

Dr. Zee

**The Nice
♥♥ Guy
Virus**

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As you read this book, I hope you realize just how powerful, practical and useful the information you take in is. Re-read this book once a year, or every six months if you are having trouble with dating, it will help you create a true dating mindset.

Hello, my name is Doctor Zee and I am a prescribed nice guy. As you probably have guessed, I am not really a Doctor, but will be acting as one in my next series of e-books for one particular purpose: to try and help you treat what has afflicted many of us in our lifetimes, the nice guy virus.

Why write under the pseudonym of Dr.Zee? Well just like the letter Z in the alphabet, it is very common for nice guys to finish last. What if I could show you how to still be a great guy and yet attain the results of finishing first in dating and love? I will share some of my most dreadful mistakes, in order to help you avoid similar bouts of disaster.

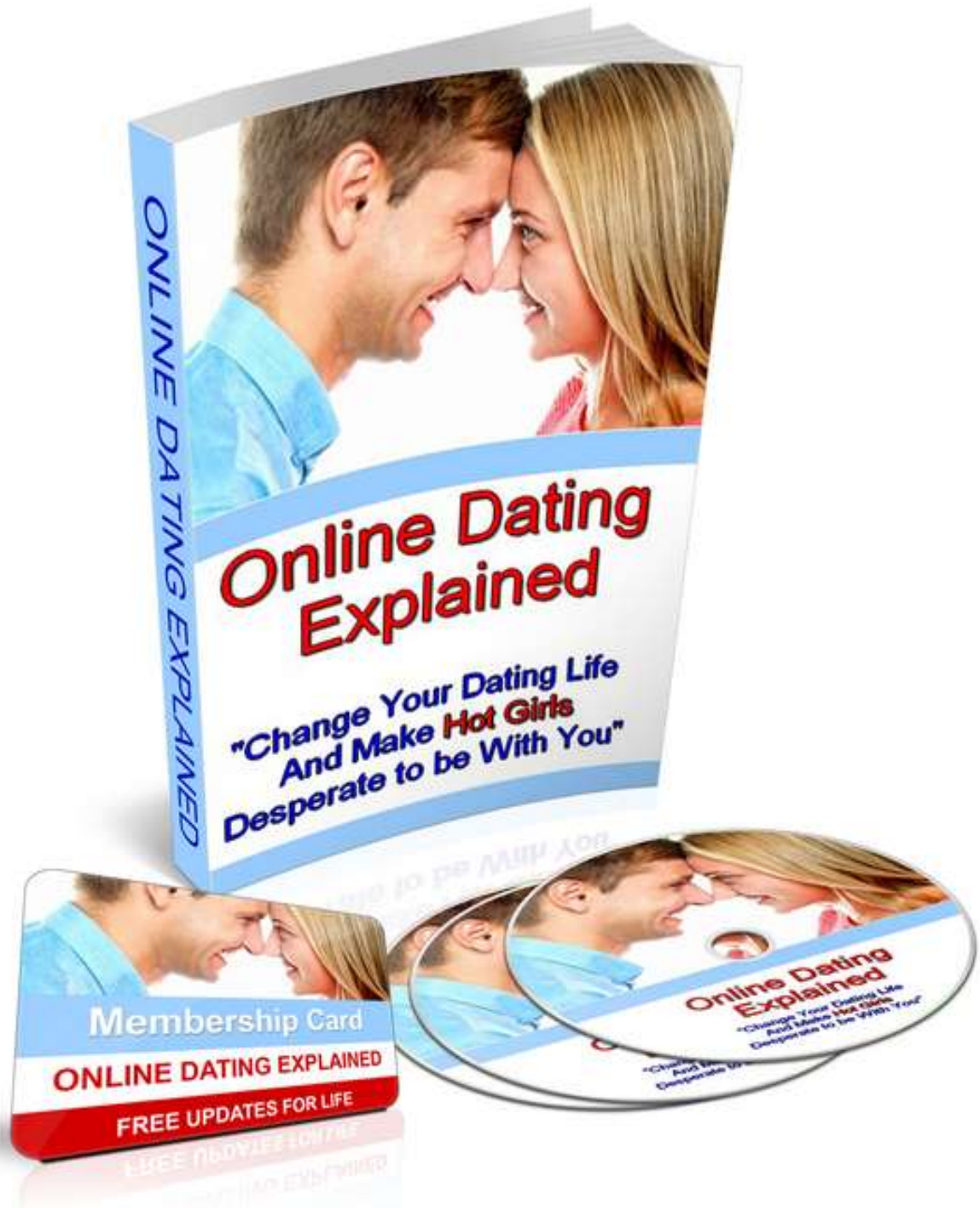
Being nice isn't a bad thing, but in the world of dating, it could end up being like a virus if not treated properly. The techniques and theories in this book have been put to practice and do work. I was able to help my friend's Chavez and Bertman turn their dating lives around using this exact system.

I want to dedicate this book to all of the guys that are sick of ending up in every girl's friend zone. It's for the guys that are tired of hearing the excuses women come up with just so they don't have to talk to you or take your relationship further. I once thought I brought about a curse of causing family deaths to the women I dated. It became a trend to have women tell me that their relatives died and they couldn't go out on a date with me.

I want you to rest assured, that this isn't just an internet dating book, you will be able to use this advice and information in this book in the real world as well as the internet.

If you are enjoying this ebook, get a more detailed look at internet dating here:

[ONLINE DATING EXPLAINED - CLICK HERE](#)



Why Internet Dating is Great!

Internet Dating and the world of mobile dating apps has made meeting beautiful women much easier than it ever was. It is now a lot easier to make a good first impression or even get enough courage to actually start talking to a beautiful girl.

