistent with what she believes about herself.

She is receiving outside information that doesn't hold value for her.

On the other hand, she will always feel attracted to you whether she has a low or high self-esteem, because you complimented her genuinely.

This demonstrates keen awareness of her and the confidence to share your feelings with her.

It is the kind of behavior that powerful, charismatic, and attractive males have.

As I mentioned before a genuine compliment from a REAL MAN will obviously spark an attraction to you inside of her.

A genuine compliment is given with zero expectations of getting something in return. You compliment a woman in order to give HER the gift of knowing that a real man finds her attractive, not to GET anything in return.

And in attraction, it is obvious that a High-status male will get women attracted to him, but YOUR interest in HER as a woman will make her attracted to you also.

It is not a needy thing, a needy compliment is given with that mindset, to get something in return - her validation, phone number, whatever - a REAL compliment is a gift.

And she will love it. Your interest in a woman will get you laid, if you are PERSISTENT, but not NEEDY.

Let her get used to you but not to that point of her getting sick of you.

INTELLIGENCE

Intelligence has been defined in many different ways such as in terms of one's capacity for logic, abstract thought, understanding, self-awareness, communication, learning, emotional knowledge, memory, planning, creativity and problem solving.

It can also be more generally described as the ability to perceive and/or retain knowledge or information and apply it to itself or other instances of knowledge or information creating referable understanding models of any size, density, or complexity, due to any conscious or subconscious imposed will or instruction to do so.

Intelligence is important in your choice of women because, setting aside the lameness of having to spend time with a silly broad, as women sexuality is entirely mental, intelligent women have a lot more of sexual aspects on her mind that can be leveraged.

Your dirty talking, your high-status sexual suggestions to her will have a more powerful influence on an intelligent woman.

A high self-esteem woman has great chances to be intelligent, although there can be a lot of intelligent woman with low self-esteem.

The more intelligent a woman is, the more you both can benefit from the sexual aspects of her intelligence.

The more intelligent a woman is, the more she will be interested in the real value of a man, instead of his money, possessions, and other external adornments.

Having analyzed this so far, there is a type of woman that provides a better baseline to build a relationship with.

And this woman is a high self-esteem woman who had a good relationship with her father when she was a little girl.

The “Daddy’s girl”²⁴.

Daddy’s girls grew up in a functional environment, where both her parents played their role.

She had a good relationship with her mother, from whom she learned how to be a woman.

Her mother must have been or currently is in a solid relationship with her husband.

She, of course has a great relationship with her father - hence the term daddy’s girl -.

²⁴ The one way to find out that a woman is a daddy’s girl is - while you are recognizing something about her that you liked - asking if she got this or that out of her father. A daddy’s girl will say a proud, loving and loud YES. A woman who had a bad relationship with her father will give an awkward answer, and probably will appear annoyed by your remark.

She grew up feeling secure around men; she learned to trust them from an early age.

Every time she felt insecure there was daddy to save the day.

And she seeks for the same feeling in her adult relationships - as every woman - the feeling of security, but she got to feel that with her father as a young girl, so she is less likely to be needy of affection, or be an emotional void when she grows up.

And this is key, because most insecure, low self-esteem women, will always, and no matter how long your relationship lasts, have a constant need for re-affirmation, to be constantly reassured that you love her, that you are no cheating on her, that you will not leave her.

As probably her father did.

As cruel as it may sound, you have to leave those kinds of women on their own journey if you want to have enduring, fulfilling relationships.

You cannot be her therapist or psychiatrist, AND her lover.

Both roles are incompatible. She will always from time to time reveal her insecurities, and some women with low self-esteem are in desperate need of attention.

If you don't give her that, she will sabotage your relationship with her and find herself a man that will give her the attention she desires.

For a while at least.

As her constant need for validation dictates, she - unless she decides to go in a deep introspective journey for self-growth - will always try to feel that void with expensive and many times worthless activities.

Too much TV, shopping, gossip, and not enough exercise.

She will tend to manipulate situations to satisfy her core's need for validation, always having a victim mentality, judgmental of others, and very likely to cheat on her man.

SEX DRIVE

As we have discussed previously, all women love sex, high self esteem and low self esteem women love it. Every healthy woman wants to have a man.

We as high-value males want sex to be an out of the charts experience.

And a woman with a high self-esteem has good chances to be intelligent, and by being intelligent, she has great chances to have a strong sex drive.

A strong sex drive doesn't mean that she's horny all the time.

It means that sex is VERY important in her life.

She breathes sexuality, and sex is a constant concept that occupies her thinking.

High self-esteem woman see sex as a way to experience and sharing emotional contact and intimacy with a man of her liking, and she is not ALWAYS thinking about a committed relationship even if the man she is with at the moment fulfills her.

Sex is vital in her life and she demands it to be great.

A strong sex drive in a high self-esteem woman does not mean she is promiscuous.

High self-esteem woman can go without a man for a while until she finds one suitable for her needs.

And as it was said before, she does not use sex for her validation.

An intelligent woman with high self-esteem is very likely to be imaginative, so your suggestions, the seeds you plant in her mind - sexual innuendos - will have a much fertile ground, making it possible for you to stimulate her mind better.

A low self-esteem woman on the other hand, although she may be highly sexual, has core reasons on her for this drive to be purely with the intention of validating herself.

She needs to have that emotional void fulfilled, in the shape of a dick in this case.

She needs to validate herself as a woman - i.e. get pounded hard - and often times she does it in a careless, often promiscuous ways.

She may be prone to cheat on her man and to steal some other woman's man if she gets validation out of this action.

