

Getting
the Good
Girls

Encyclopedia of
Seduction III

By Franco

Getting the Good Girls

Encyclopedia of Seduction III

"A Pick-up and Seduction Guide to get the Good
Girls."

By **Franco**

"To my wife, who is the prototype of the good girl I was
looking for"

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Chapter 1

The basics of getting good girls.

Dear Franco Seduction's Friends,

This is the second book of my Encyclopedia of Pick-up, Seduction and Female Relationships.

It is quite a long time since I published my first book: the Manual of Seduction for Husbands, Single Men and Players.

The Manual is soon going to be published as paper version under the name of Manual of Seduction for Husbands, Single Men and Playboys.

I have been glad to follow in the last years how my Manual of Seduction has helped many of you in learning pick-up and seduction skills and in improving your relationships with women.

In the meantime many new happy things have happened in my life: I got married and I have a wonderful daughter. I am still very happy and dedicated time to the cause of men. Men need to conquer another new frontier: the frontier of their love relationships. No big deal: we are used to conquer frontiers!

Being a family man is quite a tough job: it took some time to have this new work accomplished. As you know I believe that a man should always protect the members of his social group.

I still keep doing it: honor and duty are very important values in a man's life.

I hope you are doing the same with your peers and beloved ones, right now.

Being the **alpha of the group** does not mean that you should give up your sexuality. Being a leader and being self-sacrificing is not always the same thing.

Your women will lose attraction and respect for you if in the attempt of being the alpha of the group you stop loving yourself.

Never quit being the Prince!

I am happy to announce that Franco's Encyclopedia of Pick-up, Seduction and Female Relationships gets forward with its third book: "Getting the Good Girls."

The second book, the "Practical Female Psychology for the Practical Man" - written together with my good friends and business partners David Clare and Joseph Went South - has been published a few months ago.

The "Practical Female Psychology for the Practical Man" for friends PFP contains revolutionary information about female psychology for the modern man.

This third book: "Getting the Good Girls" is the beginning of a long series of short guides.

These guides will be dedicated to only one pick-up and seduction method, tailored for specific needs and specific circumstances.

Every method described in these guides will fit for guys, with particular needs.

In my consultations I am asked all the time: "Franco, how can I keep this girl?", "Franco, I want to find a good girl for a relationship", "Franco, how I can keep her attraction up in a long-term relationship?"

So I decided that the first book of the series will be about **good girls** and how to get them. Many guys seem to have this goal in mind.

This book describes a pick-up and seduction method tailored to get the so called "good girls."

The best definition I know of a good girl is this: "**She comes from the heart.**"

The credit for this definition goes to Player Supreme.

I felt in love for this definition: it describes shortly and effectively the essence of the good girl.

She comes from the heart!

A "good girl" -as you will notice soon -is not exactly the same thing as a "nice girl."

The real good girl is ready to make of your life a hell without mercy if you are not going to give her your heart, if you are not able to behave like a real man with her and make sure she is safe with you.

Notice: I am not saying you "have" to give good girls your heart. That choice is yours and only yours. Having choice is the unbearable lightness of being of our modern age.

I am only saying you have to be conscious of their phenomenology if you really want to find them and seduce them.

I only limit myself in my books about pick-up and seduction to describe phenomenology and possible solutions.

The final choice about what works for you is only yours.

Good girls screen by definition for men **who can provide safety.**

As typical women they project their emotions into the environment and deeply feel that **you** - the Man -should be the one to guarantee that safety for them!

So be prepared. If you want a good girl you need to create safety for her. They are not going to take any responsibility in regard to their own safety.

You will be the one to provide that.

This series of short guides will give you a basic structure for picking up women in different venues, attracting them and having them give you their contact information.

The method I describe in this book is quite fast and effective. It is very little time consuming after you have learned to use it properly.

You do not need to spend long hours in clubs at night.

You can pick-up her while you are out during the day, doing your business.

This is the perfect method for guys busy with an active business life and willing to find a good girl for a long-term relationship.

This method reduces the time necessary for all the process required to go from the pick-up to the sex to a minimum.

At the beginning - of course - you will have to practice a lot.

Later on, when you become good at it, you will be able to pick-up women, screen them for being good girls or not and seduce them in a very short time.

Your pick-up venue could be in this method a bookstore, a food store, maybe a cue in the bank, maybe a bus stop and maybe a crowded railway station.

Your **screening skills** will be the crucial factor in determining will you get into a relationship with a good girl or will you end up somewhere else.

What will make you sure that she is a good girl will be the particular method of screening I will teach you here on the side of this kind of pick-up method.

You will learn how to adjust your behavior so to smoothly get what you want.

This method of pick-up is built to elicit certain behavioral responses from her strictly connected with her good self-esteem, her values and her communication skills.

If she does not have certain traits in her personality she will not respond to this pick-up method.

This book will teach you how to pick-up a woman who is standing alone, browsing a book in a bookstore or maybe a woman choosing the food in a supermarket.

When you enter a venue like a bookstore or a food store you can often see women standing browsing books randomly, in different departments or trying to choose the right kind of pasta for the meal.

In a bookstore it could be the psychology department, maybe the literature department, maybe computer science, maybe marketing or whatever.

In the supermarket it could be the bread department, the meat department. Maybe she is trying to choose magazines before she gets out to the street or looking for a new carpet for her house.

Your aim is - with the help of this guide - to pick-up her from the bookstore or market, attract her and have her give you her telephone number or email address.

In this book you will use the contact information to meet her again another day.

The day of the pick-up will be the "Day I" in this book the "Day II" will be the day you will meet her with the purpose of having sex with her.

On Day I you will pick-up her in the bookstore, the food store or any similar venue. In the course of Day II the sex is supposed to happen.

In Franco's method your basic assumption is that you are going to have sex with her between the first and the third meeting with your focus on the first or second meeting.

This is **Franco's I - III rule**.

The "good girl" with whom you have to "wait for sex" exists only in your wildest **beta male** dreams. That mental image of girls is usually a result of your **Madonna-whore complex**.

A detailed description of the Madonna-whore complex and its effects on males are in the Practical Manual of Female Psychology.

Good girls **want sex**, plenty of it.

If you try to pick-up and seduce a woman without having sex with her between I and III meetings you will be classified by her as a beta male and kept in the jail of "let's just be friends" without the right for parole - **forever**.

In the last chapter of this book I will help you to overcome her ASD (anti-slut defense) ASD does exist but it is not a justification for you being a nice guy with her!

ASD is only apparently in conflict with what I wrote above: it is a cultural phenomenon causing guilt feelings to women about their sexuality. Good girls can be relatively free in their sexuality as much as it is possible in their cultural environment!

One big difference good girls have - compared to other kind of women like **adventuresses** or **materialistas** - is that they are not too much dependent from external validation in regard to their self-esteem.

Even if they try to get money out of you they do it only to feel safe, not to rob you and they are ready to give you something in return!

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Write it down: a good girl takes and gives. If she only takes she is not a good girl! Also remember that if a woman does not want sex then she is not a good girl: she is a **LSE LD Girl** (low self-esteem, low sex drive) and she should be avoided at any cost.

This kind of woman has big problems and would make your life impossible.

The second and even more important difference is that the good girl "comes from the heart" in her relationships with her peers and loved ones. She is the good one who does everything for her man. Everything she does is based on how much in love she is with you.

Yes, one distinctive trait of a good girl is: **empathy**. Empathy is the skill of seeing the world from the perspective of another person and acting accordingly. The Madonna-whore complex is so present in our culture! In spite of that the distinctive trait of the good girl is that **she wants a lot of sex**.

At the same time - while getting a lot of sex and giving the same to you - she is able to care for you as a human being and not only for herself. She is not going to harm you in anyway - for as long as you are a real man and give her the sex, the emotional closeness and the safety she craves.

If you go for the sex later than the III meeting with her you set a very bad frame.

It puts you automatically in the group of the beta males, who are not able to be emotionally and sexually dominant to a woman.

Not following Franco's I-III rule has also the effect of having you screen in the process for LSE LD women.

LSE LD women (low self-esteem, low sexual drive) are not good girls.

They are trouble. Very big trouble !

A good girl will make of you cheese to spread on her bread at her breakfast even more of a materialista or an adventuress if you are not going to be emotionally and sexually dominant to her!

