

Not Caring What Other People Think Is A Super Power

## CHAPTER EIGHT

### *Relationships*

**Men are simple. What's complicated is accepting how simple they really are.**

Both men and women are complicated. The difference between men and women is the transparency of our basic motivations. Men's desires are easily quantifiable and tangible. Men are motivated by how much they can control and influence their reality. A man out of control is a man in discord with the world. Whether he is wealthy or of average means, the larger his degree of control, the better he will feel.

To make a man happy in a relationship, all that is needed is support and physical beauty. She doesn't need to be the most beautiful woman in the world, but she needs to be the most beautiful version of herself. This is easier than all the advice on how to attract a man might suggest. Men don't care about make-up or exceptional style. They care if you maintain good hygiene and are physically fit. It's very simple.

Men want a girl that is supportive and inspiring. There are many ways to be this way. If a man has an attractive partner that brightens his day, he will be inspired to move a mountain to wage a thousand wars. A supportive woman that maintains her appearance is a simple and accurate list of the demands most men have.

**Actionable Advice**

For men, understand that these two things determine your long term happiness and level of attraction to a woman. Therefore, it is important that you screen for them from the start. You may not know how a relationship will turn out, but if you begin with the end

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in mind then it's more likely that things will go well.

Only approach women that you find attractive. During the conversation, discover her general demeanor and outlook on the world. Positive, almost naively optimistic, is better than pessimistic and sarcastic.

**You learn more about a couple watching them argue for 5 minutes than seeing them happy for 5 years.**

Even the worst paired couple looks like a match made in heaven when things are going well. Their true compatibility is only revealed during times of disagreement. As human beings, we will always have something to disagree about. It's unreasonable to think this will ever change, yet we still manage to (mostly) co-exist.

This means that agreements and disagreements between two people are temporary conditions. As such, any judgments rendered about a couple while they are happy are at best, incomplete, and at worst, inaccurate. A complete and accurate portrait of a couple is only formed when you watch them settle a conflict.

The true test of a relationship is how fights are handled. The goal, above all others, is to strike an agreement beneficial to both sides. The benefit doesn't have to be maximal nor must it be what both sides originally intended. All that matters is that there is an improvement over the original situation and both people feel that they've gained something.

Couples focused on solving the problem approach arguments as negotiations. Couples that focus on selfish gain approach arguments like war. The victory they achieve will only be pyrrhic in nature. No couple can survive fighting in a relationship if the goal is to destroy the other person.

**Actionable Advice**

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Adopt the negotiator's mindset. At the very least, when you have interrelationship conflict you must think about how you can make both sides win. When you think like this, it automatically keeps you focused on and more likely to achieve the main idea: to get something for both parties. By adhering to this mindset, you are more likely to emerge victoriously.

If you are only focused on defeating the other person, then your chances of victory decrease. Most disagreements aren't worth disrupting your peace of mind over. The ones where there is a position or item at stake, approach the argument with the following idea in mind: "it is better to win a little than lose it all". When in doubt, let this guide your words and actions.

When changing your manner of thinking, it is natural to go too far in the other direction. You don't want to give up your entire position. Your goal is to negotiate and compromise—not to become a doormat that gets nothing in return. There is no hard rule for what you should and shouldn't give up so you'll have to navigate this yourself. But just as your goal isn't to completely dominate the other person, it's also not to completely subjugate yourself.

**Good women make you fall for them. Great women inspire you to become a man that keeps them falling for you.**

A good woman does not add any stress to the life of her lover. She is pleasant and they almost never disagree. When disagreements occur, the path to resolution is peaceful and swift. While not spectacular in any way, she is not a detriment to his life or well-being.

There are many women like this in the world. There are also many bad women in the world. A man could (and usually does) do a lot worse than a good-woman. Aiming to be a good woman is not a bad goal. Most men spend their lives looking for a good woman.

On the other hand, a great woman has one thing that the good woman does not. There are many physical, mental and emotional traits that allow her to have this one thing, but it is what separates her from the women that are just good. A great woman inspires those around her. A great woman, more than anything, inspires her man.

Many men get into a relationship and consider it the finish line. Outside of doing what they need to do to excel in their chosen profession, they cease almost all behaviors that make them attractive. They coast at the level they entered the relationship at.

