

The Guy Who Gets The Girl

by

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About the author – Tiffany Taylor

Tiffany Taylor is the female author of GuyGetsGirl, a special guide that reveals for the first time what goes on the minds of women AND how men can use special psychological and social techniques to attract and seduce them – regardless of their looks, bank balance or the car they drive. [Attract And Seduce Women Today](#)

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How to Attract A Woman: The Best Ways to Handle Physical Contact

Touching/physical contact is an absolutely vital component of seduction. You can't successfully pick-up a girl without first establishing a basic level of mutual tactility – I.E. Before you can move in for the kill by kissing and/or sleeping with her, you MUST first have a regular, healthy amount of touching that works both ways: she flirtatiously puts her hand on your knee, you encircle her waist with your arm and pull her a little closer – whatever form the physical contact takes, it has to be present for you to achieve your final goal of actual seduction. And that right there is where the problem for many men lies: how can a guy get the ball rolling when it comes to tactility and physical closeness? If the girl's not being tactile, how can a guy develop mutual physical closeness without freaking her out or scaring her away?

Often men just “go for it” and consequently end up making the girl feel uncomfortable or even slightly violated because of their rushed attempt at physical closeness. Other men decide they don't want to risk putting a girl off, so hold back any kind of touching or bodily contact – doing so usually sends out the wrong message, that the guy is either not interested in the girl, or that he's simply too timid to show it, neither of which are attractive scenarios in the mind of a good-looking, fun-loving girl. Okay, so what's the solution to this awkward problem?

Quite simply, you just need to follow a few basic rules or procedures, all of which conform to the personal boundaries of most girl (and therefore don't appear uncalled for or rushed) but at the same time clearly indicate that you're a confident guy who's not afraid of getting to know girls and even showing it through casual, relaxed physical contact. So, let's take a look.

1. Many men think that touching a girl in any way when they first meet them is an absolute no-no. But that's simply not true. To form a positive, strong first impression and create an immediate bond with a girl when you first introduce yourself or get talking, casually and gently touch the outside of her right arm while at the same time verbally expressing something. The outside of a woman's arm is not intimate enough a place for the touch to feel strange or out-of-place, but at the same time it's a clear-cut sign that you're a personable, socially adept kind of guy. Don't be afraid to give it a try – you'll notice the benefits immediately.
2. Once you've started a conversation with a girl, or when you randomly find yourself chatting to a woman you really like the look of, it's important to keep up the physical contact. Doing so helps maintain the bond and rapport you've already created and also helps build it further, into mutually felt sexual attraction. You can use something called 'Stealth Tactility' to do this. Quite simply, stealth tactility involves making physical contact with the girl in a disguised way. For example, if she wants to go to the bar or bathroom but doesn't know the way, you can use stealth tactility by placing your hand on her shoulder, drawing her in a little closer, swivelling both of your bodies round until you face in the right direction, then point past other people or obstacles with your other hand to where she needs to go.

3. Lastly, always try to use a 'contact close' when you finish your conversation with a girl. For example, after swapping numbers or arranging to meet again, give her a kiss on the cheek or a hug and a kiss. Many men think that the hard work's been done once something's been arranged for a later date, but making physical contact before you part with a girl is always a great way of ensuring she remembers you and really cannot wait to see you again.

How to Seduce a Woman Using 'Deflection Theory'

There's something that often happens when you're out playing the 'seduction game' – that is, when you're actively looking out for girls you think you'd like to hook-up with. Many men have experienced it, and many thousands of men still do experience it when they themselves are out playing the game. It usually goes something like this: you're in a group, talking to a couple of girls. You're with a friend or two, perhaps having drinks in a bar or at a party. You've got your eye on one girl in the group in particular and want to make something happen, make a bit of a connection. Thing is, she's proving the hardest to connect to – sure, she smiles and talks to you nicely and politely, but she's not returning your flirtatious gestures and comments much, if at all. It's like she's playing hard to get or something, whereas her female friends seem to be much more playful and flirty.

This doesn't happen because you aren't her type or just because sometimes these things happen (or don't) – there's a different, special reason the girl you're interested in doesn't appear to be interested in you and it's got a lot to do with psychology and social standing. You see, when you show you're interested in a good-looking girl who's with her friends, you inadvertently bump up her ego and feeling of self-worth. She knows you've chosen and are most interested in her and likes this feeling of elevated importance. However, she also knows that if she reacts by becoming really flirty and obviously attracted to YOU, she'll lose the higher social value she has over her friends (probably the reason you targeted her in the first place), so she therefore maintains her unattainable, "I'm a bit too good for you" status.