The biggest difference compared to the other girls will be that the **she will also give** and not only get from you things.

In this method the focus is on the sex at least on II-III meeting because if you want a good girl you have to make sure that she will go for the sex **without "excuses"** and with a certain amount of **rapport** with you.

With the word "excuses" I mean that she has to want sex with you **because of you** and not because "it just happened" - like it could be the case with an adventuress.

Sex without rapport is the distinctive trait of an adventuress who wants to get validation out of you or of a materialista, who wants to get material possessions out of you.

Without getting into complicated psychological issues let's say that "rapport" means the skill she has to establish a deeper emotional connection with you which works in both directions.

This is basically exactly what women test when they game you with their: "you should open up to me" or: "I want you to be nice to me." They are testing if you are a good guy when they do that.

Their game is to take the nice guy out of you.

Good girls say: "I wish you open up to me" to test if they are safe with you.

Adventuresses say the same thing to test if they can get validation out you and emotional control over you.

Materialistas say that to come under your radar so that you start to please them by giving away your material possessions.

Women are usually condemned by their biology and social conditioning to first test can you be a "bad guy" and soon after try to change you into a "good guy."

This is because during history the "bad guy" was the one able to hunt and kill enemies. The "nice guy" was the one who did not make it in the battle for survival.

Women are hard wired to detect the "bad guys" first and then try to have them serve their needs.

Very often women harm themselves in the process.

In my extensive field experience in seducing women I did not find a single woman who would not have tested me for being a bad guy. Even the nicest girls did that.

Do yourself a favor and watch the movie Troy with Brad Pitt. In that movie about the war of Troy Achilles (Brad Pitt), Odysseus, Hector, Agamemnon are the "bad guys."

They are the ones having evolutionary value for their women and for all the other weaker men.

What you will do in this method shall be a little bit different compared to what women usually do: you will screen out rapidly the "bad girls" and screen in the "good girls."

Bad girls are of no use for you if you are looking for a good relationship.

Nowadays bad girls are of very poor evolutionary value for men - if we do not take into account having a lot of sex and fun with them - or unless you do not have in mind a career as a pimp.

They are meaningful for you only for fun and in the case you wish to spread your genes randomly - whatever your reason for that would be. In ancient times their value was very high as deliverers of children.

As I said in the next books I will describe how to game the "bad girls" if having fun with them is what you want.

Another important aspect here is that she "has" to go for the sex with you in a **totally conscious way**.

If she is not capable of that she is not a good girl and you can eject her fast.

This is very important to keep in mind: girls who do not like sex or have problems with it are not good girls.

In a long-term and good relationship you want to relax and be satisfied in the breaks between your hunting (your business, your mission).

If she has problems with sex she will not be able or willing to satisfy you and you will end up supplicating or being her therapist.

We are not going here to pick-up and seduce drunk girls, we are not going to pick-up and seduce girls who did it "in the impulse of the moment" or "because I wanted to have revenge on my boyfriend."

An important frame of mind you should always assume from the beginning to get a good girl is that she has to have absolutely no excuses for wanting to please you sexually and emotionally.

Her intent of pleasing you sexually and emotionally - and herself! - has to be pure.

In this method we will simple next the girls who do not fit into the above criteria.

What you will do on the first meeting on the pick-up venue will be - actually - what will get you the girl.

I have calculated that when you become good you can - under certain conditions - get a woman's number and attract her in 10 min on Day I, meet her on Day II and have sex with her in the time between 1 and 10 hours.

This method also fits very well for men who are willing to meet women with a good self-esteem.

You are in this method the **dominant alpha male** but not in such an aggressive way like when you go for LSE (low self-esteem) party girls and adventuresses of any kind.

In this method **you will do nothing to put her down.**

This will screen out the adventuresses of the LSE type early on. They mistake very often an abusive guy for being a self-confident guy and without a certain amount of "abuse" from your your part they will not be interested in you.

It will also screen out the adventuresses with a good self-esteem because they will find you boring and tell you they just want to be friends.

In this method you will do absolutely nothing to guarantee to her that you are going to provide her with material possessions.

A good girl will not assume that you have to give her material possessions without telling you what she intends to give you in exchange.

So you will not display anything to her about your personal finances. That is a very good way to shoot down materialistas from the beginning.

A wingman of mine I have coached times ago has been looking this year for a good girl for a relationship.

When she asks: "What you do for living?" or: "In which part of the town you live?" with the purpose of finding out about his social status he answers:

Wingman: "No talks about business. Let's not mix love with this kind of things!"

This guy is one of the most famous business men in the country I live! He screens out materialistas quite effectively in that way. If she shows too much interest in your finances she is not a good girl and especially if she is financially independent herself. If she comes from a traditional culture you can be more flexible but remember to always keep an eye on her.

Expect all the time that in the course of your pick-up the adventuresses will push you all the way long to get attention.

You have to be prepared for that!

Expect in the course of your pick-up that the materialistas will test you and push you all the way long to get material possessions out of you.

If you are looking for good girls then you have to screen these two out early on.

For an extensive description of the phenomenology of adventuresses and materialistas refer to the Practical Female Psychology for the Practical Man.

The former terms "Freak" (validation-seeking girl) and "Ho" (possessions-seeking girl) were too judgmental and I have abandoned them for this reason.

We don't judge women: we watch their phenomenology and act according to our needs and what we want.

When you judge women you are letting negative thoughts enter your mind and preparing the ground for feeling bad yourself.

Never judge: limit yourself to observing the phenomenology and act accordingly.

Always feel that all is good in this world and all always has a purpose.

The healthiest approach with women is to simply deal with them basing what you do on their phenomenology and be relaxed, with no judgmental attitude.

So realize that when I write about screening women I simply describe a certain phenomenology but I do not mean to judge them.

I have had myself plenty of relationships with adventuresses and materialistas and enjoyed them all. They are wonderful women to be with when you have the skills and the experience necessary to deal with them. Without skills and experience you can harm yourself.

What matters is that you know with whom you are and where you want to go.

When you are being extremely dominant there is always the risk that you attract a lot of LSE - low self-esteem - girls.

This method will be only slightly dominant and for the rest rapport-based.

You will introduce the cocky and funny and busting her a little bit later than usual and only if needed to raise her sexual attraction.

You will do that afterwards when you will be willing to raise her horniness in the relationship, as a little surprise for her.

If you introduce too much cocky and funny from the beginning that screens more for party girls, LSE girls, adventuresses or some materialista in the mood of having some fun with a player.

LSE adventuresses respond well to a very dominant approach because many of them actually enjoy being put down. It gives them the shaking emotions they crave for all the time.

Some of them are masochists but most of them enjoy it because of the "thrill" connected with it.

It is for those females the equivalent of the thrill we men feel when we see a very feminine woman dressing and behaving in an extremely sexy way.

LSE females need tangible proofs that the man is dominant and they need to feel the thrill connected with it.

There "has" to be an element of destructiveness for them to be able to like you. This is a trait which is totally missing in the world of the good girls.

LSE adventuresses unconsciously link male destructiveness to higher male rank.

The "negative" side of this method is that women who require a very strong and active male dominance will not respond to it.

Don't take it personally.

Write it down: **never take personally what a woman does.** Women are masters of ambivalence: if you take them seriously all the time you will get crazy.

See the glossary at the end of the book for a description of what the word "ambivalence" means.

If you are looking for good girls then what is written in this book is what you have to put into practice.

There are some rare HSE - high self-esteem - women who require extremely tough dominance without having a low self-esteem but - as a rule - only LSE women will want you to be extremely tough to them.

Another "negative" fact about this method is that by using it you can mistake a LSE LD - low drive, low self-esteem - girl of the depressed type with a good girl.

This is one of the biggest challenges of this method: being able to discriminate between the LSE LD woman and the good girl.

Distinguishing LSE LD women from the good girls is extremely difficult for a guy without field experience in doing pick-up and seduction.

Have you ever wondered why in your "dating" game you end up all the time with those "eternally single ladies" who seem to be so nice at the beginning and then give you so much trouble and the end?

Why they seem to have all the time endless problems there, where they seemed so "kind and caring" at the beginning?

That happens because they were LSE LD women and you considered them good girls due to a mistake in your evaluation of them.