However, nothing in the universe is neutral so they regress until they become an unattractive shell of their former selves. The power of a great woman is that she inspires the man in her life to keep improving. In this inspiration, she also inspires him to find new and exciting ways to be attractive to her.

This is what separates the goods from the greats. The goods are relatively rare and will make a man fall for them. Sometimes they do this based on nothing more than being a better alternative to the other options. A great woman, on the other hand, makes a man want to be better every single moment. Great women attract a higher quality of man, but the man they find never regress. She is part of the reason why.

### **Actionable Advice**

Adopt the belief that no matter what, you must always be improving. This will ensure that when you get into a relationship that you won't ever let yourself stagnate, for stagnation is death. As long as you are in the process of continual improvement, this is the standard you will judge any woman by who enters your life.

If you are improving and she is not improving, then you'll be in a better position to recognize this and thus move on to a relationship that is better suited for you.

**"I'm focusing on my career, health, or some nonsense instead of trying to meet someone" is the worst excuse ever by lonely people.**

There is never a right time to start a new relationship but there are a few bad times. You probably shouldn't start a new relationship if you're currently in one. Or if you're headed to prison. Outside of these situations, you can always start a new relationship.

The conditions may not be ideal, but they will never be ideal. This is because solving problems is part of what defines life. If you wait until your life is perfect to fall in love, then you will wait for an eternity.

It also implies that somehow the relationship will not add any problems to your life. This is a falsehood that many single people subconsciously believe. When you get into a relationship then you get a new person to experience a new set of problems with. While you should not neglect your problems to pursue a romantic relationship, a romantic relationship—being part of life—also presents an opportunity for new problems to arise.

The time spent building a potentially meaningful relationship does not detract from time spent developing a career or improving your health. These things often work in tandem and give you motivation. Using your problems as an excuse to stay single will ensure that you remain that way long after you solve them.

**Actionable Advice**

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No matter what, you are always the problem. It is not other things in your life. And if somehow the other conditions are detracting but you are interested in improving your romantic life, you'll make the necessary modifications. But you have to be honest with yourself that this is what you really want.

If you aren't interested in pursuing romantic options, own that decision. If you are interested, do what you must to make it happen. But you are longer allowed to attribute anything in your life to an outside force—romantic or otherwise.

**You learn just as much from being in a serious relationship as you do from playing the field. Likewise, you aren't complete until you do both.**

Despite the fact that being single and playing the field require two different approaches, they both demand you understand fundamental ideas about the way men and women interact. They are different sides of the same coin. Lessons learned from your relationships as well as flings eventually make you a capable general in whichever life you chose to lead.

You may choose to have a wife and a family or you may choose to spend your days in eternal bachelorhood. Either way, you'll be equipped to handle the ups and downs that the women in your life bring. This ensures you'll be happy so that everyone around you will also be happy.

### **Actionable Advice**

For a man to be completely happy, he must feel as if he can survive. This is not only limited to his resources. He must have confidence in his psychological abilities as well. The only way to get this confidence is through experience.

If you are not having the experiences you want with women, learn from men more experienced. You can do this in direct conversation or through their writing. Most importantly, learn from your own interactions—whether they be short or long.

**Within 3 months of a new relationship, you already know what's going to break you up. If you stick around, you have no one to blame but yourself.**

One of the challenges you face when starting a new relationship is learning about what makes the other person tick. When you meet someone new, your perspective is tainted by strong emotions. This has the ability to color your judgment about the true nature of the new romantic interest. This may cause you to subdue the feelings you get when they do something contrary to our values.

In a new relationship, you know what's going to break you up. When the new emotions stabilize, the once ignorable habits become intolerable. Rarely do people change in relationships. Rarely does your tolerance change in relationships. What changes is your ability to ignore the offense.

### **Actionable Advice**

The only way to guard yourself against the persuasive powers of a new partner's charm is to ruthlessly adhere to standards. There is a danger of becoming dogmatic with this approach and mistake slight mishaps for large grievances. The way to inoculate yourself against this is to be strict about where you draw the line, but lenient in all the things.

Having your tolerances clearly defined ahead of time will allow you to lose yourself in the pool of love because you have a lifeline to bring you back if things do not go according to plan. By letting everything else go that does not affect your standards, you can enjoy new

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love without worry. This is a win-win situation.