In order to attract the best women for you to your life, you have to be clear on what you want.

All the way until the last detail.

Most men never go through this exercise and settle for women they don't even like.

But, that is not you.

GETTING WHAT YOU WANT

1.- Grab a notebook and a pen, a write down all the traits you want on your ideal woman, everything from her looks all the way to her personality, as in

Sense of humor	Open minded	Athletic
High self-esteem	Adventurous	Loyal
Sexual Drive	Spontaneous	Rich

And so on. Picture you ideal woman in your mind's eye and go through your list. What this exercise will do that it will clarify your mind so you can start to attract the ideal women FOR YOU, for your needs.

2.- Same manner, make a list of the things you DO NOT want in a woman, as in:

Cheaters	Selfish
Naggers	Self absorbed
Drama	Conceited
Ugly	Insecure
Fat	Low self-esteem,

And so on.

3.- Having found the ideal woman for you, make a list of the things you would like to do with her, as in

Hot steamy sex	Public sex
Threesomes	Goofing around
Hot kinky sex	Hard core anal
Athletic, sweaty sex	Mile high club,

And so on. You can add other things non-sexual that you 'd like to do with your partner, but that's just lame...

4.- What DO YOU as a MAN will bring forth to this relationship. Why would this hot woman would want to be with you, as in:

Confidence	Congruence	Emotional Control
Trust	Playfulness	Masculinity
Connection	Well Hung	Ambition
Leadership	Well Groomed	
Respect	Strength	
Sense of humor	Passion	

And so on

5.- What do you want to feel when you are with that woman, as in

Stability	Passion
Chemistry	Freedom
Love	Lust
Mutual respect	Joy
Feel like a man	Singularity

6.- What do you want in life?

7.- How will you know you are getting what you want ?



CHAPTER 3

RELATIONSHIPS

HE WAS HAPPILY MARRIED - BUT HIS WIFE WASN'T

VICTOR BORGE Danish comedian

I RESPECT A WOMAN TOO MUCH TO MARRY HER

SYLVESTER STALLONE

Some time ago, when I thought about a relationship, my back shivered. But at some point, we all get to know a woman that makes it click for us.

Many men seek for a proper woman to have a relationship with, to have sex, to have a life partner, to raise a family, the whole nine yards.

I have been married.

And I spent an awesome time with my wife while we were together.

We are divorced now, and we have terrific relationship.

We share laughs, memories, we connect.

Like when you could almost FEEL the energy we projected while we were together on “our good days”.

But Our time is gone.

And we both know that.

After we broke up, I became obsessed in learning why we couldn't stand each other anymore, at the end of our days together.

And I became aware of many things, and learnt by studying many other things that I have to pass on to you.

Things, mindsets, and focuses that you need to address if you want to have a great relationship.

Because there is absolutely no need to be in a relationship just for the sake of it. Just to be with somebody.

Always remember that the true key to relationships is that they are inherently selfish.

You have to be happy, at peace, in love, or whatever positive feeling you are there for, if you want the other person to feel the same way (emotional transference) as you.

By that, it can be concluded that you have to end any relationship that you are not happy with. Period.

You can try to work things out, but if does mean you start to give your power away, or your woman is not willing to address matters that are important to you, you should end the relationship and move on.

Never fool yourself that you are in a relationship to make someone else happy, you are there because you want to be happy yourself.

EVERY RELATIONSHIP HAS ITS COURSE

This truth is really obvious, but we both men and women, have been brainwashed since the beginning of our time with the tale of the “happily ever after”.

There are absolutely no guarantees that, no matter how great your relationship is going at the moment, that you are going to “last for ever” with your current partner.

This “forever after” is very powerful, and it’s detrimental to you in two aspects:

- 1) Obviously is a lie. Nothing lasts forever. Probably you are acquainted with couples that have had decades together. But couples who are successful, share a lot of the aspects that you are going to learn here. Plus they may be together because of other means of bonding, as CONSISTENCY to their commitment, they are currently raising kids, they have fallen in a codependent relationship, etcetera.

- 2) When you are in lust with a woman, and this state can last up to three years since you met this woman, you have been most of the time with her under the influence of Oxitocin²⁵. And as you are intoxicated with this substance, having this amazing feeling, the thought of uniting with this person on a “forever” commitment seems pretty alluring.

After a while that lust curtain gets pulled off, and you become face to face with that person you chose, and things may not quite be the same anymore.

That is when you must be clear on what you want.

And be boldly honest with yourself.

When this happens, you must critically analyze her, and you together and thoughtfully go through the cracks in your relationship (if there are any).

If you see issues - and assuming that this relationship is important to you - you have to address them IMMEDIATELY.

²⁵ is a mammalian neurohypophysial hormone. Produced by the hypothalamus and stored and secreted by the posterior pituitary gland, oxytocin acts primarily as a neuromodulator in the brain .Recent studies have begun to investigate oxytocin's role in various behaviors, including orgasm, social recognition, pair bonding, anxiety, and maternal behaviors. For this reason, it is sometimes referred to as the "bonding hormone". There is some evidence that oxytocin promotes ethnocentric behavior, incorporating the trust and empathy of in-groups with their suspicion and rejection of outsiders.

This is your life, your woman we are talking about, so shit is pretty much URGENT.

Talk to your woman and sort things out, seek help²⁶.

But if you keep on seeing too many issues, too many things that you both have been carrying as a burden for too long, you have to let her go.

Do not make the mistake of staying with her just because you don't want to hurt her, or are scared to be alone, or you are afraid you are not gonna "get any" in a long while.