You made basically a mistake in evaluating their phenomenology. This method is sweeter and can bring into your seduction women with LSE LD problems as a "secondary effect" because they may be scared of guys with a more direct, aggressive approach.

As I said: if she is not comfortable with sex she is not a good girl!

Also, if she is not comfortable with herself, has a lot of negative thoughts and feelings about herself and she does not like sex she is almost probably a LSE LD woman (low self-esteem low sex drive).

In the case she has negative feelings about herself and men in general and a strong sex drive she is a LSE HD woman (low self-esteem, high sex drive).

Both mean trouble in a long-term relationship and have to be avoided if you are looking for a good girl.

You should tend to consider her LSE if she exhibits signs of not being comfortable with sex.

I may come out here as being too conservative but the truth is this: if a woman goes for the sex same day and at the same time is resisting rapport - comfort and rapport are not the same thing! - then you are dealing with and adventuress not a good girl!

In order for having sex on day I you need to have a lot of time at disposal that day: either a whole day or an afternoon and the night.

If you are interested in it then go for it!

When you go for the sex same day you cannot program your schedule because when you start the pick-up and seduction process with the focus on sex on Day I you cannot leave it in the middle.

The structure of female biology and psychology, the female need for being emotionally brought into sex by your leadership requires that you go all the way long when you have started the process of attracting and seducing her into sex.

It is a one way road.

Yes, I have sometimes reached the seduction and the sex stage in one hour from the first very meeting with a woman but the majority of women will need a much longer time to get into sex with you.

We will focus in this book on attracting women by using female language while keeping up a moderate masculine frame at the same times.

In this method we will give mixed messages to the woman: we will be at the same time masculine and feminine.

Mixed messages are highly arousing and seductive.

In a direct method where we would be cocky and funny from the beginning, raise her attraction and then get her sexually we would be "all masculine."

Being cocky and funny requires a certain experience in the field and a certain basic self-confidence.

In this first book I describe a way of doing pick-up which is the easiest one could imagine:

You can do this kind of pick-up by basically coming under her radar all the way long so that the people around her and the girl herself barely will notice what is happening.

This is very good as a method for beginners who are usually scared of the female reaction to their approach.

It takes already a certain level of self-confidence to go straight to the cocky and funny from zero contact.

Naturals like me have the cocky and funny under their belt. For a guy without natural skills starting from the kind of approach I describe here is a quite safe way to start.

I will approach in single guides subjects like sms and phone game or how to pick-up women by stopping a walking target on the street.

I will try to keep the number of complicated technical terms as low as possible; they only put pressure on your mind.

Anyway there are a few basic concepts you need to understand very well for you to be effective.

Doing pick-up and seduction is a **smooth, light hearted thing**.

Write it down: you need to reach a mental state where you are smooth and light hearted to do pick-up in the right way.

Any sense of "heaviness" impairs your game big time.

You can learn this kind of stuff only by practicing and seeing how it works in the field.

In Franco's method the focus is on what works.

I don't care at all about disputes in methods: what gets you the woman you like and what has you have her submit sexually and emotionally is important.

Every woman has a different personality so what works with a woman may not work with another woman and vice versa.

For this reason we will not bother too much about "why" something working well in a certain venue or with a certain woman will not work in another venue or another woman.

We will not bother wondering why with a woman one "should be" cocky and funny and with another be "sweet" and talk "female language" because these different methods simply work on different women and have you screen for different women.

We will approach these technical subjects only with the focus on what you want to accomplish and on what works for you.

When you do pick-up and use a certain method you have to accept the fact that your method will screen for certain women and exclude others.

It is counterintuitive.

If you focus on one method then you have to simply eject the girls who do not respond to it or switch the method.

For example the method I describe in this first book is unlikely to work on party girls but it will work perfectly on the average girl with a relatively good self-esteem.

For you it will be enough to practice the sequence again and again and follow the steps until you become good at it.

Chapter 2

Frames, the dating frame

All what happens in the world -pick-up, business, science, couple relationship starts in the mind, usually in a mind frame.

A "mind frame" is a set of mental conditions which defines a certain environment and outcome where something happens.

"Today is a great day to play football" is a frame of mind. In fact someone could argue that:

"Today is a great day for being in bed and doing absolutely nothing."

That is a frame of mind, too.

The strongest frame of mind is the one to define the outcome between two or more individuals.

If the first one is stronger we will play football that day. If the second one is stronger we will be in bed all the day.

When you interact with women you will be always in a situation where you will have to suck her into your frame.

At the same time she will try to suck you into her frame, all the time.

The most dangerous belief you have to get rid of is that with women you can relax. There is no way you can relax: it is either your frame or hers.

Passivity will bring you nowhere with women.

If a woman does not try to impose her frame on you at all that means she is not attracted to you.

A famous frame of mind is: "Iraq has forbidden weapons" by President George Bush. This frame of mind justified the invasion of Iraq by American and International troops.

We still don't know did the guys in Iraq have those forbidden weapons but.. it doesn't really matter now that the war is won.

Dating is a frame of mind, just like: "Iraq has forbidden weapons."

It is up to you to build a frame of your own.

The dating frame is something like: "Guy asks a girl out then he buys her a dinner and tries to have her agree to sex and a relationship, maybe marriage".

The traditional dating frame is the worst possible way for you of starting your relationships with women. All in the dating frame is arranged with one purpose: to have a guy become subservient to a woman.

The dating frame is set to force him to kiss her up so he can have her "maybe" agree to sex and "maybe" agree to start a relationship with him.

In the dating frame you are a beggar and she is **the prize**.

You have to beg her to get what you want.

I teach you in the books of my Encyclopedia of Seduction how to pick-up women without any supplication at all.

The subservient attitude is humiliating for you and a total turn off for the woman because - ultimately -it destroys your value and your attraction in her eyes from the beginning.

It creates a very negative frame for a potential relationship of yours with her: you become from the beginning the subservient male who pleases her in all her whims.

She can capitalize on it easily in all the areas of your upcoming relationship with her, including the financial one.

The subservient frame creates the ground for a dysfunctional relationship afterwards and the political ground for her taking half of your property in a potential divorce.

It starts with you offering a dinner and ends with you leaving to her half of your property. It also ruins her sexual and emotional attraction for you.

It is bad business from the beginning to the end.

Pick-up and seduction are exactly the opposite: in the frame of pick-up and seduction you are the hunter. You just take what you want.

You are the **alpha dominant male**.

Pick-up and seduction skills have you starting a relationship with a woman in the right frame: **you are the prize.**

In this book I will teach you how to pick-up girls in a bookstore, a food store or at a bus stop so that you will never be in the subservient frame, not even for a second.

You will never supplicate from the beginning to the end result: having sex with her and starting a relationship

You will be the prize from the beginning and keep that frame during the relationship if you want one.

Anyway, to have success you will have to invest enough time into practicing.

The minimum time for you to have success is at least 4 hours at least two times a week.

When you become good at this you can have success also in five minutes but - before you become a "silent killer" - you will have to practice.

Pick-up skills will assure you a good turnover of females, big enough to have you seduce between 3 and 7 new girlfriends in the space of a month or two.

Of course you do not necessarily need to do this all the time but - if you want to become really good - I suggest you practice constantly, especially at the beginning.

Pick-up and seduction are little bit like playing piano: the more you practice the better you become.

If you like to have several girlfriends you may decide to practice this method for a few weeks until you reach your quota and then quit for a while.

This book, with some adaptations, is good also for guys who want to have fun.

Anyway it would be quite nasty to do this to good girls.

Adapt this to adventuresses: they like to have fun just for the sake of it.

With adventuresses it is a fair deal: you want fun, she wants fun and that's it.

If you are looking for that "special one" you can use this guide to get the contact information of new women, with the purpose of establishing a serious relationship.

You will be able to do that from a totally non needy and non subservient frame, from the beginning.

This will give you a lot of advantages as a man: from emotional advantages to economical advantages.

You can decide to have fun or screen for the one who suits you and your needs.

In my Manual of Seduction for Single Men, Husbands & Players I gave you a lot of information about the subject of screening women.

In the Practical Manual of Female Psychology written and published with David Clare and Joseph Went South there is even deeper and more extensive knowledge about the subject of how screening women properly.

You will be able to base your approach on the knowledge of their psychology.