So, besides the reason mentioned above why is internet dating so great?

There are obviously other, more popular ways of meeting women. You can go to bars or clubs, speed dating, singles events, placing personal ads, even walk the streets looking for women to meet. But, internet dating beats all of them (at least for the average guy). Here is why.

First of all, it is very cheap. You don't need to dress up to sit in front of your computer, you don't need to buy anything...that's cheap. A night at a club can run you on average \$150.

Internet dating is also very fast, a lot faster than planning a day out. All you have to do is to look at your mobile app and send a greeting to the girl you want to talk to.

On top of all that, it is extremely simple to use and more importantly a lot of fun!

But the most important reasons that internet dating is king of all the different ways to meet women are...

A) Women are a lot more open to your "moves" on the internet than they are in person. There is nothing intimidating, uncomfortable or even scary to a woman about a bunch of typed text that you sent her.

B) You don't have to fear being rejected face to face. That will eliminate being nervous, clumsy or scared. Basically, you can be as smooth as you want without screwing it up.

And whether you like it or not, rejection is part of the dating process...a big part. Even the best looking men on the planet get a "no" more often than they hear a "yes".

Why? Because most women look for more than just looks and money, they want comfort, fun, mystery and a whole bunch of other things most men simply don't think about.

So don't worry, even Brad Pitt was rejected.

In a lot of ways dating is a numbers game. And the problem with that is most men have terrible odds when it comes to dating. The job of this book is to lower the odds for you and make you more successful with the type of women you want to date.

But even if you are a busy guy, this guide is for you and that's why internet dating is great. Put up a profile, tweak it a bit until it sounds good and away you go. It's your own automated dating machine that's up 24/7 attracting women around the clock.

And that reminds me of another great thing about online dating: not only will you be able to easily approach any woman you like, but women will approach you as well!

And don't worry, you don't have to be attractive, rich or anything like that. In fact, the guys I know who are most successful with women don't have a lot of money and they are just average looking men. Nothing special about them...except they know what women want, they behave and hold themselves in ways women find attractive.

Understanding What Women are attracted to

What most men don't realize is for women attraction isn't a choice. They either feel it for you or they don't, it's that simple. If a woman doesn't feel attraction for you from the start, they more than likely never will.

So no matter what you say or do, if a woman does not feel attracted to you, you cannot simply convince her to "change her mind"

Just because you're rich, attractive, successful, drive a nice car, take her to fancy dinners, buy her expensive things, that won't make her feel attraction for you.

Women don't choose men they are attracted to based on logic. They might say they do, but they don't.

Women choose mates by their level of attraction they have for them (unless they are gold diggers) and not for what you can give them in return.

A big mistake a lot of men make is bribing women with gifts to make them fall in love with you. But it actually has the total opposite effect. Women see this as you needing their approval because you don't think you are worthy enough to date them without having to buy them things in return.

Why do you think so many women get into relationships with bad boys who treat them terribly? Because these guys trigger an attraction inside these women, it's not logical, but it's a fact.

I'm not saying you have to treat women terribly to make them feel attraction for you, but you don't have to cater to a woman's every need either.

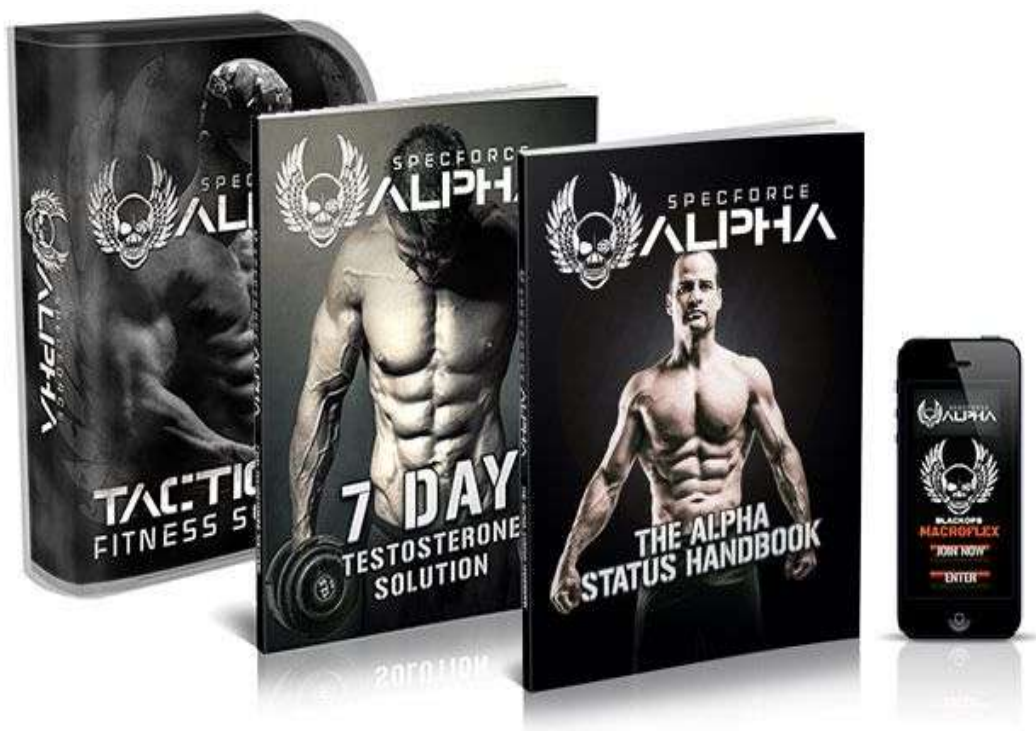
Most women would much rather date a poor guy with no money. As long as he's charming, funny and just a fun date then a guy who's rich, buys them things and is stuffy and boring.