She deserves somebody to make her happy, same for you.

Love is about appreciation, not possession.

It will be painful for you both, but you have to let her go.

And as YOU are the MAN you have to do the dumping.

Do not avoid your responsibility on this.

²⁶ You can reach me at my e mail to schedule consultation

You look into her eyes, with love, and you end the relationship.

You are going to be vulnerable and emotional, but do not let this influence you and back pedal.

You are going to only hurt BOTH OF YOU by staying in a relationship that is not fulfilling ANY of you.

Forever after is dangerous because guys have trouble letting go.

Letting go of all those emotions they experienced with this person, and suddenly they can even talk to.

Forever after does not let guys acknowledge what is missing from the relationship, so they become to pull out all these tricks and spend money and plan vacations, and plan a wedding and have kids, just for the foolish hope that they will be able to experience all those emotions one more time.

And forever after is deceiving, because we WILL NEVER be able to experience something again.

Much less experience something for all eternity.

We are all in constant change, motion. So the fact that you were happy with this person once, that moment is gone.

And, for real

GONE FOREVER.

The moment is gone.

So instead of craving that feeling, instead of pursuing that emotion by all means, **TREASURE IT**, and be **GRATEFUL** that you had it.

This sole change of mindset will allow you to upgrade your relationships as you go along in your life.

KNOW YOUR ROLE

You are the **MAN** in the relationship.

And that means you have to lead.

You must take the initiative.

It is great to be coupled with a woman of great initiative, but that is your job.

Most men play all their cards at the beginning of the relationship.

They seduce her, they command authority, they are non-reactive.

They **win** her over, she gets all excited, harmony is everywhere.

And then they get married, or move in together, take their relationship to the “next” level.

But at some point men cease to do the things that got us the girl in the first place, and become lazy, in the matters of attraction.

Well we’ve got the girl, haven’t we? Yes! but the problem here is that for women, a relationship is a dynamic process.

It never stops.

She expects that once in a more formal relationship, you will **KEEP** on acting or doing the things that got her attracted to you at first.

And that involves absolutely everything, from commanding authority, from having the mindset of being the prize, to charging hard at your purpose in life and fucking her everyday²⁷.

²⁷ She expects you to “sweep her off her feet” again, and again, and again.

Knowing your role means that you as **THE MAN** in the relationship you:

- Lead
- Follow your purpose
- Take initiative in life
- Keep your woman sexually satisfied. You are there to fuck her and to protect her

Woman are in charge of the flow of energy and love in the relationship.

When a man ceases to lead in the relationship, he obliges his woman to take the role of the male, and that is to have to lead and use their logic.

And that is against her true nature, so she will not feel safe with you.

She will test your lead, but for the purpose of her wanting to feel safe with her man, to experience your unperturbed manhood.

Every time you do not lead, you are denying both of your cores, yours and your woman's. You are the man; you have to lead, to go first.

HE WHO MAKES A BEAST OF HIMSELF GETS RID OF THE PAIN OF BEING A MAN -

SAMUEL JOHNSON

But becoming a beast, denies the main feature of you being human, creative thought.

Beasts only react instinctively, you on the other hand RESPOND instead of react, and LEAD like the Alpha Man you were born to be.

COMMUNICATION

Communication is so obvious that is often misinterpreted as the mere exchange of words.

Only about 15% of communication is verbal.

I know you've heard this before but do you live by it?

Is it clear inside of your life and governing how you behave as a man? If it isn't...if you haven't consciously made an attempt to get your non-verbal communication on point and make it a habit..you **WILL** suffer the consequences.

Because 15% is verbal this obviously means 85% is **NON-VERBAL**.

Your posture will communicate of how grounded you are as a man.

Your body language determines if you command respect or not.

If you adopt postures that imply defensiveness - your arms crossed - or when you are holding a drink to your chest, get rid of them.

Having a good posture and nothing covering the front of your body implies **VULNERABILITY** and **OPENNESS**.

Own your space in the world.

Command an attractive, manly presence.

Spread your legs to your shoulders width when you stand.

Sit and stand up straight.

Get rid of that leg or hand shaking when you are still, **RELAX** and breathe down into your belly, and all the front of your body.

Smile often, but give your smile as a gift, when someone has deserved it, avoid looking like a goof ball smiling all the time.

Have an open, nonchalant, naughty boy smile when you smile at women.

But do it when it's deserved when she has earned it or when you want to have an impact on some women.

Have a trusted, relaxed, piercing eye contact.

Women sense this, and it makes them trust you.

By any means, it is hard to get to know somebody or to trust a person that avoids eye contact all the time.

It shows that they don't connect, that they avoid sharing themselves to the world.

While you are making this eye contact, don't open your eyes too much.

You don't want to look like a psycho looking at women.

It is better to have them a bit half shut so you can project an image of intensity.

Your vocal tonality is very important and your vocal delivery as well.

Why Barry White was balls deep every day of his life? Because of the deep tonality of his voice.

Your voice, if it is not a deep, manly, strong voice, it's because you have let yourself have this tonality.

As you start to become the strong, Alpha man that you will be, you have to find your own voice.

If it's light and fearful, people will sense it and roll over you.

Man up and shape YOUR voice.

Your vocal delivery has to be according to the situation.

You always listen first, you do not interrupt, and you respond.

Quietly, nonchalantly.

You don't have to answer all that is being asked to you, answer what you want.

But again, don't be arrogant either, be cool.

Get rid of the "umhs" and "ohs" and other way to fill the silences.