In those books you will find lot of information about this subject.

Chapter 3

The Pick-up Frame.

In order for you becoming successful in pick-up and seduction it is very important to understand the difference between the dating frame and the pick-up frame

The dating frame is - as described above - a subservient act.

The **pick-up frame** is instead a situation where you are doing the necessary steps **to take what you want.**

In the pick-up frame you act little bit like when hunting.

You detect a target. You approach the target. You attract the target. You seduce the target into sex.

While you are doing this you also screen the target for a potential relationship and decide quickly who is fit for that and who is not.

You either isolate the target and go for the sex or decide to screen the target better before you do any other move.

If you prefer doing so you can even screen while having sex with the target.

In Franco's method sex with the girl happens anyway between meetings I and III.

If you have any other purpose than sex and a love relationship -for example just friendship - then you should not be doing pick-up and seduction with the woman you want to be friend with.

Being alpha means always being congruent: if you want to be friend with a woman then you should not attempt anything sexual with her!

Being "friends" with a woman you want to lay is the most beta thing you could do: it brings the woman to despise you as a man.

Now keep in mind this: women all over the world are used to men being subservient to them so they will do very quickly in the course of your pickup basically two things:

1. **Expect you to be subservient, always.** It is connected with their MPS Syndrome (magic pussy syndrome) We have described extensively the MPS Syndrome in the Practical Manual of Female Psychology for the Practical Man with David Clare and Joseph Went South.

2. If they do not detect a subservient attitude from you they will try - and believe me they will! - to actively elicit it from you.

Keep this in mind, always.

If you are not prepared for this you will find yourself manipulated into her frame faster than you can imagine!

The Magic Pussy Syndrome is due to this: women get hit on all the time, chased and pursued by men.

For that reason they slowly since childhood achieve an almost psychotic sureness that men "will" supplicate to them to get what they want.

That is actually true: under the effect of their strong sexual instinct the majority of men **does supplicate to women** so women get almost psychotically sure that they will kiss them up no matter what they do!

In a way there is always an **"assumption of supplication"** from the woman. The hottest she is the more she will have the MPS syndrome.

Women are extremely, extremely good in detecting are you being subservient early in the interaction with them.

Don't count on the fact that they will not try to game you on this kind of thing because they will!

They will do it either consciously or unconsciously - or a combination of the two.

So you have to be prepared for that! Paradoxically the MPS syndrome gives you a wonderful tool to seduce women.

In fact **when you will approach her so that she cannot have you supplicate** this will be in the majority of the cases extremely seductive to her!

In this book I teach how to frame the pick-up so that there is no supplication from you all the way long.

Also remember that some women will not accept further contact with you if they notice that you are not subservient to them.

Those girls are simply lost. You simply let them go.

Many guys in the Pick-up and Seduction Community get a lot of bad feelings for nothing about this because they tend to believe that it is their fault if they lost these women in the course of their pick-up.

It is not always about your deficient pick-up skills!

Those women who have decided to have you supplicate for a long-term relationship as Provider will never, never go on with the interaction with you if you do not supplicate.

These are partly the ones who are in provider-seeking mode and partly the ones who prefer men who are submissive to them.

I strongly suggest that you screen out these women as fast as possible: they usually mean for you trouble if you are a normal, healthy heterosexual male.

The majority of women who are really healthy good girls will show a prompt increase in desire and interest as soon as they will notice that you are not going to supplicate - while continuing to attempt to have you do so!

Their testing will be only targeted to check can they be safe with you.

They will test men mainly for safety.

Not showing subservient behavior is one of the two ways you will seduce her with your masculine attitude in this book.

The other way will be taking a leadership role for all the process from the beginning.

This will be an approach where you arouse her by both being masculine in your behavior and at the same time using feminine talk: a 101 approach or better a 1-0-1-0-1-0-1 approach.

There is a chapter in this book about how to deal with supplication in pickup.

It is one of the most important chapters of this book so pay attention to it.

The pick-up frame is about you getting what you want, it is about you owning the rights to approach the girl attract her, screen her, seduce her and achieve your goals and without any supplication.

Anything you do out of this frame will cause to you trouble, either now or later on.

Chapter 4

Inner State

Your inner mental state is crucial for success when doing pick-up.

As a rule you cannot interact positively if you are not in a positive state of mind.

To understand the concept of **inner state** think of your mind like it would be the calm surface of a lake.

Even throwing a small stone into it will create motion. A very, very light wind will already create waves.

For achieving the maximum of the ability to pick-up effectively your mind should become like the surface of a calm lake while you are practicing.

Don't even think to practice pick-up if you are tired, if you did not sleep enough, if you got drunk or have big problems in your mind at the same time.

Alcohol and drugs may, in small doses, free your inhibitions but on the longer term they will have an extremely negative effect on your pick-up and seduction skills.

They will impair your brain's cognitive skills: the skill of being in touch with your surroundings, see and hear things, concentrate and remember important particulars.

So in order to go out and practice pick-up in the best possible way you should absolutely keep up a healthy lifestyle.

Ideally you should sleep at least 7-8 hours surely not less than 7 hours.

The majority of you will obtain the best results by sleeping at night, being awake during the day and by keeping a regular rhythm.

Ideally you should go to sleep at 10.30 - 11.00 pm, sleep 7-8 hours and wake up around 6.30 - 7 am, be on the business day time and do your pick-up between 5pm and 10 pm.

It will give you enough residual energy in the evenings after the business. Let's say you are on the business until 5pm. You can start your pick-up session at 5pm and go on for 4 hours.

This is about 3 hours of active pick-up as the warm up may require half an hour, one hour depending on how tired you are when you end the day.

Everything causing you too much stress - like sleep deprivation, problems at work, problems in human relationships and unhealthy life style - impairs your concentration and ultimately messes up your pick-up.

With an impaired concentration and a low level of energy you cannot pickup effectively.

Better relax first, rest and do the pick-up later. There are different ways of approaching but - as said - this book is about using only one method.

In every book of the following items of this series I will illustrate a new method.

For those of you who like to be the real Bad Guys I anticipate that the next book will be "How to get Adventuresses."

Of course no girl is going to kill you when you try to pick-up her. The worst which could happen to you could be being taken in by the security - if you really badly fail to calibrate something.

Anyway many of you will have approach anxiety at the beginning. Approach anxiety arises every time you unconsciously put the evolutionary value of the girl above yours.

To deal with approach anxiety you can think along the lines of these 3 stages:

- **Comfort zone:** what you feel comfortable doing.
- **Stretch zone:** what puts "little bit of pressure" on your inner state and does not have you into panic.
- **Panic zone:** all what makes you pee in your pants if you simply think of doing it.

Now the best way to learn is to stay in your comfort zone in the pick-up venue and start doing something "little bit more difficult" which puts you into the stretch zone but does not get you straight into the panic zone.

For example if entering a pick-up venue like a bookstore or a food store does not cause you any stress then you can start from that and then try to get into stretch.

If entering a woman's personal space causes you stress then just walk around in the pick-up venue.

Don't stare at her.

When you feel comfortable walking in the venue then get little bit more into the "stretch zone" and go little bit closer to her personal space.

When you feel that are comfortable with that say "Hi" to her and by doing that you get into the stretch zone even more.

The right way for learning is getting into the stretch zone without getting into the panic zone and increasing the stretch only a little bit every time.

Getting into the panic zone would have you to give up and get bad feelings about the whole pick-up thing.

Getting slowly into the stretch zone will have you learn and get used to new skills.

When you will notice that you can a little bit increase your stretching and do new things **it will feel very, very good.**

Then you will feel very good about moving forward. It is important that you feel good when doing pick-up!

All what you do should be framed in a positive way in your mind.

This is also called self-hypnosis.

If you use negations in your thoughts and statement you will fail.

If you think: "I cannot approach" you insert a negative thought into your mind and this will cause lot of anxiety.

If you think: "Every day I learn something new about pick-up" or: "Every day I learn new useful skills" then you are using a positive frame and are not getting anxiety.

To maintain your state you need to take away all the negative statements from your mind and frame them positively.

Think in terms of:

"I am on my way in learning approaches"

"I am willing to talk to girls"

"I love giving girls a chance to open up to me"

All these statements and thoughts contain positive affirmations and keep up the right state in your mind. Your thoughts influence your inner state very much.