**Unless you're from a city with +1 million people, expect to have a hard time dating and making new friends as you improve.**

The further away you move from average, the smaller the number of people there will be that you connect with. If we look at this as a statistics problem and assume that the defining traits of a population are normally distributed, then once you are 2 standard deviations away from the mean, only 5% of the population is on your level. Once you get to 3, you find you have almost nothing in common with 99% of the population.

Let's assume that you make it two levels above the normal. This means you enjoy deep and meaningful conversations, staying in shape, live with a goal or mission, and would rather solve problems with like-minded people rather than argue over things that have nothing to do with your life. In a city of 250,000 people, there are just 12,500 people you mesh with. This might seem like a lot, but you have to remember a few things.

Many will be too young (not yet developed) or too old (not mobile or fully able) and thus not exposed to the general population. Some will be extremely busy (as people of this caliber tend to be) or occupied raising families (people of this caliber don't have a problem mating). Although there will be some venues that attract a higher portion of them, it's safe to assume that they'll be scattered amongst the city. As you improve in a city this size, you'll have fewer people that you are capable of connecting with.

In a city of at least 1 million, the numbers look a lot

better. Now you have 50,000 people to choose from. Even with all the conditions above, you still have a sizable portion of people you are likely to connect with. Because there are more like-minded people, there is a great chance there is a structure of support. This means more places they are likely to meet and a bigger network to introduce you to others. Self-improvement is often a lonely pursuit, but it doesn't have to be if you live in a place with enough like-minded individuals.

### **Actionable Advice**

Not everyone has the means to move to a bigger city. To get an idea of how many people there are in the world that share your mindset, find online communities that share your perspective or interest. You may already do this, but take special note of their locations around the world. They will likely be scattered around the world. Though the point of this exercise is to learn to use the internet to find communities of like-minded people, also take note of how few and far in between these people are.

**The most underrated skill in seduction is the ability to screen women. You will get old and ugly one day. Don't waste time with soul suckers.**

When men learn how to meet and seduce women, they become enamored with their new ability. Going from romantic invisibility to having options with attractive women is one of the best things to happen to a man. It is also extremely intoxicating. It is incredibly easy to go overboard with these new found abilities.

What guys discover is that an increase in quantity does not guarantee an increase in quality. Due to an increase in the number of encounters combined with detrimental societal forces at play, you end up meeting a higher percentage of low-quality women than you would have without improved game.

Sadly, guys never learn how to screen for women that will form wasteful relationships. Guys are generally good at detecting the red flags of craziness, but are terrible at not getting involved with these types of women.

For all of the dedication and discipline that goes into learning to be an attractive man, surprisingly little of it is expended on learning how to control urges that land men with highly questionable women. The most underrated skill in seduction is not just the ability to screen for red flags, but also the discipline to avoid the women with them.

### **Actionable Advice**

Good judgment comes from experience. Getting lots of

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experience requires bad judgment. Think about all of the romantic encounters you've had. If your list of flings and relationships is running low, add in girls that you know well enough to make an assessment of their personality.

It doesn't matter if they're single or not. Group the people into three categories: "marriage potential", "dating potential", and "run the hell away from" potential. Base this only on their personality traits.

Once you have the people grouped, take a look at the people in the "run the hell away from". They will have commonalities. You will see these commonalities in every aspect of their personality and appearance.

Mark these down for your future encounters. People are remarkably predictable. Take note of how their behavior corresponds to the flags you track. The consistency you see will go a long way in your ability to screen potential mates.

**The best part of being alive now is that we can find other people who are woke. The old days must have been lonely.**

Even if you live in the middle of nowhere, the internet makes it possible for you to exchange ideas and meet interesting people from anywhere. You can learn anything you want from any place you want to. You can meet anyone you want to and learn from their experiences first hand. While it can be argued that technology has made people interact less in person, it has also allowed people to form relationships that would have otherwise never occurred.

Nearly everyone today can form their own tribe, even if it's virtual. From there it's only a matter of time before you have friends that you are meeting in person. Though one of the greatest criticism of the internet is that it leads people to antisocial behavior, it has incredible potential to form new relationships of all types.

### **Actionable Advice**

You likely already belong to some type of internet community centered around your interest. If you don't, your goal is to find one. Once you do, your goal is to take on more of a leadership role in the topics you discuss and the ideas put forth. Nurture and grow your community, as it is as much a part of you as you are of it.