Every time you do that you communicate nervousness.

Enjoy the silences.

Breathe them.

As in the content of the communication, that 15%, you need to understand that women speak in emotions.

We do not.

You can have a simple, normal chat with a gal, but the language that is going to make all the difference for you, once you learn it, is emotion.

It could be quite accurate to say that men and women speak different languages.

Being emotionally available means that you are willing to be empathetic with your woman's feelings. And be bold to show your own.

Whenever she feels weak and vulnerable, and she communicates that to you, she does it so you can help her share that emotional load.

She does it so you can contain her and be empathetic - by your actions and words - with her.

It is in her human nature to be this way.

She doesn't want you to change her mood or solve the problem that is troubling her.

She wants you to listen and be empathetic with her.

Listen but be aware of her body cues, be attentive during her silences.

There are plenty of signs she is communicating through her body, so, when your woman speaks to you - about something important to her - turn the TV off, put down whatever you are doing and listen to her words, but be attentive to her body language.

And listen beyond her words, listen to her meaning - that is always an emotion - and be empathetic with her.

When you are communicating emotions avoid using the term of the emotion as in "angry" "happy" "sad" Those are the words coined for the emotions, instead, experience the emotion while you are communicating it.

The feminine is an ocean of energy, and you are a ship, with a direction and a purpose.

When you try to speak man to your woman and expect her to logically fix her emotional problem, to analyze it, you are taking away her feminine essence.

She probably will do it, and probably better than you, but she won't be happy about it.

HONESTY

Being honest, as obvious and simple it can be cannot be overlooked.

You have to be crystal clear with yourself **FIRST**, and then with other people.

And then obviously with your woman.

This starts with you to really, really know yourself, because if you don't, you are going to end up in a relationship that doesn't suit you, with a person you are not happy with.

That is why is so important that you go through the exercises in this book, and everyday try to learn something about life and yourself.

Whatever issue you have had in your past, that dictates how you behave in the present - and you are not aware of it - will come afloat during your relationships, to make or break them.

By being honest with yourself, you can connect with everybody without judgments, you can look into the eyes of that gorgeous woman and connect and command authority as the Alpha Man you are.

While in a relationship you always show yourself as you really are.

You are nonchalant, relaxed, and dominant.

And you do so even with the Queen of England.

You are honest with yourself first.

You accept, embrace and love the true nature of yourself, that brave, playful, curious and ever-evolving creature that you are.

You acknowledge your inner voice, and you treasure it.

While in a relationship, always tell the truth about yourself.

Once she realizes you are always honest with her, she will stop bugging you with more questions she really doesn't want to know about, because she might know you will be giving her the real answer she does not like first.

Women love illusion and glamour in relationships, and there is a difference from being occasionally honest and being honest from the very start.

A lie is like a spider, with many legs, so if you are not honest from the beginning is in your best interest to keep on doing so than to destroy the illusion she built up from your lies.

So be honest.

Don't be deceptive or misleading.

State your intentions from the very start.

If you are not looking for a committed relationship, don't act²⁸ as if you were expecting one.

Be congruent and express it.

She will go and fulfill the requirements for the relationship you want when you SPEAK UP and express what you want.

By doing this you are commanding authority, you are claiming your wants, and - what does a woman do when her man commands authority?

She follows - So do not rush things.

²⁸ Don't be an ass, either, BE COOL

Acknowledge that you are in a relationship when you feel like it.

If you want a fuck buddy, express it, in a calm, cool, self-assured way.

If she's not up to it move on.

While in a relationship, remember that you are always “relating”.

This means that your relationship is always evolving, it's always changing, as you and her.

What this does, is that it takes away the concept of the “forever after”, which along with the word ‘relationship’ has a static sense.

Because you are ALWAYS RELATING, you add the sense of the always dynamic, always changing, and always spontaneous thing that it really is.

Also, acknowledge the level of your relationship as long as you are in it and feel comfortable with your woman.

Do not rush into things.

Remember that marriage is an institution built for the need of structure, its need is not legal but psychological, it is not an obligation, and neither the state nor religion commands you to get married.

Honesty begins with you're being honest with yourself.

By being clear about your wants and desires.

By being clear with what you want, you attract the same kind of people to your life.

That is why is so important to be blatantly honest with yourself and be clear with what you want.

If you don't know what you want, you probably won't find it²⁹.

The moment you end a long-term relationship, take time to learn about the mistakes you've made and squeeze the information and lessons out of this life event³⁰ as much as you can.

Rationalize them and look at them from a logical perspective.

²⁹ Remember that you DESERVE to have whatever you want, as long as you work for it, and it doesn't wrong other people. You are ENTITLED to that.

³⁰ About yourself. Do not waste time on trying to understand HER or however she was with you. You are no longer together anymore so there is no point.

It will be hard at first because your emotional brain will always be there, making it tough to see it.

Every good emotion that you experienced with your past lover will return and make you sad, angry, desperate.

Or happy.

But what's important is to address what you can learn from this, so you can improve yourself and attract better, more suitable relationships for you in the near future.

Many men after they have finished a long term relationship, are desperate for another woman to fill the vacant space left by their ex.