Think of your mind as a box with a limited space inside: if you have negative thoughts they will fill the box and there will be no space left for pick-up and seduction.

Hunting is something which is successful when you think less. Reduce the thinking at the minimum necessary, stay alert and in contact with the surroundings.

Keep only a few, selected thoughts in the mind while doing pick-up.

Remember: that "box" in your brain cannot contain thoughts about your relationship with your former girlfriend or maybe thoughts about the political situation of your country and be at the same time able to pick-up.

There is not enough space in the "box" for all of those.

Chapter 5

The warm-up stage

To be effective in doing pick-up you need to understand how your mind works.

The mind works so that it constantly shifts between two states:

1. **Downtime.**

2. **Uptime.**

You are in **downtime** when you are withdrawn into yourself, when the focus of your attention is in your inner world.

This is when you are reading a book, thinking about something, trying to solve a calculation, being at the desk of your office doing your job and so on.

You are in **uptime** when you are focused on the world around you and your thinking is reduced to minimum.

This is for example when you are observing a landscape or the room where you are, when you are carefully listening to a person, when you look around to find a direction.

To be effective when you do pick-up **you have to be in uptime state.**

To effectively pick-up women you will need to talk with them, observe their non verbal reactions, calibrate them and so on.

If you are in downtime state, withdrawn into yourself you cannot observe the environment, you will be likely to miss important particulars while doing the pick-up and will fail.

Now depending on your level of energy and your age it will take some times for your mind to shift from downtime to uptime.

I calculate that for very strong individuals and in the full of their energy this time could be a few minutes.

However, when engaged in some very stressful activity like heavy business activity it will take some more time even for very strong individuals to shift from downtime to uptime.

During history men did not need so much social contacts like women did to survive.

They needed the skill of focusing on hunting animals and enemies much more. So they have developed more than any other skill the skill of focusing on one thing very intensely.

Men tend for several reasons to be more in downtime than women when they are in social situations. This is because they are more relaxed then.

Women have derived their survival from social relationships. For them being in uptime is felt as more important than for men in social relationships.

It is not a very long time since those historical times when a pregnant woman or a woman with a little child could at worst die without the support of men and society.

So women have developed in evolution a better skill for being in uptime when they are in social circles.

Men on the contrary try to relax and use their uptime for extreme situations like hunting, war and all the kind of important activities like business.

This is a big reason for the most common complaints women have in regard to men: "Men don't pay attention", "Men don't notice small particulars", "Men don't listen."

In reality it's not that men don't pay attention. Instinctively they relax when they are in peaceful social situations and go into downtime: they are resting while waiting for the big picture to come into play!

For women the same environment - social situations - is the field where they play their game for survival.

So they are more alert, more in uptime than men when they are in social situations.

Men are hardwired to focus intensely on something important for them, get it done and then relax in downtime for longer.

Instead females are much more socially aware than males.

For you to be effective in pick-up and seduction you need to practice how to shift from downtime to uptime effectively in social situations.

Let's say that at longest this shift from downtime to uptime can take about one hour if you have had a very tough day.

Now the warm-up stage is the period of time required for you to shift from downtime to uptime while you are doing approaches.

If you demand from yourself effectiveness when you are in the delicate warm up stage then you are going to disappoint yourself.

The shift from downtime to uptime should be smooth, sweet. You should not try to force yourself. Simply smoothly start to pay attention to the surroundings and stop thinking inside your head!

A failure in understanding the importance of the warm-up may impair all your pick-up skills. This is true especially for beginners.

When you will be more experienced you will acquire the skills of being a "silent killer". You will rapidly shift from downtime to uptime in a few minutes, pick-up and get results in a very short time.

When you are still learning I suggest you to go through the warm-up in a "religious" way.

Now what is the warm-up stage? **Basically it is the shift from inactivity to hunting mode.**

The best way to understand it is to follow what happens if you go jogging.

At the beginning it will feel it is very tough: you will feel that your body is resisting the jogging.

Slowly you will feel that your body is lighter, a more pleasant feeling will take over your body. You will start to feel a certain sense of happiness.

This is mainly due to the activation of your pleasure hormones like dopamine and endorphins.

These brain's neurotransmitters give you pleasure when you do something which is felt by the brain as important for survival.

For example: running, moving are important for survival. You hunt and fight enemies effectively when you are in that state.

Now when you get into the pick-up venue try to enter into the state of mind of not requiring from yourself full results at the beginning.

Instead: at the beginning do approaches with the mind set of "just experimenting". Slowly you will start to feel a sense of lightness and pleasure.

When you start to feel that feeling on lightness and pleasure it means that you are "warmed up" and shifted successfully to full hunting mode.

When you feel that you are at ease with what you are doing and feel happy and relaxed while doing the pick-up you are out of the warm-up state and entered full uptime state.

You are now in **social mode** which is almost the same like uptime state: it is the ideal mental condition for doing pick-up.

Chapter 6

The Approach. How you make her self-conscious. "Are you French?"

In this kind of method the correct way of moving close to your target is to approach her from her side, not frontally.

We have in our brain automatic survival mechanisms which will have us feel a frontal approach done by a stranger as threatening.

For women this will be even more real than for men as they are physically weaker. Women are for that reason usually more concerned about their own safety.

At the beginning it is much better you learn to approach her very fast as you spot her.

Later on when - you have more experience - you can evaluate her longer in order to decide if you like her before you approach.

If you want to evaluate her you have to be able to look at her without her noticing it.

You should never stare at her neither show any kind of interest.

There is also another pick-up method called direct approach, which is totally different compared to the approach we learn here.

In that kind of approach you are going to even open her frontally and count on your self-confidence as a way to attract her.

I am going to describe it in another book. The approach we use in the method described in this book is indirect.

The direct approach screens for totally different women than the ones you will get with this method.

As a rule: when you switch from a pick-up method to another what you are basically doing is at the same time to screen for different girls.

Not all the girls respond to every method. Some girls respond to a certain method. Other girls respond to another method.

With this method there are a few reasons for approaching her from the side and not staring at her.

In this kind of approach what distinguishes you from the other guys is that you are basically never really "hitting on her" at any step from the pick-up venue to the seduction venue.

At the same time you will be eliciting strong feminine emotions with your words and your presence. I describe later on how to attract her by using female talk.

To understand why you need to approach from the side and without staring at her realize this: the more a woman is beautiful and sexy the more she is approached by guys all the time.

Those guys usually have a very bad game; they say stupid things like "What beautiful eyes you have!" Or even worse: "Would you like to have sex with me tonight?"

This has women be in a constant state of alert.

They have the radar on all the time. They are all the time prepared for the next guy telling something stupid and trying to hit on them.

Think how you would feel if women would stare at you sexually all the day long! After a while you would be so angry or bored to wish them all the kind of bad things or even punch them in the eye!

Being hit on happens to them so often that they are used to shoot guys down on autopilot.

It is about the same like what would happen to you if you would have women staring at your dick everywhere: in the bus, the metro, in the restaurants and so on.

After a while you would become so good in shooting the girls down that you would do it on autopilot.

It would be a situation of inflation of the offer.

You would shoot girls down without even thinking about it. It would be like eating chocolate all the time: you would start to hate chocolate after a while.

Now this inflation of the male demand for sex has women to act on prejudice.

They simply do not have the time to be fair: it would take so much time from them that they would become overloaded.

They are in a state of alert and they assume that the next guy coming close to them will be:

- A frustrated idiot who does not know how to approach women in the right way.

- A guy who wants to fuck them.

There are some advantages in doing pick-up in certain venues like food stores or fashion shops. Those are places where women expect the less to be hit on by guys.

When you do the same thing in bars and clubs they are much more alert and prone to shoot you down fast if you do not have the time to show enough value to them in the short time between the opening and starting a real conversation with them.

So when you are in the pick-up venue - for example a bookstore or a food market - when you see your target act like this:

If you want to screen her more put yourself in a position that she does not see you like for example behind her.

When you decide to approach you can walk slowly close to her so that you come to her side. Don't go too close: there is a special "sixth sense" for proximity in primates.

You should be close enough to be able to start the opening but not too close.

Look somewhere else when getting close.

If she sees you staring at her while you come close to her, her autopilot "let's shoot this guy down" will activate in seconds.