However, you can blow this problem out of the water by using DEFLECTION THEORY. You turn the situation on its head and reverse the psychology of your target female by deflecting your attention AWAY from her and ONTO one or more of her friends. When you show her friends (who have lower social value/worth than your target female) more attention and affection, you challenge her ego. So, in an effort to regain her superiority in the hierarchy of her circle of friends, the girl you're really interested in will subconsciously invest much MORE interest in you by flirting and being playful. As so many women do, she gives into wanting what she feels she cannot have – and, of course, you'll be happy to have her. She is, after all, the hottest of the group and the one you wanted in the first place. Here's how to deflect your attention onto one of her friends to make her (the girl you want) feel as if her ego has been challenged and thus make her feel an instant and undeniable desire to get your attention and "win" you back.

1. Use strong eye contact when talking to all of the girls. However, when you're talking to

your target female, occasionally glance away and towards one of the other girls (who will probably be talking amongst themselves or to your friend/friends if you're with any) and give a slight smile before looking back at your target. This jackhammers a sense of competition into the subconscious mind of the girl you're really interested in and immediately makes her want to fight for your attention

2. Casually make physical contact with her friends more than her. For example, touch them on the side of their arm to get their attention or when laughing and joking
3. When sitting down or standing around talking as a group, face slightly more (as in, the direction of your body/torso) in the direction of one of her friends more than her.

Using deflection theory to challenge a girl you're interested in's ego and therefore make her want you more is just one psychological technique you can use to boost your pick-up game. Combine it with others and you maximize your success with the opposite sex in ways most men have and never will experience. You can be the guy that gets the girl!

*Want more information from Tiffany Taylor about [how to attract and seduce women](#) with the *GuyGetsGirl* system?*

Attracting and Seducing Women: How to Use 'Option Limitation' to Maximise Your Success

Getting girls to feel an attraction for you - that isn't simply based on your looks, the contents of your wallet or the car you've got parked outside - can be really tricky.

After all, how are men supposed to know what each girl's looking for without asking?

If you DID ask, you know your chances would be small, after all, no girl wants a guy approaching her with needy questions - she wants a confident man who somehow seems to know what she's after and can give it to her.

So how do you do it?

How do you become the man that effortlessly exudes confidence, dominance and presence, without turning into an arrogant poser or desperate wannabe?

The answer lies in psychology. It's at the heart of all persuasive social situations, and absolutely central to the success of any guy's attempts at attracting and seducing women. Quite simply, by learning the CORRECT psychological rules, principles and tactics, any guy can play and WIN at the game of seduction. For example, let's look at one such psychological technique, that used correctly boosts any guy's chance of getting a girl's number or hooking up with her at a later date by at least 50%, each and every time he uses it. It's called option limitation and works on the following principle of human nature:

When someone's presented with only a single choice, often their natural reaction will be to rebel against it and go their own way. However, when given 2 or 3 options, the opposite occurs: they feel their intellectual freedom has been respected and they make their choice from the variety of options they've been presented with.

You can use this universal psychological principle when picking-up or seducing a woman by carefully constructing how you pose important questions or phrases while talking to her.

For example, most men think saying: "Can I have your number?" is an okay way to finish a conversation that's gone well with a girl. But a much more powerful and effective way of saying the same thing would be to use option limitation. Something like: "It's been nice to meet you. Shall we swap numbers or maybe grab a bite to eat and a drink tomorrow?" What you're doing is presenting the girl with a choice between good and better – whichever she says yes to, you win. If you only give her one option, as in the first example, she's likely to create her own alternative, which means there's a chance she won't say yes to the option you gave her. When she subconsciously recognises that she's been given a choice between multiple outcomes, she feels her intellectual freedom has been respected and she chooses one of them.

So, always use option limitation to give the impression there's a variety of options available to the girl – even though each one is fine as far as you're concerned. And to strengthen the effect of option limitation, always try to separate the choices you give the girl with the word "or." When people hear "or" they automatically recognise that they need to make a choice, and therefore do just that.

Option limitation is just one example of how, whether they know it or not, men who are successful with women CREATE that success for themselves – not through luck or good fortune.

Making A Great First Impression On Women

ALWAYS look your best. I know this sounds REALLY obvious but you'd be surprised by how many men don't understand the importance of this simple tip. You never know when the girl of your dreams will turn up, or where. And it's become a bit of a cliché because it's true -- first impressions really do count.

Here are some figures to consider from my studies.

If you make a GOOD first impression on a woman, you have a 90% chance of EVER getting with her at that point (10% of women for whatever reason will be unreachable for most men at ANY point – she might like women herself etc).