Women want what women want and you can either be what they want or be what they don't want, it's your choice.

This book isn't about changing you to suit women, it's about showing you that you don't need to do all these things to make women attracted to you, you don't need to bribe them, you don't need to stress if one woman doesn't like you, this is your life, you choose who you date, not the other way around.

Having a Ripped Body helps doesn't hurt in the dating scene,
I recommend this system to get your dating profile pics
looking sharp.

[Click Here to Learn more about this powerful system](#)



The Qualities Women Find Attractive In Men

When asked, most women say they want a nice sensitive guy that will buy them flowers and basically act like one of their girlfriends. They like the idea of getting flowers and having a sensitive guy to talk to about their problems.

Note: A lot of men end up becoming that guy, the guy that girls talk to about their problems. But the relationship usually doesn't get any farther than being just friends.

All women will tell you they want to date the nice guy or that they can never seem to find a nice guy to date.

The problem is, this isn't exactly correct. These women aren't lying when they say they want these things...when they think logical they do, because it makes sense. But remember, women don't choose logically what they are attracted to.

So, when they think about it consciously. Women want a guy that will buy them flowers and talk to them when they feel down. But in reality, their instinct is to like a guy who will take control and act like a man should.

So what qualities do women want in men?

What they've always wanted and always will want. Women want real men, men that are in control and don't ask for permission to do anything. They don't want to be in charge, they want someone to be in charge of them.

I know this sounds harsh, but it's true.

Here are some examples, have ever noticed that...

When you give a girl a compliment or tell her how beautiful she is she shies away from you?

This probably happens every time you try and start a conversation. But when you...

Notice a flaw about her, she will get more involved in the conversation and take you more seriously.

Also, have you noticed...

When you spoil a girl by buying her gifts, taking her to an expensive dinner, she usually thanks you the evening and goes out with another guy?

But, If you simply go for a quick drink and act like you are equals she feels attracted to you, because you're not catering to her every need.

Have you noticed when....

You call a girl often after a date and she seems distant and funny.

But, when you don't call her and you act like you're busy and could live with her or without her, she won't stop calling you.

The truth is women don't want to be catered to, spoiled or treated like princesses. This is what women want from a man...

First of all, women want you to be confident in your self. So, if you approach a girl and seem shy and awkward, that is a turn off.

Women want you to lead the way, not the other way around. They don't want to talk about what you are going to do, they just want you to lead the way and do it.

They want you to keep it cool and NOT get emotional. So if you are the kind of guy that has a

hard time keeping his emotions to himself, you are going to have to work on it.

They want you to be fun and entertaining, not boring and dull. Just because you are into collecting stamps or collecting model planes, it does not mean you have to bore the poor girl to death about your hobby.

Women want you to make them laugh. So again, you have to be entertaining and fun.

They don't want to know everything about you all at once, they want to wonder. So, no matter how tempting it may be you don't have to tell them your whole life story. Women want to keep guessing.

They want you to have more to talk about than "the game last night", they want you to be interesting.

They want you to be headed somewhere, they want you to have a life goal or something you are trying to achieve. In other words, they want you to know what you want from life.

Dating Rules You Must follow!

When your life is going to plan, you feel confident and when you feel confident, you exude a persona that naturally attracts people and makes them want to be around you. No one likes dating a sad sack.

Now, here the main dating rules you should follow...

Always be confident in yourself

There is no faking confidence, it must be real. And people who have real confidence attract others naturally. People can tell when you are confident with yourself and where you are going with your life.

Confidence can do a lot for a person. If you are not confident, what is causing you to have doubts in your self? Do you think you are a failure, unattractive, stupid?

All of this can be overcome with confidence. Honestly, girls (girls we want to date) don't care a lot about these things. Of course, if you are really over weight and you have bad teeth and you dress like a hobo, change yourself.

It's that simple. If you want to be successful with women, you can't hide behind excuses to fail.

I know a lot of men who aren't rich and are not good looking who are very successful with women. Because they act like they are good looking and they are rich, they act in ways that make men and women naturally attracted to them.

A happy go lucky guy who smiles a lot will get x10 the amount of attention as a sad sack sitting in the corner no matter how hot or rich he is.

Be happy with yourself, but if there is something holding you back from being a more outgoing person, fix it.

If you have something that bothers you, something like acne or weird mole. You can either realize that it does not bother anyone else or simply fix it. Because if you are self-conscious all the time, you will not act in an attractive way to a woman.

Those people that do fix their "flaws" notice a big difference, but not in their physical appearance...in their confidence level.

Be Calm

Especially on the first date, be cool. Don't be nervous, don't get all excited and act like a goof.

Don't act desperate around women, just be yourself and not worry about the outcome, dating should be fun!

Be Fun!

You will hear me talk about being cocky and funny a lot in this book, it's something I learnt from another dating book (which if you have a couple hundred dollars spare, you should pick up at <http://www.doubleyourdating.com>).

Being cocky to me means not being afraid to joke around with women. Men are so scared to be themselves around women that they act all uptight and nervous and are not sure what to say.

Don't worry about. Most men by nature are not big mouth arrogant SOB's, so just say what's on your mind.

Talking about sex and other taboo subjects is FINE. Teasing a girl lightly is fine, as long as it's funny and a little bit cocky.

Be the fun guy to hang around, make dating fun for you and her.

Don't Show your Emotions

This rule IS SO IMPORTANT when you start dating someone more seriously. I made this mistake a couple of times early on and the relationships ended pretty soon after.

If a woman says something to you that makes you feel nervous, angry, upset and you feel like you're going to get overly emotional and say something you will regret, FOR THE GOOD OF YOUR SANITY, Don't say anything.