What this does is

- 1) You don't leave time or space to heal the emotions, to learn from the experience, and you don't get to grow³¹**

- 2) Chances are that this new rebound relationship has the same traits of your ex woman, with some of their qualities - especially**

³¹ You have probably seen people jumping from one relationship to the next, only to end up miserable, with nothing learned.

bad ones - magnified. This happens because you attract people similar to you - in terms of energy - and as you did not take anytime to learn and probably grieve, your energy is the same - and often is depleted - plus now you have baggage you have not addressed yet. These rebound relationship will probably be great for you at the beginning, but then the same pattern of your failed relationship will start to appear, with an even more extreme case of woman, only that this time you learned nothing. Give yourself a time to heal and learn after a break up. Surround yourself only with people who love you and accept you for who you are. Do not rush and seek for company, instead, embrace solitude, for that is the best way to contemplate, meditate and learn truths about life and yourself.

FIDELITY - LOYALTY

It is important for you to accept that you are always going to be attracted to other women.

There is no point denying that.

Do not avoid getting attracted to other women, instead, feel their energy and use it on your everyday activities.

When allured by a hot young woman, avoid the feeling or either going to your head to fantasize about her or to your dick to have a boner.

A gorgeous woman can inspire and add flavor to any man's day.

Do not be a putz and stare and drool there.

Be a MAN, talk to her, make her attracted to you.

Give her your gifts.

Women LOVE to feel attraction for a man.

If you are in a formal relationship, of course that will give you troubles if you get entangled in an affair, but since you are the man and always in control of the situation (and that means your hormones too), be cool about it.

The point is DO NOT DENY your sex drive. Do not repress your desire towards that cute blonde. Feel your energy, your sexual energy rising, and with the help of your breathing, circulate that energy through your body³².

The only way to keep your woman from cheating on you is by, as we discussed before, having great sex.

That is the only way that she will not be attracted to other men.

And how your sex life is, is a pretty accurate indicator of the health of your relationship in general.

If, throughout your relationship you still have great sex every time you have it, but you turned into a needy guy, who gave his power away, she will be less attracted to you and your sex life will suffer.

Remember when we discussed that quantity is quality in sex? Well, if you are not getting laid as much as you used to, and suddenly your woman is not craving your cock as she used to, or some fights are keeping you from having sex, beware.

³² Easier said than done, but as everything else in the world it is achieved through PRACTICE

It's not that you're not giving her a quality fucking...it's that you're not giving her dick enough.

And it's probably because your woman is not seeing you as the dynamic powerful man she first saw, she is not watching you charge hard on your life's purpose, or you put her on a pedestal, or you gave your power away, so she has become less attracted to you.

Women cheat, and as much as men do, if not more.

And usually is done with a man that is either a "bad boy" - in case you became a pussy with her and in life - or a much normal guy - in case you didn't puss out but became emotionally unavailable - Women will cheat when don't feel loved or appreciated enough. Period.

And, to be more clear, loved as in fucked enough and properly, and appreciated as in been emotionally available for her.

On this topic, you have to consider the self-esteem of the woman you will be relating with, as low self-esteem women are prone to cheat on her man much more.

As a mindset for not being cheated on, you have to believe in your core that you are the best ***she will ever have***³³ but this is not a mere sentence, you have to BE that man, you have to BECOME that man.

And, as REAL MEN never do, do not brag about it or tell her that. BE THAT.

If your woman cheats on you, as in anything in your life, it's your fault.

It's the man's fault.

At some point during the relationship you stopped playing the attraction game to win, you stopped charging hard on your path, you stopped fucking her the way you used to, or you plainly chose the WRONG woman for you.

And a woman will cheat if she is not getting something that she needs out of you. And if you don't have the awareness to discover what that is or that it is happening...that is on YOU!

Remember this maxim- you can make excuses and feel sorry for yourself.

³³ A woman will have to be insane to jeopardize a relationship with the *best she'll ever have*. But that is only a mindset. You have to back that up with action.

Or you can smash genitals with sultry, high quality, highly sexual women and live a life that most men dream about.

You can't do both.

Not everything is your fault but it is ALWAYS your responsibility and when you embrace and accept this you become a REAL man (not just a male- i.e. a thinking human being with a penis and testicles).

Never let jealousy or games get into your head.

Never worry about what other men she might be seeing or get possessive.

This betrays a weakness that will make her retreat from you sexually and emotionally.

Even if you are correct and she is cheating on you getting jealous and being reactive is never the way.

Bottom line, jealousy kills attraction.

If you doubt her loyalty, ask her.

As a MAN, in control of his emotions, grounded, unperturbed.

Watch her body language and look for signs that she might not be explaining with her words.

Dominant, appeased body language is important because this moment's emotion can override all logic and you have to be grounded.

Mind follows body, remember.

Whatever she tells you - and if she did cheat on you - LISTEN INTENTLY, because it may be the most important feedback you will ever receive.

Do not react.

Do not throw a temper tantrum now.

If she is only going to see you this close for that last time, let her see you are ALWAYS grounded.

You let her know that she hurt you - no point denying that, so do not act as if it doesn't affect you, she will see right through you.

If you find out she is cheating on you, you have to break up and move on.

Do not cheat on her as revenge, you are only giving her positive reinforcement that it was OK for her to do it.

Simply accept your mistake and move on.

Infidelity cannot be taken lightly.

Nor emotionally.

There are reasons she cheated on you, and it is in your best interest to know them.

Not to analyze her, but to really think what part YOU played in the previous events that resulted on her cheating on you.

Previously I stated that if a woman cheated on you it is your fault, but remember that in spite of that, she wasn't thrown into the arms of another man, she did the cheating. Don't ever forget that.

Knowing it was your fault doesn't mean that you have to beat yourself up because of it, and accept her back easily, YOU BOTH have to learn about the process and grow out of it.

Being a Man of authority and grounded is an essential trait of a successful relationship, but so it is LOYALTY.