You should never stare at her neither direct your sight to her direction at any stage before the approach so that she notices it.

If you do it she will think: "Another idiot coming to hit on me!" and you are done.

By doing this you will come in under her radar.

When you are close to her left or right side browse the books or food items like she is doing.

When you are ready to approach turn the neck slowly towards her and say what you have to say.

If she does not hear you because of being concentrated into reading or whatever reason raise your little bit your voice.

Raising your voice is very effective. You come out as very self-confident and that will suck her in.

Don't exaggerate of course.

If in spite of raising your voice she does not answer eject promptly at this stage already and get to the next girl.

This usually means that she noticed your approach and is using the mean of not answering as a tool to betaise you or that her level of self-confidence is so low so that she has not the guts of talking to a total stranger.

She either is paranoid, suspicious or has some big reason for not wanting to talk to anyone.

Pushing more would bring you nowhere; the precondition for you going on with the pick-up is her answering to you.

When you do like this your total waste of time is not more than a couple of minutes in the case she is not answering or too shy to stand a conversation with a stranger.

In that time you decide are you going forward basing on her non verbal response or are you approaching the next girl.

Girls with a great personality and without problems will be open to you. They will smile and answer your questions and that will give you a few minutes to do your pick-up.

They will usually get eye contact with you and be fair and polite to you.

What you will do to put her defenses down so that you can start your pickup will be in this kind of method: making her self-conscious.

You will use **cold reading**.

Some times before using cold reading you might want to use a **softener**.

The "softener" is like a Trojan horse: you ask politely the "permission" of asking her a question.

Anyway the risk with the softener is that she may interpret it as you being supplicant to her and a nice guy.

The softener should be not used in all the cases: only if you "sense" it is proper due to her shyness. The majority of the girls will not mind you cold reading them.

Softeners are like these ones and you can use them before you go for the cold read.

Franco: "May I ask you a question?"

Franco: "I hope you don't mind but I was wondering one thing."

Franco: "Sorry to ask this question but..."

Then you go for the cold read.

Anyway in my game starting from the cold read just works fine and the majority of the girls answers to it politely without any problem.

Cold reading refers here to a technique by which you influence a woman and direct her thinking and her emotions in a certain direction.

In the phase of the opening you will use this to:

1. Make her **self-conscious**.
2. Elicit her vanity.

The process of making her self-conscious means putting her in a state of awareness in regard to herself and her identity.

Why would you make a woman self-conscious?

Because when she is in that state her defenses become weaker. When she has her defenses down it will be for you easier to direct her towards your goal.

Let's imagine that you are very relaxed and paying attention to your surroundings in a big supermarket and the fellow guy close to you asks: "Sorry, are you the director of this department?" this is something which surely makes you self-conscious.

If the question or comment contains something about you or your personality like: " Are you a doctor?" , "" Are you from Las Vegas?", "Are you the staff of this store?"

That makes you self-conscious.

You start to think about the most important thing for you in your world: **yourself**.

You will promptly cease paying attention to what you were doing and focus on yourself and your own reaction.

From there you are self-conscious and highly sensitive to being influenced.

Now when you will be doing the pick-up described in this first short guide you will use these two questions to open the conversation with her:

"Are you French?" if she is blond or has red hair or has very light brown hair.

"Are you Italian?" if she has black or very dark hair.

Don't worry too much about the outcome of these questions.

I have asked black girls or Japanese girls with black hair the question: "Are you Italian?" and still succeeded in closing them.

Some of them laughed but I had them convinced that they looked like Italians and at the end of my approach they actually believed it.

Some smarter girl will laugh when you will ask your question and notice what you are doing but you will be able anyway to make her self-conscious.

The only group which will be able to resist this will be girls who tend to be suspicious.

They will relate with suspect to whatever you will say and they will not respond to cold read.

Simply drop these ones without a second thought. They usually mean trouble in a way or another! A person who lacks of a basis sense of trust is always a problem for the people around.

You can recognize the suspicious ones by the fact that they will try to control their inner state when you do the cold read. You will "sense" that they are trying to control themselves.

Cold reading works well because it is based on target's need for subjective validation.

Subjective validation is also sometimes called the "personal validation effect" because it refers to a process by which people accept some claim or phenomenon as valid based solely upon a few personal experiences and/or subjective perception.

Women are extremely sensitive to validation in general because in our culture their social power has been for centuries based on that.

So what will happen in the mind of majority of the women when you will ask "Are you French?", "or "Are you Italian?" will be that they will feel validated by you.

Notice: you have to do this with such a non verbal attitude that she feels subjectively validated and so that she cannot tell are you interested in her!

If you telegraph interest you loose part of the magic connected with this method.

The trick consists in making her feel self conscious without displaying interest.

So when you turn your neck you say in a calm and relaxed way: "Are you French?" or: " Are you Italian?"

If you feel that she is shy or reserved try to use the **softener**. That will make for her easier to open up to you.

At this point you should pay attention not only to what she answers but also and especially **to her non verbal reaction**: does she blush? Does she giggle? Does she feel validated by the questions and become happy?

As said before if at this point you notice the following non verbal reactions:

- She does not answer in spite of you repeating the question with a louder voice.
- She seems to be unable for a very strong shyness of even opening her mouth.
- She walks away like she would be scared in spite of you getting closer very slowly, from the side and in a non threatening way.

Eject these girls and get to the next one!

This means that you simply quit with the approach and go to open another girl. In the above cases going forward would not bring any results and possibly only trouble.

The most frequent response you will get from the majority of the girls will be that they will answer to you, some of them will be flattered, some other will laugh, some others will engage in conversation with you, some other will giggle.

These ones are the good ones to pick-up and seduce!

The sequence usually goes like this: I move close to the target, browse some book or evaluate some food in front of me, turn slowly my neck towards her - while keeping the rest of the body in the same position.

Then I say:

Franco: "Are you French?"

I smile and otherwise behave in a polite, non threatening way. At this point it does not matter anymore what she answers.

If she says: " yes!" you get to the next step which is:

Franco: "I knew it, I felt that you are French!"

Of course unless she is really French she will say: " No, I am not French"

At this point - especially if she blushes mildly like a person who is flattered by the question or if she laughs or says like many do: "Oh I will take this as a compliment!" - you have a wonderful first step to escalate the pick-up.

As this is a cold read what you did was to make her self-conscious. She is probably thinking now what makes her look like a French or Italian woman.

At this point you have her engaged in a conversation with you with a:

"Very, very strange, you look like a French girl, just like from Paris. Have you ever been in Paris?"

She will say: "Yes/no/whatever."

If the girl is denying that she looks French or Italian you might want to say something like this:

Franco: "Very, very strange. You know: I was last week in Paris and I saw many, many people just looking like you! It is amazing!"

Don't say "girl" say "people" and you will appear more random and neutral, disinterested in her as a woman.

You need to come out as **totally sincere** when you say this. Insert some emotionality and a sincere feeling of interest for her and her personality when you say this.

At this point don't make the mistake of starting to talk about her too much.

The cold read **will be the last thing you will say about her.**

Write this down: after the cold read you will not make the mistake of asking her any other question about her and her personality because this is what the AFCs - average frustrated chumps - do to her all the day long!

Here you simply came unseen under her radar and had her engaged into a conversation.

This is the mistake many guys with no experience in pick-up would do: start to interview her about herself which would again make her sniff about their intentions.

Interviewing her about herself is exactly what all the other AFCs have tried every single time they were hitting on her: you should know better.

AFCs ask stupid questions like:

"What's your name?"

"I like your eyes"

"What do you do here?"

Don't do this!

She will sniff under seconds that you are trying to hit on her and shoot you down on autopilot.

Another very negative aspect of this AFC way of talking to a woman is that it makes of her the Prize.

You want to be the Prize to a woman: that is what attracts women to you.

On the contrary at this point you need to do two things:

1. Switch for a while from male talk to female talk. I am going to show you how to do this.
2. Start to talk about **yourself** and what **you feel and think**.

This is highly arousing for her. Women like people who "open up" about their own feelings and emotions.

At this point if you asked: "Are you French?" you start to give her a sample of **female talk** about something connected with France, for example Paris - or whatever other subject you wish.