It's a lot easier to say nothing than it is to take something stupid back. Think before you speak. Women will always do this. Women will blame you for things that are not your fault, things will happen in their lives that make them emotional, you're job is to stay calm.

I'll give you a personal example. I started dating a girl I REALLY liked, but a couple of weeks into the relationship, she told me she was pregnant and she wasn't sure who the father was, because before she started dating me, she was seeing two other guys.

I freaked out, and you probably think, well rightly so, and it was probably for the best things ended, but, breaking up with someone is better when you're the one breaking up with the girl

I know this sounds childish, but it's true. It's a mental thing. Being dumped is a horrible feeling and take's longer to get over.

Be a Man

Girls like a guy who will lead in the relationship. I don't mean bossy, I mean lead. It's a manly thing to do.

When a woman asks what you want to do, don't reply back, "I dunno, what do you want to do", take the bull by the horn's and make a decision. I know it's a bit of a pain to be the one who does this all the time, but it really works.

Also, when women throw things at you that you're not expecting, never over react, I touched on this just before, and I'm going to again.

If a girl says she's going out with male friends, or seeing an ex boyfriend, don't flip your lid, this is the quickest way to push her away.

Just say things like, "you do what you wanna do", "it's your life, I'm not your father, have fun". Saying things like this make you sound confident in yourself and don't really care what she does.

Begging her not to go and doing all sorts of crazy things guys do will push her away for good.

There's Plenty of Fish in the Sea

Just because you have just met a girl, does not mean your world has to revolve around her, doesn't mean that every time you have free time you must spend it with her.

Always keep busy! Never make too much time for a girl when you first start dating. All the other rules will fall into place if you just follow this one.

I know it can be hard, but just try and resist temptation by keeping yourself busy.

When you're sitting at home with nothing to do, you will be tempted to want to call any girl you're dating too much and you will become too available.

If she's says lets make plans for Tuesday, say no you're busy, how about Wednesday.

Get a hobby, play a sport, go out more with your friends and if you don't have any friends, make some!

Keep your mind busy and everything else will fall into place because you will be too busy with your life to care what she is doing. She will be just a nice little extra in your life, not your whole life!

Be mysterious

If a girl goes on one or two dates with you and already feels that she knows absolutely everything about you, you are in big trouble. Because there will be nothing else for her to look forward to, nothing else to unravel.

Again, this goes with keeping busy. Never see a girl more then twice a week for at least the first 10 to 20 dates. Seriously. I know you will want to spend all your time with someone if you think she's the one. But, you need to build the attraction, not force it.

This way is best for both of you. I feel most guys will settle for a girl because she wants a relationship, even though she might not be the girl for him.

Take your time, have fun, date multiple women, its ok.

Let Things Go

Everyone has a past and most women have done things in the past that you may not like. But the past is the past, you should focus more on the present and future.

You have to accept people for who they are, if you really like someone, leave the past where it belongs, in the past.

Don't Write Desperate Letters

What is it with guys and writing sappy letters or emails when they feel like they are losing the girl or have lost the girl.

If a girl breaks up with you, let it go, move on with your life, start dating again and you will find this will bring back love quicker then a sappy email professing your undying love for the girl.

Think before you speak, think before you type!

Know What You Want Out of Life

I don't know what it is, but when your talking about something your passionate about, people are naturally attracted to you.

Passion and desire are always a turn on, even if the passion or desire is about something, not someone.

No Need to Say Sorry All the Time

Constantly apologizing when you have done nothing wrong is a real turn off for women. So don't be "sorry" for almost everything you do.

If you step on a girls shoe, you can say sorry. But saying sorry when you are 5 minutes late is absolutely NOT necessary.

Women see this as a sign of weakness. If a girl is doing something or saying something you don't like, tell her that. If she's acting bratty, tell her that.

Don't put up with moody behaviour just because she thinks you deserve to be treated that way, you don't.

Relax on Your first Date

Act like you would act if you were with your friends. Just because you are with a girl it does not mean you have to try and be what you think she wants you to be. Be your self, that is what she wants you to be.

Dress Well

I know that not caring can be a turn on for women, but you should care what you look like. Because looks do count and when you look good and you know you look good, it shows.

Finding an Online Dating Site that's Right for You

There are THOUSANDS of online dating sites out there, so what one's best for you? For starters, the best idea is to cast a wide net and put your profile on at least 3 online dating sites.

What you should do is put your profile on at least three different dating sites.

For example, you can post your profile on Match.com, Yahoo personals and a smaller more local website that contains people only close to where you live.

I usually get a lot more of the women I like and that are closer to me by using the niche online dating site, but I get the bulk of my dates from women on Match.com and Yahoo personals.

So what sites should you be using?

I really recommend you use Match.com as one of your choices.

Here are a list of online dating sites I recommend trying.

Yahoo Personals
Lava Life
Adultmatchmaker.com
Eharmony.com
Americansingles.com
Adultfriendfinder.com
Jdate.com
Christiansoulmates.com
Date.com
Friendfinder.com
Singleparentsmingle.com

The Art of Seductive Text

The MOST IMPORTANT aspect of any successful Internet dating venture is your online profile. Personally, I use 2 profiles to attract dates.

The bad boy profile which attracts a certain more wilder person, and the nice guy profile that attracts the nice girls you would be proud to bring home to mother.

Feel free to steal and change these profiles. What ever you do, don't just copy them as they are, it would look stupid seeing hundreds of profiles online exactly the same, and besides, you really should put your own personality into it, as this profile is about you and not about me.

Of course, you can use them as is if you want, but you will get better results if you tweak them to suit your personality.