If you make a BAD first impression your chances with her reduce drastically to just 20%. This means that to make her attracted to you AFTER the first 3 minutes of meeting her will be incredibly difficult if her first impressions of you were bad.

It's the difference between climbing a mountain and using a helicopter to fly up one. Good first impressions means you're on your way to the top in the helicopter, bad first impressions means you have a difficult climb to success – no helicopters for you.

Honestly, I can't stress this enough -- always try to look your best.

Tiff's 5 S's of first impressions:

Shave. Shower. Stylish. Smell. Shoes.

Remember these 5 S's and always take care of them before you go out.

Why are shoes my number 5 S?

Your shoes are the FIRST thing a woman really notices about your clothing and hence your appearance. Make sure your shoes are clean and fashionable.

What you wear is very important. I could try to recommend a certain look but as with all things fashionable by the time you read this it may have changed.

Get the latest GQ magazine or other fashionable men's magazine's and imitate the styles you see there -- most women don't really care what labels you are wearing as long as you look good so you don't have to spend the Earth on clothing.

Many guys I help dress better usually comment on how strange they feel wearing clothes they are uncomfortable in, but nine times out of 10 they start to feel natural and even confident wearing their new wardrobe within days.

Make sure you smell good. Again this is extremely important. Remember how you feel when a woman walks by you and she smells soooo good - you feel an instant attraction even though you don't know her - well, that's how women feel too.

Wear a good-quality cologne, **but don't spray too much.**

One squirt on both sides of the neck, and one squirt on both wrists -- maximum. You don't want to smell too overpowering.

I recommend **cool water by Davidoff** or **John Paul Gaudier for Men** (often called JPG love juice because women love it) if they don't sell it where you are try to order some from abroad, this stuff is GREAT!

And here's a GREAT little SECRET that I have found will help you actually pickup about 24% of women without SAYING a word to them! Not a single word! And NO rejection either. You won't find this anywhere else either...

Guys: Body Language Basics For Seducing Women

Body language is VERY important. According to studies carried out over 50% of your communication comes from your body language – what you DON'T say and less then 8% of your communication comes from what you DO say.

What does this mean to you?

It is MORE important to pay careful attention to HOW you say things, and HOW you stand and HOW you act than it is to WHAT you say (at least initially).

You see, you could have the BEST game in the world and be able to really get any woman to like you loads, for example online, but if you used those same successful techniques in the real world and lacked obvious confidence, lacked eye contact etc – You would simply CRASH and BURN.

Honestly, body language is SOOOO important in attracting women. Later in the course we'll go into how you can use the female's body language to READ her mind and know what she's thinking. This article is about YOUR body language.

Ok... So, I'll cover the basics as the advanced stuff is beyond the scope of this article (if you want more advanced detail concerning body language you can check out my site: guygetsgirl.com).

Body language basics:

1. Smile

You have to make the female feel at ease and comfortable that you are a friendly and fun guy and you are not a psycho as quick as possible. Especially when talking to her for the first time. You also need to let her know that you are confident and comfortable around women. A big and genuine smile is the best way to do this. It works. In fact, if you ever get an Ice Queen that you can tell is about to give you the “dead eye”, give her a big smile. Practice smiling at random people. You’ll be surprised by how many people smile back and at how many doors open to you. Smiling WORKS. Just don’t make it a cheesy, fake smile ;)

2. Eye contact

As you know there’s nothing worse than staring at a woman’s chest – or even looking. It makes you just like all the other guys who drool over her. If anything you should use all your skill to NOT look at her chest – she’ll wonder why her womanly powers don’t work with you and she’ll seek your attention and subconsciously TRY to get you to look!

When talking to her, try to maintain eye contact. Not too much because it can be intimidating, but if you aim to have eye contact with her around 70% of the time you are talking, this should be comfortable for most women. Don’t stare like a crazy man, just be natural but if you naturally look away or are slightly shy when it comes to eye contact, make a conscious effort to have a little more. Eye contact can make serious connections within people. They say the eyes are a window to the soul and I think there may be some truth to that. There are even speed dating type events being run that involve just staring into each others eyes – and from what I hear, they are pretty successful.

Maintain eye contact. Not too much, about 70% of conversation time. Be natural.

3. Upright posture

Guys can get away with a bit of a hunch, but women really do prefer men with straight, upright postures. Look at all the big film actors like Pitt, Cruise etc. They all have good posture. It says to a woman you are confident, healthy, and strong (at least in mind). It’s just generally more attractive and says lots about who you are. Plus it’s good for your back and will help strengthen your back muscles making it easier to maintain.

Get into the HABIT of having an upright posture.

4. Gesticulate with open palms

You will not hear this tip anywhere else (or if you do, it was almost certainly copied from this course).

