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'Supreme Self Confidence – In Dating, Relationships and Social Situations'



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When I hear about people having dating and relationship problems, I hear every excuse: no time for a relationship, focusing on my career right now, haven't found the right one yet, not living in the right place to meet nice men or women, haven't met one worth keeping, or you simply don't know why love and attraction has eluded you and you feel frustrated.

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For all the people that come to me

with dating and attraction frustrations, there are as many products out there that promise you the holy grail.

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The 10 Biggest Mistakes Men Make in Attracting Women

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As a conclusion to this e-book, I thought it might be a good idea to give you a point-blank checklist which you can go over every day to make sure that you are not making any of the 10 fatal mistakes which land most men either in the friend's zone or all alone on Friday nights:


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Mistake #1: Doing Whatever She "Wants"

By now you've probably realized that women aren't going to be direct about what they want. They're going to test you or they're going to expect you to play detective. Either way, most men make the mistake of giving in to a woman's tests because they don't know how to read between the lines and create attraction.

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How Saying No Makes You More Attractive

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In this brief chapter, I want to tell you a dirty little secret that most men never learn about building attraction with women: saying no actually makes you more attractive.

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If you think this sounds crazy, imagine the following two scenarios.

First, picture a man named Joe who is crazy about a woman. She tells him that she would love for him to buy her flowers and take her out to

a nice dinner on Friday night. Now, since she chose a nice guy who gives her whatever she wants, he takes her.

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How to Stop Attracting Women With Emotional Problems



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As you were reading the last chapter about becoming your best self, you might have started to realize that these “hidden” parts of your personality represent your more emotional side. That’s because our emotions are the things which make us vulnerable and therefore the things which we feel that we have to protect.

The problem is that the more repressed your emotions are, the

less you understand them and the less in touch you are with them. This creates an emotional deficit in your life which can only be filled one way: by attaching yourself to someone who has an overflow of emotions to make up for it...and that’s not a good thing.



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Okay, so now we know that the purpose of all women's brattiness, drama and unreasonable demands is to test us as men. So how do we deal with the tests that women throw out if we're not supposed to give in to them?

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Well, it begins with understanding which buttons women push when they test a man...they mess with his emotions. This shouldn't come as any surprise to you if you've been in even one serious relationship with a

woman. In fact, if a woman is interested in you as a potential date, she's probably going to start pushing your emotional buttons from the first interaction.

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