If you are the more cocky and confident person, use the "bad boy" profile, but make sure you are the same person online as you are offline or it will be a waste of time.

You must also have a photo on your profile! If they give you room to put up more then one photo, don't do it, just put one good photo up of you.

The Bad Boy Profile

Intro: Top 10 ways to scare any guy off, including me, inside

Interests:

Music: Dance, trance, house, you know what I'm talking about. Ministry of sound etc. I also watch Video Hits, so you can rest assure that I'm up to date with every new rappers name and criminal

record.

Movies: Comedies! Love a good comedy. Teen comedies. Anything with breasts. Also anything set in the 18th and 19th century like Hornblower, Napoleon and boring crap like that. James bond!

Sport: I play professional cricket and basketball/league for fun. Like extreme sports and paintball. No, not laser skirmish, ugh. Yes, I'm going to list going to the gym because I ACTUALLY do it.

Other interests: Sitting in my hot tub looking out over the city listening to dance music. Love to travel, spent 6 months living in Spain and 2 years living in Perth. Cars, imports (supra's!) and SUV's.

The Nice Guy Profile

Intro: New to the scene...

Interests:

Music: Most types, whatever is good at the time

Reading: Horror, Drama

Movies: Horror, Comedy, Drama

Sport: Swimming, Tennis, Rugby

Other interests: Art

Profile Body:

I'm an easy going nice guy, trying to find the right person, I enjoy intellectual conversations, late night beach walks, clubbing, music of most types, reading, tennis and swimming, among other

things. Love pets, dogs and cats mainly, so you would need to be an animal lover.

I might party hard, but I also enjoy quiet nights at home watching a DVD, or doing things that couples do in their own private space.

With that said, I'm the type of guy of both extremes, so finding someone willing to spend quality time with has been more difficult than first thought, hence signing up with this site, hopefully it works out well???

Relationship sought: Short-term or Long-term
Relationship with a Male or Female

Ideal partner:

Between 18 and 35 years old

I'm looking for someone who is understanding, uses common sense, someone who is confident in themselves and knows where they're going in life, and are happy with that direction. Age doesn't mean that much to me, as long as there is a connection, building rapport between one another is important.

A profile for older men looking to attract younger women

Intro: A stick insect walks into a bar...

Interests:

Music: club mixes, trance, ministry of sound stuff and old stuff , rolling stones, acdc, 80's. Fav track at the moment is scott bond vs solarstone 3rd earth remix.

Reading: yes, i can read. that's why i buy those magazines, for the articles. Not the pictures, i swear.

Movies: lord of the rings trilogy, matrix..first two, third was...disappointing. arthouse. subtitles don't scare me and we've already established that i can read. Currently hooked on Asian martial arts movies tho the only thing i know about 'kung fu' is how to spell it.

Sport: Not so much sport as fitness, gym, bike, run, kayak, ill have a go at most things. Also follow motorsport (mostly bikes) and golf. And, in a reversal of male / female stereotypes, you go to the footy, I'll stay home and watch the grass grow.

Other interests: many and varied. you should ask me.

Profile Body:

I figure talking to yourself is acceptable but talking to yourself in a pirates voice probably isn't. I started doing that today and i figure i need to get out more and meet some people before i topple over the brink into complete madness. Don't be alarmed thou, all the sharp utensils are under lock and key.

OK, I realise this profile tends more toward the humorous rather than the serious which I guess is indicative of my personality so here are some details which might help to round out the picture.

I work as a paid fire-fighter, a job i love and have been doing for over 155 years. Days off are spent keeping fit, reading, going to the movies, riding bikes...both mountain and motor and, of course, looking for my favourite hat.

I have a large family whom i see fairly often but not often enough. I grew up in the country (or should I say I got older in the country) but, after 20 years in Melbourne, any trace of the "country boy" is well and truly gone.

Whilst I have your attention, can you please be who, and what, you say you are in your profile. Ideal partner:

Between 25 and 42 years old , at most 5'7"/170 cm

Hmmmmmm, Fit, fun, confident, adventurous, young or young at heart and can tell me where I left my favourite hat. It's gotta be around here somewhere. Oh, on the off chance you do feel sufficiently inspired to send me a kiss, please include your photo password if applicable ;-)

Ok, so you're online, you're searching for profiles of other women and you find a few you want to email, what next?

The first email is crucial. You have to remember, women are getting sometimes hundreds of emails a day, so you have to stand out straight away!

Just like in marketing, your headline should be eye grabbing!

The best way to do this is to mention something about her profile in your headline. I've made the mistake of writing things like "hey there" in the subject heading and it's really not a good idea.

If in the photo she puts on her profile, she's wearing something unique comment on it.

Example Subject Headings

Where did you get that necklace from?

I don't think you're going to like me...

That top you are wearing is....

You're lucky I emailed you!

etc....

Things like that get a woman's attention when she's reading her email.

That's the first mistake most people make, the second one is they write too much in their first email! They write a whole life story. Just keep it short and sweet.

Here is an example first email I use.

Heya,

If you want to have an enthralling chat/get to know me better my msn address is myemailaddress@here.com so that's the place to do it, or even better, over a crownie or 3 :) I live in City, near some place.

I'm off to try and find a place that does a decent oysters kilpatrick, so have a good night.

Cheers

your name, your profile id name

P.S. make a funny comment here about her profile/suggest if she doesn't have msn to either download it or buy you a beer and meet up instead.

Notice I don't try and get an email relationship happening, you need to hook your date quickly.

You need to get from one step to the other quickly.

If she emails you back and says she doesn't have msn or any instant chat device, ask her for her phone number.

It's that simple. Don't become email buddies!