**Find someone that's perfect for you--Even if they aren't. Especially if you aren't.**

This is a poetic way of expressing an empirical fact. People are happiest when they match up with someone within a point of their own level of attractiveness. It assumes that men do most of their assessing (on the 10-point scale) by looks and that women do most of their assessing by personality, status, and income. The happiest couples are those where the woman is as beautiful as the man is successful. You want to find people with your level of imperfection in these metrics to assure maximal stability.

This pairing goes even deeper. Ideally, you want to find people that are at about the same place you are in life, moving the same direction at about the same speed. There are exceptions, but this is the general formula for two people matching well and having timing on their side. What's great about this is that you can always find someone who is where you are in life, trying to get where you are going and will learn with you.

In the end, building a relationship is about finding the best match for you. Not the match with the highest ranking. You want to find someone where you are or is willing to be patient while you catch up.

**People can tell a lot about you if they meet your girlfriend first. Your standards speak volumes about your character and self-esteem.**

Dating is a marketplace. In this sexual marketplace, each person has a value. The value takes into consideration all of the factors one sex finds attractive in the other. The greater the value one brings to the table, the greater the value of the person they are able to attract. Therefore, one can make a fairly accurate assessment of the quality of a person if they meet their lover first.

The longer the exposure to a partner, the better the guess you can make about the quality of the person's mate. Who you are with speaks volumes about who you are to other people before anything you do or say reveals your character.

**Actionable Advice**

It is often said that you are the average of the 5 people you spend the most time around. This is correct but it's also just a mathematical convenience. You are also heavily influenced by who you spend the most time around. This not only applies to the person you are committed to but also to the caliber of people that you date. Therefore, this is an excellent opportunity for you to learn about yourself.

Observe the quality of the people you date or the person you are with. Assess their attractiveness. It doesn't matter what the attractiveness of a person once was. What matters is what it is at the moment. This will reveal more about yourself than perhaps you are prepared to confront, but it is a soft way to confront

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uncomfortable truths about yourself. The quality of the person we are with tells us a great deal about our level as well.

**A great number of relationships have been ruined by confusing blunt honesty with unsolicited opinion.**

People believe that their opinion is the truth. They treat this truth as if it's a gospel that needs to be delivered, regardless of the circumstance. Truth should never be concealed, but the mistake these people make is confusing opinion with fact. An opinion is merely your perspective on things. It may be based on facts, but the facts will speak for themselves. The opinion you form based on the facts is nothing more than an interpretation. Because it's not a fact, it can neither be right or wrong.

A fact is simply a fact. It is provable by a third party, can be independently replicated and leads to predictions precise enough to be tested. Statements regarding fact can be either true or false. Facts are falsifiable. Opinions are not. Some facts need to be shared. Others are shared for wanton cruelty. There is nothing to gain by the deployment of such facts and truths. But nonetheless, they are facts and as such people have a right to make a decision based on them.

Problems arise when a person shares an opinion and justifies the discomfort caused by claiming to be "telling the truth". This is not only incorrect but unnecessary. By mistakenly referring to an opinion as truth, it's given a false sense of gravity with real potential to do damage. People know their opinions are flimsy—all opinions are flimsy. But when looking to express an unpopular or derisive opinion, doing it under the guise of "just being honest" attempts to bestow upon it a legitimacy that it would otherwise lack.

### **Actionable Advice**

We can improve our ability to communicate by learning to be efficient and accurate. There is a piece of wisdom that says “If you propose to speak, ask yourself if it’s true, if it’s necessary and if it’s kind”. Try to make it through one day speaking by this standard and take note of how you feel.

Many of us default to sarcasm in our daily communication. This is nothing more than a defense mechanism. Speaking only true, necessary and kind words will cause you to see just how much of your speech is not designed to contribute, but rather to defend or ridicule.

**The Prisoner's Dilemma is a quantitative way to test the loyalty of your friends.**

The prisoner's dilemma is a problem that addresses incentives and relationships. There are many versions of it, but the basic idea goes like this: A pair of friends rob a bank, get caught, and are put into separate rooms. They do not know what the other is being told but they are given the option of staying silent or telling the police it was their friend who robbed the bank and they had nothing to do with it. They won't know what the other has chosen until they have made their choice.

