



No Guts No Glory!

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The sentence sums it up! The biggest barrier holding men from succeeding with beautiful women is the lack of guts in approaching the woman they so want to be with. And the single thing that women are most attracted to is the display of guts by a man. Now don't go out beating guys to show her your guts! That's not what I am talking about here.

We often limit ourselves from going after a woman we desire. We hide under excuses. She probably has a boyfriend, I don't look good right now, she is with friends, I would appear needy if I approach her, my approach didn't work last time, why would she go out with me, I am not her type, if she rejects me everyone will see and I will be embarrassed, the list goes on and on.

First, you never know what is going to happen, so all of these excuses are because you feel uncomfortable approaching her. You do not want to be pushed outside of your comfort zone. You have low self esteem and you lack confidence, therefore you do not have guts to approach her.

Yes, it is possible that one of the above might have an affect on the outcome. She may or may not be attracted to you. The only way to find out is by approaching her. If you do not approach her you will definitely not have her but by approaching her you improve your odds. You never know; you just

might be the guy she has been waiting for all her life. Have you ever read Nancy Friday's "My Secret Garden"? Women are attracted to strange things just like men are. So the thing that you find a limitation in you might just be the thing that turns her on.

Deep inside you know that I am right. You know that the sole reason why you hesitate to approach women is because you feel less confident about yourself and you do not want to be pushed outside of your comfort zone. You do not feel confident that you have what it takes to attract and seduce women. You are afraid to learn the hard way. This is understandable, and every man has suffered this state at some point in their life. But don't worry! By the time you are done reading and incorporating the techniques I give you in this book, you will have every skill to seduce women, and you will also feel confident about yourself.

Furthermore, women will always test you. At times they will play hard to get or send you mixed or tough messages to see how you react. Your confidence will be tested all along the way. Your guts to take control of the situation will make or break the deal for you.

One thing I cannot give you is guts. I cannot go out and practice for you and I cannot push you out of your comfort zone. You and only you can do that! I will give you exercises and steps that will make it easy for you. I will help you

bypass embarrassing steps, but you and only you can make it happen.

Every time you feel lazy or hesitant do the following:

- Ask yourself, “What’s the worst that could happen?” Too often, we place excess importance on potential problems. We all have a certain amount of energy, so let’s apply it to creating extraordinary relationships, advancing our careers, and meeting our goals INSTEAD of wasting that energy worrying. Take action on what you have control over and minimize risks for what you don’t. Then invest your energy wisely.
- When doing something for the first time, imagine that you have already done it in the past. Close your eyes, then vividly imagine yourself succeeding wildly at what you are really going to do for the first time. The mind does NOT know the difference between something VIVIDLY imagined and something real. Make it vivid by involving all 5 senses.
- Use the “as-if” frame. I literally love this frame of mind. If you were confident, how would you be acting? How would you be moving? How would you be speaking? What would you be thinking? What would you tell yourself inside? By asking yourself these questions, you are literally forced to answer them by going into a confident state. You will then be acting “as-if” you are confident. Now just forget you are acting long