Another method I use when the lady I'm contacting is a little hesitant to give away too much contact info is to use a bait method. I know that's a terrible way to put it, but it's true.

This email I'm about to show you gets the woman interested in having a conversation with you. Women love to have a conversation and to be asked questions, but you have to know how to do it the right way.

Here is an actual email I send out to this day.

"Girls name here, I need a woman's opinion, (assuming you are the attractive woman in that photo and not an 80 year old man with braided ear hair). My friends and I were talking, and we were saying how cool the 50's and 60's were, especially the dating.

I miss that excitement of dating a girl the old fashion way? And I don't mean beating her over the head and dragging her back to my cave. What do you think?

Let's catch up for that drink, my phone number is # - or if you want me to do the ringing, send me your phone #. Call me cautious, but I always like to talk to girls first before I meet them."

This public speaking program gives great results in building your confidence and power of persuasion both in dating and in your career.

[Click here to learn about this amazing tool](#)



Communication That Gets "Results"

Ok, so you've got the girl on msn or ICQ or whatever you want to use, what next?

Chatting online is the best way to work on chatting to women without the fear of being nervous or making a fool of yourself in public. Just have fun and go with the flow.

Don't bog the conversation down with general chit chat. Talking about the weather, what she does for a living are things you can talk about when you're dating.

The idea of chatting online is to get the girls phone number and move to the next step.

Here is a sample conversation I had with a girl very recently after moving her from email to msn.....

Me: hey stinky, how goes it

Her: I do no stink

Her: I'm good, feelin better

Her: And u?

Me: Much better

Me: So when are you going to buy me that beer?

Me: I'm busy this weekend and I want to make sure you are completely over your cold so you don't infect me by sitting to close to me.

Her: hahah, I won't infect you promise!

Me: Give me your mobile # and I'll give you a call when I'm not busy, I want to make sure you're really not a 59 year old man, who's overweight.

Her: Oh yah, because being overweight would make all the difference.

Me: Stop stalling and give me the digits.... :P

Her: Ok, (number here), just don't stalk me.

Me: No worries about that, it's my week off. Ne way, gotta run, I'll ring you when I'm free.

So, now you have the girl's phone number. What next?

93% of all communication is done with your voice tone and body language. If you ring up a woman asking for a date and you sound like Mickey Mouse and are all nervous, you've blown it straight away, no questions asked.

Again, the idea of using the phone is to get the date, not to have a general chit chat. Most guys have this habit of speaking for ages on the phone and not getting to the point.

Before you ring, think about what you are going to say, how you are going to say it and what you are going to say if she throws a curve ball at you.

Go into the phone call with a plan, think about what you are going to say and you will be fine. Too many people fear confrontation, just ask for the date and if she says no, she says no, just move on.

If you don't get a returned call you should probably move on, happy that you didn't waste another moment with a rude jerk.

If, on the other hand you're the adventurous type, you can try this. Call the person up, but don't leave messages on their answering machine or voice mail. Wait for the person to answer.

Just so you know, phones these days usually tell people who has called, hung-up, when and how many times, so please don't ring 50 times a day, because more then likely they will know you were doing it and it looks a bit stalkers.

If after you called a few times over a few days and no one picks up, leave a short, funny message about not being able to get a hold of her and she can ring you back.

First Date!

This is going to be a rather long part of the book, simply because it is so important. And being as important as it is, I will give you more than just advice, I will also give you ideas on what to actually do on your first date.

So you've got the date but you have no idea where you are going to go on your first date?

The best date in my opinion goes as follows.

You call up the girl, tell her to meet you at your favourite cafe or bar for a quick drink. Chat for an hour or so, call it a night, go home.

That's it. No crazy activities, no trying too hard to impress her, just a simple getting to know each other.

Guys try and impress too hard on first dates and take them to the most expensive restaurants and buy them fancy dinners.

Make sure you never let your first dates go for too long, I never let them go over 2 hours and most only last an hour or so.

It's not about how long you spend on the date or how much money you spend, it's about the impression you leave on the girl.

If you are funny and confident and the girl has a blast, all you need is an hour.

Yes, I've taken girls home after a first date like this, but I don't recommend it.

Like I said in the previous chapter, body language and voice tone are so important when dating. You

want to speak with confidence, walk with confidence and BE confident.

Here are a few tips:

- Do everything slowly

What I mean by that is don't look like your panicked or in a rush. Make every movement deliberate and cool.

- Walk slowly and upright

When you're walking, always walk with your shoulders back and slowly. Stand upright with good posture and stick your chest out and look around like you own the place.

- When sitting, lean back in your chair

Don't lean right forward and smother the girl, give her space, lean right back and look like you're too comfortable.

- Maintain eye contact and never mumble

Always look at her in the eyes when you're talking and never mumble or cover your mouth when you speak.

Now, along with those tips I have decided to include a lot more advice and suggestion for you to work with. First there is...

Passions, this can start a very sexy conversation and make the both of you more attractive to one another.

Again, women are very attracted to men that are passionate about something in life and know what they want out of it.

Stuff to talk about, this is very important to know. Because talking about the right things can get you ahead very quickly. But talking about the wrong things will end your date even quicker!

Career, ask your date what they do and if they have any career aspirations. Try not to talk about where they are right now too much, instead focus on the pleasant future ahead. Talk about each others dreams and life goals.

Family, talking about this is a pretty safe subject. But the downside of this is that it can sometimes be quite boring (both for you and her).

Talk about her, everyone likes to talk about themselves and everyone likes it when people listen to them. This is a great way to find out what type of woman your date is. If she doesn't ask about you very much, that can usually mean she is not very interested.

So, talking about your date will do more than make her happy. It will also give you a chance to get to know what kind of person she is.