If the friends betray each other, they each get two years in jail.

If one betrays the other but the other stays silent, the traitor goes free and the betrayed does 3 years.

If they both remain silent, they only do 1 year in prison.

The original purpose of this experiment was to demonstrate why two people won't cooperate when it might be in their best interest to do so. It certainly accomplishes this, but it also is a test of loyalty. True loyalty is tested only when it is a person's best interest to go against you but they remain by your side. Keep these individuals close, for they will go to hell with you. In doing so, they can make hell seem a little shorter. You end up doing 1 year in prison with a pal instead of 3 years alone.

**Actionable Advice**

Loyalty is valuable because we know that people make mistakes. If we only followed those who never do wrong, we would descend into anarchy. If you have no

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one loyal to you, then start by being loyal to someone else. While you can't excuse every mistake that a person makes, it's not difficult to be inspired by someone for the good they do. This will help you understand the value of loyalty.

**For a relationship to work two people have to be going in the same direction, at the same speed at the same time.**

The following claim isn't scientific. It's merely observation combined with analytics and intuition. The people most likely to remain together in a long-term romantic relationship are people who have the same level and type of ambition about advancing their life. If two people aren't at the same point or improving at approximately the same rate, then one of three things happens.

The most optimistic scenario is that the lagging party speeds up or the advanced party slows down. This works for some, but many aren't willing to take this approach. This means someone either has stifled goals or experiences overwhelming pressure. These are courses of action that lead to feelings of contempt. Contempt is the most poisonous emotion there is in any relationship.

What most often happens is that the partner moving at a faster pace or that's at a different place will get bored and view the other as complacent. The partner that's lagging will get bored and view the other as unavailable. This doesn't mean that the people need to have the same goals, but they do need to be moving towards something that improves their life along metrics that the both members find valuable. This is the secret to long-term happiness in a relationship.

### **Actionable Advice**

This is yet another reason to work at being the best

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version of yourself. This is done so that you always have the option of being the patient one in a relationship. This position gives you options and allows you to make decisions in the relationship about the direction you want it to go.

Ideally, you want to be at the same place, at the same time, moving at the same speed. Unfortunately, this is not always possible. The next best thing is to always strive to towards being the most ambitious person you can be. This way you will exercise much greater control over your romantic destiny.

**Unconditional love makes you complacent. You should have to earn and maintain the bonds of another person.**

Unconditional love is a very dangerous idea. It makes people believe that they don't have to earn the greatest devotion of time a person can make. The only people in this world entitled to unconditional love are a person's children. This is because children are such a huge investment of time and resources. Not only that, but a child is incapable of appreciating the sacrifice of time and resources.

Because an adult can appreciate the amount of time and energy that goes into building a loving relationship, they do not get the benefit of being in a relationship defined by unconditional love. They must do what it takes to remain lovable. Each person must decide what is a violation of love and have the emotional discipline to extinguish a relationship if these violations occur.

**Actionable Advice**

Decide what your deal breakers are in a relationship. Many people have only a rough idea, but you must take the time sketch out what actions or behaviors you deem intolerable for a person you are involved with. Take the list seriously. This is not your wish list of traits in a partner. This is the list that decides what makes you leave someone after you've formed a partnership. This list determines what you're worth in a relationship by clearly stating what behavior and actions you will not accept if they wish to receive your time.

**All dating advice reduces to 1) Ruthlessly enforce standards 2) Increase value to attract quality people. The rest are minor details.**

To increase the quality and quantity of people that you attract, you have to be more attractive. This means that you must increase how valuable you are to the people that you want to find you attractive. Assuming that you desire a high caliber of person, you'll have to increase what you bring to the table. People understand this part, for it is painfully obvious.

The part that is more elusive is what happens after you improve your value. Once your value is improved, then you will have a problem managing all of the people that you now attract. If you aren't careful, these situations will inundate you with undesired attention. Once that happens, you will miss out on quality individuals because you are exhausted and annoyed.

To improve the quality of people that you date, you have to screen out individuals that do not meet your standards. As you raise your value, you'll have more people that are interested in you so this skill becomes even more important. Don't just focus on increasing value. Also, focus on how to sort the best from the worst.