If she is brown haired and you opened with "Are you Italian?" you repeat the above but you ask her if she has been in Rome - or whatever other subject you like.

She will answer yes/no and when she will do that you will switch to female talk and apply what is described in the next chapter.

At a certain point during this conversation you will introduce yourself.

Introducing yourself is very, very important! **Never forget to introduce yourself**. That will make her feel like you have known each other already since long time.

A few minutes before you were total strangers and by introducing yourself you will make her feel like you would have been friends since longer.

At that point I usually look into her eyes, smile and give her a warm: "Nice to know you, I am Franco."

At this point you can test her responsiveness by keeping her hand longer than necessary. If she does not take it away keep it for as long as you can.

This will be the first prolonged physical contact with her - in the technical language of pick-up and seduction that is: **kino**.

This will start to make her feel emotionally and physically connected with you.

Now let's get to the topic of how to attract her.

We shall use in this method the strategy of engaging her with **female talk** while keeping the **masculine frame**.

There are many ways to attract a woman and we can divide them into two groups:

-Yang ways

-Yin ways

Yang is the masculine principle: you can attract a woman sexually and emotionally by showing healthy masculine aggression, dominance, courage and impudence.

For example being cocky and funny is a masculine way of attracting a woman.

Yin is the feminine principle. You can attract a woman by showing her that you talk like a woman would do.

Especially in our modern age women are extremely sensitive to both ways of being attracted.

Many women nowadays like the Yin(feminine) approach because many of them have lost the touch with the masculine or because they simply don't care about men and like to feel feminine energy everywhere.

One important thing: never start a long-term relationship with a woman who has a good touch with feminine but totally naive or even negative about the masculine.

She is definitely not a good girl!

Also don't start a long-term relationship with a woman whose percentage of masculinity in her personality is far bigger than the feminine part.

She is not good for a long-term relationship either. A good girl is about 85% feminine and 15% masculine.

If she has absolutely no touch with masculinity she is trouble if she is too masculine compared to her femininity she is trouble, too.

Women began not more than a century ago to criticize men for not being communicative and emotional enough - which is the same like: not feminine enough!

When you show her that you can talk like a woman you arouse her and challenge her a lot: not many men can do that to her.

So when they will meet in library or a food store a guy who is able to talk to them with female language that will highly arouse them sexually and emotionally.

An exception to this rule are very masculine women who will in that situation bust you for being too sensitive and emotional when you will use female talk or will blatantly try to control their own emotions.

Noticing this dominant female masculine defense against arousal by words is not easy and it requires a lot of field experience.

If you feel that she is not being aroused by female talk and "behaving like a man" drop her and sarge the next woman.

It means that for some reason she has trained herself to control her own horniness by the means of a masculine defense.

These women are usually problematic women. In this book I teach you how to screen for good girls and **not for problematic women.**

So drop the women who bust you when you use female language. They usually do this because they have some problem with their femininity and are food only for very experienced PUAs.

Many studies confirm the fact that verbal descriptions arouse a woman as much as the view of a naked woman arouses a man.

In this method you first attract her by the means of **yang**: you are being self-confident enough to engage conversation with a total stranger in a book store.

Being able to initiate contacts with many people in a comfortable way is enough of an alpha quality for good girls. You do not need to be so tough like you would be with an adventuress.

You show enough leadership to direct her into a conversation you have chosen for her. You look like an interesting, self-confident and communicative guy.

Being able to open up to strangers in a calm and relaxed way and lead the conversation is an extremely important alpha trait.

Now this might seem to you not a big thing but women will notice it and they will become interested in you.

Especially good girls with a good self-esteem will notice this.

LSE girls, party girls will need stronger, tougher maybe even lightly violent kind of approach so by acting in this way you are basically screening the adventuresses out already at the pick-up venue.

Okay, we are now at the point that you have engaged her smoothly in a conversation and she started to talk with you about Paris or Rome and maybe also why you think she looks like a French or Italian girl.

Here is where you can switch to female talk.

It is now important for you to have some knowledge of something connected with Italians and Rome or French people and Paris.

Whatever nationality and town or whatever subject you choose will do! Of course these are only examples. You can build your own theme on something which interests you.

Women are quite superficial creatures, also the good girls usually. So you should avoid "deep" and boring subjects like for example politics, finance, situation of the world and religion.

Believe me: if you come out as deep and boring she will run away faster than you can imagine. A chat about a wonderful trip to Paris will do but a chat about how little children die in Afghanistan under the bombs everyday and what we should do about that will have her run away.

What is important is that she gets a light and entertaining feeling about the conversation. The word "communicative person" really does not mean the same thing for men and women!

If you have no knowledge you will need to acquire some before you go on.

Just purchase a tourist guide about Italy or France and have your read. Whatever knowledge you have about lighthearted subjects will do.

Reading books, novels, and stories is extremely important in order to pickup and seduce women. Women love verbal descriptions.

And here we get to **female talk** which is highly sexually and emotionally arousing to females.

Yes, many women are deeply bisexual in nature. It is a fact.

When along history we were so long away hunting and fighting they had to satisfy themselves somehow and they invented this platonic exchange of emotions with other females - which is so lesbian in nature!

Female talk is a way of talking which is totally different compared to the way a man usually uses which includes:

- Using more words than what the average man would use to describe something.
- Describing the emotions connected with the subject of the conversation and not only cold data.

Men, instead, just love to exchange cold data between each other.

- Women love describing shapes, colors, sounds, smells, emotionally relevant facts and so on in a very rich way.

Now after having engaged her into the conversation you will begin to talk about yourself and what you feel about Paris in this way:

"Ah.. France, France is a great place. I am glad you have been there. There is such a wonderful feeling in waking up early morning in Paris. You feel the sense of freedom when you get into the streets and head to the huge squares of the city. The bread, the fresh bread they sell in the morning is so pleasurable when tasted with wine; you can feel the pleasure and the freedom of Paris in your veins!"

When you describe experiences with words in the above way you are using female talk.

Notice the expressions used:

"I am glad"

"Such a wonderful feeling"

"The sense of freedom"

"The fresh bread"

"Pleasurable"

"When tasted"

"Freedom"

You have to build your female talk so that you use words to describe:

- **Sensations:** for example color, shape, taste.
- **Emotions:** for example sadness, happiness, joy, excitement.

This is important because female sexual arousal is not visual as for the man. Women are aroused by verbal descriptions.

Yes, women also appreciate a good looking man but what arouses them the most are sensory and emotional descriptions made by words.

Female sexual arousal happens when the woman feels sensations and emotions connected with descriptions of outer or inner reality or both.

For example:

- The description of an intense emotional and sensory experience like visiting Paris.
- The description of the feelings and emotions in a relationship.
- Simply the description of a cat, a dog, clothes in a shop, whatever.

A common mistake men do is to believe that when women says: "I would like you to communicate with me" they would mean = communicate about serious, deep subjects.

In male world communication is a serious thing especially when in action and men are all the time in action!

Because they enjoy it!

Women mean by that: "I would like to get my pleasure hormones rushing by the means of a description of emotions and sensations and I would like to get it from you!"

In a word: women **get horny** by talking in a descriptive way about how they feel about themselves and the world.

The most erotic organ in the woman is her **ears**

This is the subject of the next chapter: leading her and her emotions with the purpose of getting her contact information.

Chapter 7

Leading her and her emotions

Women get horny when they hear verbal descriptions of their inner or outer reality.

This has been recently scientifically demonstrated.

In a recent book by psychiatrist Louann Brizendine - a feminist female scientist - there are presentations of studies indicating that women get **by talking** the same rush of hormonal and brain transmitters' like they get when they orgasm.

In a word: verbal descriptions about both inner world - the feelings and sensations inside their head - and outer world - for example the shape and the color of a flower or the streets of Paris like in our example - give to women great pleasurable sensations.

In this point men and women really do not meet each other in their needs.

In fact men enjoy when talking the exchange of **pure cold data** and they actually **hate it** if someone is not "getting to the point" when talking.

Men do not get pleasure from describing reality in a way they feel as not practical and even boring.

So when after the approach you will start to talk to her using female talk she will feel: "Wow, a man who can talk about feelings!"

Anyway there is a trap here you need to be aware of.

Women enjoy a male who is able to talk about sensations and emotions with them but in the long term they loose sexual attraction for him if he is not showing his masculine side, his **yang**.