Do not EVER accept a woman who has cheated on you twice.

Break up with her and move on.

There is not need for further talking about this but, if she does it twice, she doesn't respect you, nor the time you gave her after the first time she cheated.

If you desire an open relationship or multiple partners, just remember that FIRST - you have to be clear on what you want - CRYSTAL CLEAR.

Open relationships are informal, but they need a certain kind of structure to run better.

You have to state that the relationship is open and that other partners are allowed, first of all.

You don't need to tell her every time you are with her that you are fucking someone else, but you have to be transparent when asked for information about it.

The same for her, if you want to know about who she is fucking, ask, and be prepared to accept whatever she tells you.

Marriages that want to spice up their sex life inviting other people to their bed, remember that communication is key.

Make sure to talk in advance whatever you as a couple are going to do with other people.

Set some rules and OBEY by them.

Is important to feel your woman's feelings in those moments, be prepared to reinforce positive talking, so she always feels safe.

If you see her getting weird - and you will see that in her eyes, where she looks, how much she's looking down - you need to go back and make her comfortable and loosen up.

And do not ever underestimate the impact that this may have on you, so BE CLEAR with yourself first.

If it's going to fuck with your head, well probably that kind of thing is not for you.

And it is ok.

PARENTING

I am not a father, at least yet.

I probably couldn't care less about how to raise children.

And my opinion for the matter could be seriously undermined, for the sole reason that I am not a father - fair enough - But in regards to parenting I am compelled to talk about it because, as **ANYTHING IN LIFE** starts with you.

As you grow in life and you have the chance to raise children, they - as infinite beings - will recognize and **ABSORB** all of your behaviors, as subtle as they can be, and start to reproduce them in their early life, as teenagers and finally adults.

If you have become a pussified pushover, because of everything you experienced/learned/absorbed through life³⁴, your kid will adopt these behaviors too.

³⁴ And refused to think for yourself

Your male kid will develop the same manners you talk to a woman, your body language, how you stand your ground, how you live your passion, how hungry you are for life.

He will treat women the same way you treat his mother.

He will learn to be a man out of your behaviors.

If it's the case discussed, he will grow up scared, not accepting challenges of women and world.

He will stay in his security and not follow his deepest purpose.

He will not have a great MAN to model, because his ultimate model refused to upgrade in life as he lived.

If you have female children, you know now and have to accept and embrace what women really want from a man in their lives.

Do not become judgmental, embrace her feminine, be the "daddy" - present, loving, protecting father - for her, so she can grow to become a "daddy's girl" with a high self esteem, trusting men, making wise decisions about men in her life.

If you are going to be overprotective and condescending it will backfire on you, and you will raise a female child who will behave in exactly the way you are trying to prevent, only to get back at you.

Girls love to exact revenge on their fathers who disappoint them, and in the end...they are the ones who lose most.

Because it means that you are failing as a parent and you need to take responsibility for that.

Becoming the best version of yourself, and strive everyday to become it, this will make you raise children that will have the tools, THE IMPORTANT ONES, to live a happier life.

To make wise decisions. To live open and happy.

If you are a father and your relationship is going sour, remember that in order to be a great father, you have to be present, loving, caring.

But you do not stay in a relationship that you are not happy with, just because of your children.

On the long run, and despite all of the good intentions,³⁵ it will only be detrimental to you all.

³⁵ Good intentions are evil. Follow your heart instead. Good intentions may sound all nice, but generally they turn the other way around. The road to hell is paved with good intentions.

If you are not happy, you can't transfer good emotions to anyone so your kids will grow up quiet, introverts, not happy kids.

You can perfectly be a loving, caring, present and supportive father, WITHOUT BEING in a relationship with your kids' mother.

It all depends on how you end the relationship with her.

If you ended it LIKE A MAN, and that is fully communicating, understanding and being emotionally empathetic with your ex, this should be no problem³⁶.

Being a good father is up to YOU, as everything in this life.

If you are happy with your woman and are planning to have children, know that things are going to change.

The relationship will cease to be about you and her anymore.

In fact, you will be laid aside by your woman for obvious reasons.

But don't let this affect you.

³⁶ Obviously, with your ex, you have your children's best interests at heart always. Whatever happened with you both is a theme from the past. Do not allow or ever use your children as a tool to get the outcomes that you want.

Be present.

Teach your kids by example and by your words the things that will be of their use for a lifetime.

Be present, be a loving father, DO NOT MAKE IT EASY on yourself, take the high road.

Having kids and overall raising them IS HARD but do not make it easy on yourself.

No matter how much your kid loves Cheerios, know what you are feeding them and nourish them better.

You know better, you are the Alpha Man.

I see everyday parents totally overruled by their offspring it's hard to believe.

Little tyrants that are going to grow up to be very imbalanced adults, because their parents prefer to make it easy on them.

Don't negotiate, YOU know better.

MUCH NEEDED

BUREAUCRACY

If you are serious about getting married or married AGAIN, be aware that as long as you are not CLEAR about what you want in your upcoming marriage, things may get blurry at some point and become nasty further on.

You need to be VERY clear about your wants in regards of:

- Money, how life expenses are going to be covered. Rent, mortgage, kids schooling.

If your woman has kids on her own, would you be willing to support them, are you going to be the main supporter of the new family?

Be clear with your wants in regards to money.

Men do not plan this issue as much, and are often paying alimony for up to three marriages and, although they may have a decent income, they almost live in poverty.

- **Children. Are you planning to have Children?**

Be clear with the wants of your woman also.