### **Actionable Advice**

There is a simple way to screen people. All you have to do is eliminate anyone that is in a worse position than you on any metric. This means don't date anyone in worse shape than you, less intelligent than you, less ambitious, less involved in the world, less family

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oriented, less whatever.

Your only goal is here to skim down the crowd of suitors that ultimately comes with being a high-quality person. This method of screening isn't shallow, as it means that you'll only be paired with people who are similar to you and thus better able to connect with.

**People love novelty. Routine bores them. You've got a better chance of getting what you want being different. At least you'll be remembered.**

There is so much stimulus in the world today. Between social media, mainstream media, alternative media, the people you work with and the people you care about, there is hardly any attention left for new things. However, the brain has evolved to believe that new things are good. As a result, most people have the power to be distracted rather easily. This is good if you want to gain the attention of the masses.

For people with developed discipline, getting their attention presents a different problem but the solution is the same. People that are good at shutting out the daily noise are able to do so because they know there is nothing special about it. Getting the attention of these people requires you to be different and unique. After all, they are used to the average person and event. You must be more than that in anything you put effort into.

### **Actionable Advice**

Never downplay what makes you different. Uniqueness is attractive and powerful. People crave familiarity but are seduced by novelty. If you have a hobby, talent or interest that is unique, embrace it fully. Whatever is different about you—be your athletic ability, music talent, interest in the world, or even style of dress, do not conform to the actions of the masses. You will disappear in the noise of them all. Rather, stay true to yourself and what makes you a unique individual. This is how you become a novelty in the world of routines.

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**Intense emotional commitment devours your life force. Beware of someone claiming to have been in serious love more than four times under age 30.**

An intense emotional relationship requires a great commitment of energy and time. This is true on both the large scale and within the individual. Because of the huge investment in time and energy, each relationship makes it harder to bond in the next one. Human energy is finite. There may be exceptions, but human beings don't seem to be designed for multiple, deep and intense pair bonds.

People who have a large portion of their energy removed (through a few long term intense bonds or several short-term bonds) have a difficult time getting close to anyone. Actually, it becomes impossible to bond not only because of the fundamental changes that happen in the brain but also because they exist in a constant comparison mode. Having many relationships greatly increases the risk of being in a perpetual “grass is greener on the other side” syndrome.

You must also consider the bad judgments and actions that must constantly occur to be in a state of serial relationships or heavy hook up culture. This is not to say that one should stay in their first relationship forever or never have a fling, but if a person isn't learning and becoming a better person from each encounter, then they are becoming worse. This is a simple law of the universe. There is no neutrality—either you are advancing or regressing.

**Sober game: If you can meet girls without drinking you are so far ahead in the game of life that other dudes might as well not play.**

If you need alcohol to talk to women, the places you can talk to women is mostly limited to happy hour, loud clubs and smoky bars. Your time to meet girls is also extremely limited. Unfortunately, this requires the sacrifice of productive time or time used to recover from other types of hard work.

Since you are drinking, your interactions are going to be ineffective and inefficient. Perhaps the greatest negative is that to avoid involuntary celibacy, you have to carve out chunks of your productive hours to meet women. This makes the interaction worth more than it needs to be, forcing you to focus on the outcome rather than the process.

When you talk to women sober, you have more opportunities. You can still talk to a girl that's drinking because you retain your wit and charm. However, trying to talk to sober women while intoxicated doesn't usually go well.

When you learn to talk to women without alcohol, you see how abundant your selection of women is. The quality of the women you meet will increase because there are some interesting girls that are simply too busy to be bothered with a bar.

You will have almost no competition because 98% of men will not hit on women sober during the day. The ones that try will say something awkward or inappropriate out of nervousness. This means that by

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being a normal guy that is courageous enough to flirt with a girl, sober during the day, you will be in the 1%. It's only lonely at the top because there isn't any competition. This is a very good thing.

### **Actionable Advice**

Start conversations with girls during daylight hours, sober, and as part of your normal routine. You are not allowed to meet a new girl in a bar either. While you don't have to be anti-social, you are no longer in the business of pursuing romantic opportunities in this environment. Every day, talk to a girl in a sober environment, with the intention of getting a date.

This continues until you are no longer single. We are building a fundamental habit that will improve your life in all areas. You will not only meet more girls, but you will also save a lot of time and energy that would have otherwise been used meeting women at night along with the activities that typically accompany it.