I've gone into in depth studies of body language and this one is a good one to use in MANY circumstances – I've adapted it here after solid testing to picking up women – however, some people suggest that when combined with a few other verbal and non-verbal techniques it can even give you a 50/50 chance of getting out of speeding fines!

Anyway, basically, when you are talking to a woman and trying to make a point (that puts you in a positive light) or defend yourself (for example, a girl suggests you might be a player) you talk and using your hands you have open palms facing upwards. Keep your arms in front of your body with your palms facing the sky and smile as you talk.

It works VERY well on a subconscious level to suggest you are being honest and telling the truth. And if you want a woman to begin to trust you, making her think you are being straight with her, is important.

This open palm gesticulation MUST be combined with a smile to work effectively.

Those are the basics of body language, if you'd like to learn more visit Tiffany Taylor's site by [clicking here](#)

How To Approach Groups Of Girls You Don't Know, And Get Them To Think You're Great!

For this example I'm going to use women at a bar. I will be going into lots of other techniques for non-bar pickups too but for now, we'll stick with this.

(Note: In fact, I even recommend you try my top places for picking up that are not bars – they are WAAAAAAY better than ANY bar and you'll see a massive leap in your success rates with women.)

As you know, women don't usually go to bars on their own. They go in groups.

Approaching GROUPS of women can be extremely daunting and if you don't know what you're doing, you can fail BADLY with groups and like a pack of wolves they can rip you apart. I've seen men get cussed at, totally ignored and even drinks poured over them.

But if you do the approach RIGHT, then your success with a group of women can usually yield great results.

Whenever I suggest approaching groups of women I get LOADS of guys looking at me as though I'm from another planet. I realize that lots of guys probably don't have the initial confidence to simply walk up to beautiful women they don't know. Don't worry, this can be easily solved. I'll give you some simple tips here.

SIDE NOTE: If you have a major confidence problem then don't worry, I have an advanced 155-page E-book called HypnoDate which almost exclusively goes into increasing your confidence with women – and it works through the power of self-reprogramming so it doesn't matter how shy you are, this thing WILL work for you. It's a bonus product in my site member's area that comes with my book at no extra charge.

INCREASING CONFIDENCE EXERCISE IN THE MALL

Step 1. Walk around the shopping mall and when you catch a woman's eye, smile at her – more often than not, she'll smile back. To start with you can do this just with shop employees. Even if they don't WANT to smile, they probably will. Good practice. And you might even brighten a few women's lives a little.

Step 2. Once you've gained confidence in making natural eye contact and a smile with staff, you could move onto other women in the mall. I'm not suggesting big weird freak smiles, just nice, natural friendly ones. A lot of women will smile back at you.

Step 3. Here's where it might seem a little weird, but this really does help and practice and repetition will make this lots easier. Just say "hi" with a smile to women (and men if you like) as you walk around the mall. It will feel HORRIBLE at first if you are not confident but slowly, after an hour or two, it'll seem easy.

After you've smiled and said hi to 20 or 30 women, you should start to feel good (as long as you don't quit on your first negative response – this will happen and will happen when you're approaching women to pick them up – you HAVE to learn to step out of your comfort zone if you want to be successful with women).

One of my male friends did the "smile at girls in the mall" technique and he actually ended up meeting the girl of his dreams and is still with her 3 years later – how's that for effective!

There are loads of other techniques you can do to build your confidence, most not quite as scary as the mall one. I go into others within my book...

Right, let's assume you now have the confidence or at least the guts to approach women you don't know in a bar (Again, I don't just go into bar pickups in my book, in fact, I think the best places to pick up women are NOT in a bar – I think it's everyday places where you're not competing with

other single guys).

Firstly, let's suppose two girls are sat together at a bar. One is the 'ugly' one and one is the hot one (the one you like the looks of and would like to get to know more).

You see the girls. Go up to them and talk to them NOW! Don't waste time. Within 3 seconds of seeing them, approach them. Some people call this the 3 second rule and I must say it really does seem to work.

If you see her and like her, it's best not to think too much about the approach, or you're more likely to work yourself into such a state that your approach will be ineffective or you'll just pussy out altogether!(Don't worry I'll tell you WHAT to say when you get there in a future lesson). So within 3 seconds, go TALK to her!

ALWAYS, ALWAYS approach a woman from the side or an angle from the front. !!!NEVER from behind – IMPORTANT!!!

If you go up to the group at the bar and approach from behind you will INSTANTLY invoke a negative response, and they will be put on the defensive - for obvious reasons. ALWAYS, ALWAYS, ALWAYS go in from the side...

Like to learn more about [how to meet, attract and seduce beautiful women?](#)