If each of you are bringing kids of your own to the same roof, make sure to talk rules, behavior and set up the scene how YOU want it to be.

This is extremely important, because there will be ALWAYS external factors that will put your relationship to the test, and you need to make it your business that everything that happens under your roof is HARMONIC and not a BURDEN, and a very emotional burden.

In order to have that, you must previously SEE IT in your head.

Do not skip this part.

Everything you want in the world to happen to you, you must first see it in your head.

With details, and then you must get it WRITTEN down.

Write it down, and then get a PRENUP.

I know I have given you advice about how you need to frame the relationship, as a successful one, but I have told you also that every relationship has its course.

In the event that you have to split up, again, be prepared.

Do not leave loose ends.

And money, kids, investments, air miles ... everything that came up out of your relationship is put through examination.

Be clear then with all those issues.

Be clear with how you want to be and feel, even if your current, loving, amazing relationship you are having now, might unfortunately end.



FINAL WORDS

Relationships, Divorce, and break ups and are a part of life.

Not a single one of us thinks of a hard break up or a divorce after we embarked upon a committed relationship.

And no matter how painful it may be for you, you have to keep on going strong.

Blood is still pumping through your veins, you still have to breathe, drink and eat, so you are still ALIVE.

And Life is always giving you opportunities to turn things around, but you have to be able to see them, embrace them, and boldly accept the challenges.

Because women and life will always challenge you.

The only way you are going to be able to stand up for the challenges of life is always striving to become the best version of yourself, and keep on getting better everyday.

Forget the outcomes, focus on your life's purpose and LIVE and ACCEPT the moment right as it is.

And be thankful for it.

Commit to a life of learning and giving value to the world.

And for that to happen, you need to get up, shake yourself out of the state that you are in, drop all the baggage you are carrying and be open, awake and aware.

Be healthy. Getting old all and falling fucking apart because you didn't exercise some self-control and take responsibility for your health is wasting the gift of your body.

Eat well.

This has become a **pussified nation** by many ways, and one of them has resulted on depleting your Testosterone levels, messing big time with your hormones and your health.

Now you know what to do.

Is in the food you eat and the drinks you have.

Choose wisely.

Every experience we have in life can teach us.

And a devastating and expensive divorce or a hard break up can have ENORMOUS amounts of lesson that are there for us to learn.

You have to grow beyond the pain and the blame game to really see them.

It is true that relationships are 50/50 (some might say 100/100 so each one is giving their best) percent responsibility, but as much as we don't want to accept, it is a man's job to watch over the relationships in his life.

IF YOU THINK YOU CAN DO A THING, OR IF YOU THINK YOU CAN'T DO A THING

YOU ARE RIGHT - HENRY FORD

It is vital for the health of your relationship, quests, and enterprises that you frame them, in your mind, with your thoughts, as successful.

Your thoughts are real things, and if you are constantly thinking about how lame your life or relationship has become, lameness is all you are going to get.

The success of your relationship, of your life as a whole starts with you, with your thoughts, with how you see it and how you see yourself in it.

Many couples break up because of the polarity that they had at the beginning is gone.

Polarity means each one is performing their role.

You are the man, you are responsible for the purpose and direction of the relationship.

She is the woman, in charge of the flow of emotions and love in the relationship.

When there is no polarity, the relationship stalls and finally sinks, the male gets lazy and begins to rest his leadership in his woman who has to give away her true nature and play a role in the relationship she will grow to resent with each passing day.

In order to have a successful relationship with any woman, you have to play your role always, so she can feel **safe** playing her female gender role.

Remember to always address both sides of your woman.

The angel and the devil.

Do not ever disrespect your woman by not doing the best you can to address both of her sides.

Treat her right in front of others.

You treat her like a Queen in front of others and treat her however you want when you two are alone.

And from time to time express that you WANT her in front of others (grab her ass, talk dirty to her, even if she acts **scandalized**, she will love you for it.)

There are no perfect relationships.

Anything in life will claim its price, but now you know better in terms of dealing with life and women that can help you afford that price.

We are only here in this world for a limited time only, so you have to make it your business to get better at everything in life.

And your relationships with women are one of the few things that really matter.

Do it the right way and you will enjoy a lifetime of joy with the women of your choice, under the terms you want.

Do it the wrong way and you will be ***miserable***, and besides all that, consider all the money you will be throwing out in 1) marrying the wrong woman 2) keeping the wrong woman 3) divorcing the wrong woman 4) Paying alimony to the wrong woman; you will be throwing away your most important resource of all, one that is not renewable like money, TIME.

So, Take Action.

From today.

Become a better version of yourself.

But do not stop here, keep on learning, keep on upgrading, looking at life boldly, leaning into the canyons of life, getting comfortable being uncomfortable and following your heart.

Invest in yourself.

Develop a sense of *nostalgia* for the future, for what is unfolding for you. Believe in yourself, as you ARE an infinite being, who can accomplish whatever he wants.

It is only up to you.

If you are reading these last words, you are off to a great start.



APPENDIX

For You to get the most of this course, perform the following exercises. **DO NOT** skip this part. It's absolutely necessary for you to get on the road of success and mastery.

EXERCISE 1

I strongly advice you to learn the dynamic of the exercise **FIRST**, get acquainted to the proceedings so then you can concentrate more on the experience.

1.- If you do not have a mirror to sit in front of for hours, ideally a full size mirror, buy it. Not only because you are going to use it for this exercise, but because it is essential for many other self growth techniques and tricks; and because you really, really need to be checking out the impressive changes of that dynamic, powerful and sexy motherfucker your reflection in going to become.