Travelling, ask your date if they have been anywhere special or are planning a trip anytime soon. Most people love to travel and travelling is something exciting...which is a good thing.

Hobbies, this is also a safe conversation. Everyone has hobbies, and most people don't mind talking about them. But talking about hobbies will not only make conversation, it can also tell you about the kind of person your date really is.

If she likes something crazy and adventures, than in more cases then not...she is just like her hobby. But if she likes reading and collecting butterflies, she is most likely a more shy and conservative woman.

Now, the things mentioned above are great conversation starters. But while it is very important to know what to talk about on a date, there are also things that one should never discuss on a first date. So, here are the things you should **not talk about...**

Health problems, leave that sad talk to your friends. Don't talk about your heart problems, the injuries you have sustained from a car accident or the rash you have on your inner thigh!

Talking how sick and fragile you are does not make you attractive. Women don't want to take care of you while you are sick, it's just not one of their fantasies. Women want you to take care of them.

Past girlfriends / boyfriends, never under any circumstance should you talk about past relationships, especially if they ended badly. No one needs to hear about bad relationships on a first date, it sets a bad mood and it's just plain rude. Do not even talk about it if they ask.

Boring stuff, just because you know a lot about computers, does not mean she wants to hear about it. Who cares how much ram your computer has, it does not make you anymore attractive.

How much you love your dog, there is nothing wrong in loving your furry friend. But there is something wrong with making your date feel jealous of a golden retriever.

So that is the stuff you should not talk about. But there is more to dates than talking, there is the matter of where you are going to go.

So here are some date ideas if you don't feel like taking her to your local bar:

Call your local pool hall, find out when its the quietest time and go have a game of pool together.

Go golfing, mini golfing in particular because there will be other couples around and it will be a more comfortable setting.

Go window shopping in a trendy part of town, just don't buy anything expensive! Remember, first date!

Do a charitable cause together. Meals on wheels, retirement homes, soup kitchens, wild life rescues!

Go to a rodeo. Not everyone's idea of a good time, especially animal activists, but it can be fun.

Go to a glass blowing display.

Take your date to a concert. If you've been friends with this person for a while, you'll know what he or she likes and you can work on that. If you don't know the person well,

Take a drive down to the beach and walk and talk. It's a cheap date and a good way to find out about the other person.

Take your date on a picnic by the water. Make sure there are plenty of rest rooms and shelter around just in case.

Go to the casino. This is not everyone's cup of tea, but what could be more exciting then winning big. They will never forget it.

Go go-karting. This is a great way to find out if your date will try just about anything once.

Take your date golfing. Find a local golf course that caters to beginners and do only 9 holes.

Go to the golf driving range. This is probably a better idea than golfing, it's cheaper, shorter in time and more fun.

Have your palms read. Most women find this sort of thing very interesting.

Take a limo ride around the city. To find the best deals, use the Internet to find local companies with websites.

Go to a roof top or revolving restaurant. Eating outdoors always makes things more memorable, just remember to make a booking first.

Go to a day spa together and get a massage. Go on the Internet to find the best deals.

Go hot air ballooning. Probably not the ideal first date as it's a little expensive and hot air ballooning is done very early in the morning.

Go on a lunch date. Perfect idea if you work together, just make sure your date knows it's a date and not a friendly outing.

Go to a local museum. The most popular types of museums are the interactive types, with displays, not things like art galleries.

If your date is the sporting type, take her to a local sporting event. You could even go to a college game.

If you know how to ride a motorbike, take your date for a ride somewhere scenic or at nighttime in the city.

Go to the batting cages. Not everyone's idea of a great date, but you'll soon find out if your date is easy going or high maintenance.

Frisbee golf is another date idea that will certainly tell you what type of person you are dating. If you are not sure what frisbee golf is, go to google.com and look it up, it's a lot of fun.

Go to your local jazz club and relax. Everyone loves jazz.

Go to the zoo. Most zoo's have night time exhibits or exhibits out of the norm for people to see.

Go to the local fair. Every year we have a local fair where I live that has show bags, rides etc.

Getting up early and going to the flea markets is a very cheap and fun date. If you are not big on sitting down and talking, this is the date for you.

Take your date for dinner on the boardwalk. Very romantic!

Go crabbing together and eat what you catch.

Go to an amusement park together. This idea worked 40 years ago, and it still works today. It's exciting and you don't have the pressure of having to come up with topics for conversation constantly.

Go to a ski resort and have a something to drink and eat at the lodge.

If you have a boat or access to one, go boating down a local canal or river.

The truth is that there is no shortage of things you can do on a first date, the ideas above should get your mind working!

Controlling the Relationship

Most Girls have a tendency to be their own worst enemy when it comes to killing attraction. If a girl had a really great time with you, she will call you constantly, but it's your job as the man to control the relationship.

You don't have to pick up the phone every time she calls you know.

Talking to each other constantly will ruin the attraction when you first start dating.

Here is what I do after a good date...

Call her the next day, tell her you had a great time and you hope she did as well, make a funny comment and go.

Don't ask for a second date straight off the bat. You want her wondering about you for a while, building anticipation. You don't want to come across as needy and desperate.

Don't text her, don't email her, don't talk to her on msn, icq and don't ring her for a few days, then out of the blue, ask her for a second date.

If she calls you, you can pick up and go I'm kinda busy right now, and can't talk, so why don't we meet up, Tuesday next week at this place.

She basically did the asking out for you by calling back and you don't come off as needy and desperate because you make it look like it was her idea!

Never see a girl more than 2 times a week when you are first dating for the first few months and you should be dating other women.

Date Different Women

Most men think that dating multiple women at the same time is a wrong thing to do and it's cheating. They couldn't be farther from the truth.