2.- Set aside a couple of hours at least for this exercises and make sure you are going to be alone and undisturbed. Turn off your phone.

Grab pen & paper and take your clothes off - as in get naked -. Sit in front of the mirror and make an **HONEST** list about where you are in the world right now in terms of health and fitness, women & relationships, money & finances, work and career, creativity & self

expression, spirituality. If you are over weight and unhappy about your looks and you feel ashamed about anything in your body, also write it down. Nobody is looking, nobody is going to find out. It is you and your reflection.

3.- The purpose of this exercise is to be totally blunt about yourself so to provide an starting point about where and how you are in your life right now, and **MAKE PEACE WITH IT AND ACCEPT IT**. Accepting and embracing all about yourself really. It may get emotional so be prepared to let it all out.

It is not mandatory to spend two hours on the exercise, but is essential to spend the enough amount of time to look at your reflection **IN THE EYE**, naked, and tell the truths about yourself that probably have been reluctant to address in a long time. Probably in your whole life.

4.- Do not be afraid that you are going to head to a full throttle depression after this. If you think your list is going to be a tragedy, remember the fact that if you are going to strip in front of a mirror and take notes about yourself, it is due to the huge desire that a part of you wants for you. To be better, to improve, to evolve. So trust yourself in the process. Everything is going to turn out fine.

5.- Once you have your list ready, you will feel that a weight has been lifted upon your shoulders. The mere fact that you addressed yourself and wrote those insights on a piece of paper will make you feel much lighter. Space is created.

Go over the list again, looking at your reflection in the eye. Don't be surprised if you start to laugh. While going over that list, ask the following question:

Being Like this at this moment _____ what you wrote on the list _____ What IF things WERE LIKE _____ how would you want/desire/ to have that aspect of your life handled.

In your mind's eye visualize, according to what you wrote, IN FULL DETAIL the thoughts that you just imagined - the ones you want for yourself now - Write them down on another column on your notebook and visualize yourself IN FULL DETAIL, add COLORS, MOVEMENT, and try to identify the place in your body where that incredible sensation starts to develop. AMPLIFY that sensation and hold it for a while there. That is your **winning feeling**.

You can always return to this last part of this exercise or you can return to that sensation anytime you want.

EXERCISE 2

If you are doing the exercise by yourself, I strongly advise you to learn the dynamic of the exercise **FIRST**. Memorize it if you must, its words and proceedings so then you can fully concentrate on the experience. You can, however, have somebody you trust to guide you through the steps of the exercise. This is valid for the rest of the exercises on this book.

1.- Sit in a comfortable chair. Relax. Concentrate on your breathing.

In your mind's eye, visualize yourself, **BUT** as you would want yourself to be.

How your ideal version of yourself would look like.

Set that image about three feet apart from you or at a distance that you can see your full body. Leave no details, no stones unturned, and **DO NOT** sell yourself short.

If you want a six pack, imagine yourself ripped.

Tattoos ? add them up. Hair style, everything. See your face, your vibrant energy. Make it compelling to you, feel the energy coming from your self image, feel that presence as you would like yourself to be perceived, powerful, dynamic, sexy man that you want yourself to be.

2.- As you are looking and imagining yourself with all that qualities we discussed, stand up and walk towards the image you projected. Get inside it, like dress yourself up with your own self image. Feel the energy coming through your body, amplify it. Feel how you fit in your powerful, magnetic self image, how it pervades your skin. Feel how great it feels.

3.- Once a day for the next 30 days, recreate this exercise and own the skin of your new self image. OWN IT.

EXERCISE 3

1.- As you have been enjoying suiting yourself with your recently designed and kick ass new self image, we are going get all of yourself, at all ages, enjoying it from now on.

Time is relative as probably you might have heard. And possibly you might have also heard that life is in the moment. Although both premises are true, how we were in the past, has a lot to do on how we are right now. We carry all kinds of baggage.

2.- Sit on a chair, and look for a time in your life when probably you were full of doubt, anxiety, or very immature. Remember it an go through it a little bit.

3.- From a second perspective (dissociated) see yourself as you were at that age. Appreciate the details on yourself.

4.- Introduce yourself to your young self, your younger version. Tell your younger self that you have come here to tell great news about the future and yourself. Tell your young self WHO you have become, and how great everything is for you nowadays. Keep on showing your old self all your VISION and PURPOSE, and how AWESOME your life has become and is becoming everyday.

5.- Ask your old self if he wants to see for himself (he always does) Now stand up and, like we did with the second exercise, “wear” your younger self and “sense” your younger self (it may get weird).

Now picture your new self image, BIG, BRIGHT, AWESOME. Take a step and wear your NEW self image, sense it, feel it in your skin, all its POWER and how great it feels.

6.- Stand up over an imaginary time line and take a few steps like you were going through time and showing your old self how AMAZING life is, how much you have LEARNED and GROW. Show your younger self this life, as you are wearing, sensing and feeling your new self image.

At all times be gentle. You are talking to an inexperienced, younger version of yourself, so be gentle when addressing him at all times.

7.- When you get into your present (following this “walk” on time)
Feel that energy of your self image and the joy that your younger
self feels about all that he’s going to live. Then you can keep
“walking” trough time as you see in your mind’s eye how you are
going to live in 1,3,5, 10 years from now, living with that feeling,
with that self image. Show your old self what is up for him.

You can go further until when you want to.

8.- When you feel you are through, step aside, shake a little, scream,
jump, and go kick ass and enjoying the rest of your day.



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