Men think this because women have told them that guys who date other girls at the same time are scum, yet they continue to date them....

I'm not talking about sleeping with millions of women every week, I'm talking about going out and having fun and meeting new people in a friendly environment.

If a woman says after a few dates, I think we should date exclusively, you have to ask yourself if that's what you want, do you want a relationship, because that is pretty much what she is asking.

Just be honest with everyone you date from day one and there will be no problems what so ever if you want to date multiple women at the same time.

Just don't cheat on someone if you said you would date them exclusively, don't be a jerk and treat women badly, just be honest and have fun and they will respect you for it.

Defeating your shyness

If you are like me, you are probably very shy and would probably feel uncomfortable asking a girl out even if it's obvious that she is in to you.

When it comes to dating, shyness can be like a crippling disability that prevents you from meeting anyone. That being said, this chapter is all about defeating your shyness and becoming more confident in yourself.

You can defeat your shyness by:

Simply communicating with new people. Just go up and talk to everybody and anybody in situations you normally wouldn't. Start conversations with people in the elevator, train, bus, grocery store. It does not have to be only women, talk to everyone and anyone.

If you are way to shy to start conversations with strangers on the bus, force your self to communicate with others by joining classes or clubs that force you to communicate.

Don't be afraid of being rejected. Simply put, rejection is a part of life. If someone you ask out rejects you, who cares really? If no is the worst thing you ever hear in life you are doing well. And besides, like I said before even the best looking guys on the planet hear "no" more often than "yes".

Is She Interested in ME?

Ok, so you have made it to the first date. You have followed the rules and you made a girl want to find out more about you.

As you may be guessing, this is only the start of a relationship. Now, the good thing is that you can learn a lot from a first date. Enough to know whether or not the girl you took to dinner is as interested in you as you are in her.

A big part of successful dating is knowing when to quit, and knowing whether or not your date really likes you. This will save you a lot of time and headaches.

So, here are the major signs to look for when on a date to know when your date is "not interested"

She does not pay much attention to what you are saying

this is a clear sign of wishing to be somewhere else, with someone else. Not only is it rude and annoying, but in most case it is a clear sign that you should end the night early.

She keeps looking around at everyone that passes

It is really quite simple, if she is interested in you she will not want to take her eyes off you. Now, some girls may feel uncomfortable keeping eye contact at all times. But there is a difference between avoiding eye contact and looking at someone else.

Always checking the time

they obviously feel like they could be doing something more important with their time, so let them leave. Of course this is not always the case,

a girl may really like you but is late for an appointment.

But the again, if she is having a blast you will be the only one on her mind.

She forgets your name

If you are important to her and she has any real interest in you. She was probably listening when you told her your name and made an effort to remember it.

"I'm not looking for a relationship right now"

When a woman says this, what she is really saying is "NO". So take the clue and do your self a favour, don't ask for a second date!

What happens if they show none of the signs above but do the following after the date?

Don't return your emails or calls.

They are never home or are always out of town

They keep telling you how busy they are

They don't remember a thing you told them the next time you talk

They ask if you have any hot friends

It means they are NOT INTERESTED!

Now, besides online dating here are some places to meet women in the "real world":

1) Singles travel

I'm not talking about travelling with a bunch of

single losers all looking for love. Single travel is very different. It's a bunch of people wanting to travel the world, but want to do it in a group with other singles.

You can see what I mean by visiting the following sites

<http://www.contiki.com> - My favorite, I'm planning on doing a few trips soon.

<http://www.club18-30.co.uk> - A little more adult orientated

If you want to travel but don't have anyone to travel with, these types of services are great!

2. Online dating

This one is great if not a little tricky. Using a local online service <http://www.rsvp.com.au> I went on 12 dates in a 4 week period and had a blast with some very attractive young women.

The secret to online dating is three-fold.

- a) Having a good photo
- b) Having a funny and mysterious profile
- c) Being able to follow up via email successfully

It's actually quite a challenge.

Some of the more famous online dating services are listed below.

<http://www.oneandonly.com>

<http://www.match.com>

<http://www.rsvp.com.au>

<http://www.lavalife.com>

If you want regional specific or niche dating sites, go to <http://www.google.com> and put in exactly what you are looking for. IE - Gay online dating or adult online dating.

3. Speed dating

This is something I havn't tried yet. Most online dating sites hold their own speed dating nights, so that would be a good place to look for information.

If not, do another search using google.com

4. Gym

Yup, you'd be surprised how many people meet at the gym. I've met quite a few women at the gym, the trick is not to go there for the sole purpose of looking for a date. A lot of people do that and you can tell if you've been at the gym for a while who they are and it's quite funny after awhile.

Go there because you want to improve yourself and just chat to people in a friendly way.

5. Take a class

I personally take many classes at the local college and elsewhere. I do classes that interest me, not classes I think girls will be in.

I take a class in cooking, golf, writing, German history and a few others I'm embarrassed to talk about.

By taking these classes, I'm not only enjoying myself, I'm meeting people with the same interests in the process.

Conclusion

By now, you should know a lot more than most men about successful dating techniques and making yourself attractive to women...it really is quite simple isn't it?

But remember: dating is still a numbers game and just because you now know what women find attractive and how to behave yourself does not mean your success is guaranteed.

The truth is not every single woman will be attracted to you just because you know how to behave yourself in an attractive matter. But like I said before, even Brad Pitt hears a "no" more often than he hears a "yes"!

So the thing you must remember is there are plenty of fish in the sea! So just because the first girl you tried your newly found knowledge on does not seem interested, you should simply move on and find someone else.

It's a numbers game and the numbers are now in your favour more than they have ever been...

Good Luck!

Doctor Zee