You will use in this kind of pick-up female talk as a way to have her interested enough in you to continue the discussion with you after you approach.

You will slowly switch back to your masculine attitude when you are sure that you got her into an isolated venue.

If you fail to switch back to masculine attitude she will give you the deadly: "Let's just be friends!"

This is also at the same time a wonderful screening tool to get the good girls.

In fact the females not able to enjoy this kind of approach will be exactly the the LSE HD - low self-esteem, high sexual drive females who need to have you show your masculinity "too much" to get aroused.

LSE HD women will need you to be extremely dominant sometimes at the point of being close to abuse them.

The other group of LSE women, the LSE LD women - low self-esteem, low sexual drive - you will be able to recognize because they will enjoy female talk with you and will change **all what you say into negative.**

Like this:

Franco: (long pleasurable descriptions of Paris)

LSE LD woman: "It is too expensive as a town and I hate all those well dressed women who show off with their expensive clothes."

Franco: "Hmm... I feel I have a terrible headache suddenly... I think I will go home"

She will cut you off like this and for two reasons:

1. She is scared of sex and your description is arousing her.
2. Her bad self-esteem does give her the permission of enjoying anything: she feels that she does not deserve Paris and in general does not deserve good things.

Good: here you have a wonderful "ready made" screening tool made by Franco to screen out the bad ones very fast.

The more a woman is a good girl, the more she is feminine and the more she will enjoy your "female talk."

What you will need to do at this point - after you have aroused her by the female talk - is to take out your masculine side and start to lead her and her emotions.

Think of a Cobra.

You first have her hypnotized by your talk and at a certain point you start to lead her.

What is leading her and her emotions?

In order for us to understand that we need to get in touch with other two concepts.

These are:

1. **Pace** - mirroring another person's thoughts and emotions without influencing the person.
2. **Lead** - leading a person towards a wanted inner state change or do to something we want.

For example:

Girl: (with angry tone) "Unbelievable! My car remained on the other side of the street!"

Franco: (pacing) "Oh that sucks! I can see how that makes you angry!"

Then:

Franco: (leading) "I am sure you will feel better when we get into the car. Let's go!"

Read now this sequence:

"Franco: "Ah.. France, France is a great place. I am glad you have been there. There is such a wonderful feeling in waking up early morning in Paris. You feel the sense of freedom when you get into the streets and head to the huge squares. The bread, the fresh bread they sell in the morning is so pleasurable when tasted with wine; you can feel the pleasure and the freedom of Paris in your veins!"

Girl:"Yes, the people are so open there, and so sweet"

Franco:"Being open is very important; it makes us feel more in touch with ourselves and the others."

While you do this she will give you hints on how you have to proceed in order to seduce her and lay her.

Women take usually expressions like "it makes you feel", "it makes us feel" very, very seriously. So as we have seen leading her emotions is basically done by two simple steps:

Face: reflecting her emotions, thoughts and actions by our words, in a way mirroring them.

For example:

Girl: "Yes, I think traveling is wonderful, it makes us feel alive"

Franco : (pacing) "Feeling alive is a marvelous experience. One is refreshed in one minute when the airplane gets into the sky."

Here I am simply mirroring her emotions. After a certain time spent mirroring you can start to use the lead.

Lead: leading someone to a certain inner state change we want or do so something we want.

Girl: "Yes, I think traveling is wonderful, it makes us feel alive."

Franco: (leading) "Yes, that is wonderful, feeling alive! I have a wonderful collection of pictures from my last trip to Madagascar; you should feel the feelings created by the wild nature there. I am behind the corner, need to go upstairs to pick-up a jacket, let's go to have a look at the pictures..."

This could be a case of Day I close: when you get her to your apartment you escalate to **kino** (touching) and when she feels comfortable with that: **to sex**.

Now what makes you screen for good girls in this method is **that you are not starting from dominant techniques like cocky and funny or push-pull**.

You start here from a "soft" leadership and demonstrate alpha qualities by approaching her and leading her into something you want without putting her down in any way!

You show alpha qualities in the next step when you lead her emotions and do not elicit fast strong submissive erotic and emotional feelings like you would do with push-pull or cocky and funny.

This makes you screen for good girls: in fact they are more prone to appreciate soft leadership and rapport than being put into a submissive sexual state from the beginning.

Adventuresses instead enjoy being put into a strong submissive sexual state from the beginning and want much less rapport, some of them consider the slightest rapport as a huge turn off.

Chapter 8

Stronger dominance, cocky and funny, touching her

In this particular method you will use the "tougher" dominant alpha attitude more "as a pleasant surprise" to her.

If you go on using female language even if you lead her emotions well will - sooner or later - that will put you into the "male girlfriend" role.

This will not necessarily with all the good girls but with the majority of them: the ones with a strong sexual drive for example. When you have elicited her interest by leading her emotions if you feel that she is not getting into sexual state as much as you want you can start with push-pull for example:

Franco: "You are so nice..."

Franco: "Maybe you are too nice for me..."

Franco: "I like you... but... maybe you cannot stand me..."

Or you can use cocky and funny.

Franco: "Stop staring at me! I am a shy guy!"

Franco: "If you want to bring me to dinner that's okay, I like sushi."

Franco: "Okay, okay I will adopt you, I will be your Daddy!"

Now with good girls keep in mind a couple of important aspects:

- Many good girls may get horny, sexual for the simple fact that you lead their emotions and them into a new experience. In this case **you do not need active dominant techniques** and you can get straight to isolating and sexual seduction.

- If you overdo the dominant part with a good girl you will lose her: in fact one main trait of the Good Girl is to test all the time for security.

If you will make her feel unsafe with too much masculine energy you will lose her. This is actually the most difficult calibration issue in this method.

When you calibrate the level of her sexual horniness you can start touching her which is what in pick-up and seduction slang we call: **kino**.

In a word: going for the sex same day makes you screen more for adventuresses than good girls. Of course there are exceptions.

This is not because she would be some kind of **Madonna** but because a good girl needs a certain time to feel safe with you, comfortable with you.

With adventuresses is the opposite: she will feel you as a non sexual friend if you don't exert tough dominance on her and fast.

One good way of starting kino is what I call (with modesty:) **Franco's dissociative technique**: you talk about something else neutral, maybe about the landscape or whatever else not boring.

These have to be emotional and not logical subjects!

At the same time touch lightly her fingers. If she responds well you keep the fingers little bit, then while talking you escalate to the arm, then put your hand on her shoulder and so on.

Then you kiss her.

If she withdraws wait for a while, go on with the emotional talk and try the dominant techniques, for example the cocky and funny, or busting her on some imperfection of her, or push-pulling her.

In my Manual of Seduction you can find extensive information about how to push-pull her, be cocky and funny and so on.

These are masculine dominant seductive techniques.

Then when she is more attracted you get back to **kino** - touching her - again, until she submits. More on the seduction and sex part later on.

Chapter 9

Subservient frame. Detect and avoid supplication

You will learn when you start to do pick-up and seduction that "good girl" and "nice girl" are not the same thing.

Good girls will test you and they will do it tough. Remember anyway that there is one main thing good girls test for primarily: safety.

Realize that all the women you will meet in the course of your pick-up **will try to have you become subservient to them.**

This is deep in our culture and it is also hardwired in woman's biology.

Thousands of years of evolution are at work.

Good girls **will test you early** on and try to have you become subservient to them just like any other kind of woman.

It is absolutely not true basing on my field experience that all the women will respond with sexual submission to men who do not supplicate.

Instead there are two groups with different behavioral response in regard to supplication.

The best women you will meet in the course of your pick-ups will actively try to have you supplicate in a way or another and **will be extremely aroused sexually and attracted to you if you don't.**

They will test you hard for that, believe me, early on!

These are the best women and you want to go for them!

On the contrary the women who are trouble will do all what they can to have you supplicate and will become even more resistant to your pick-up and seduction if you don't.

They will have a reaction to your response not easily recognized in the pick-up and seduction community: they will dump you if you don't supplicate!

In this group there are the women to absolutely avoid!

For a good girl to be really such she has to be **able to live with the fact that a man will not give up his pride, masculinity and sense of honor for a woman.**

The women in this "try hard" group in regard to supplication are usually:

- Women in provider-seeking mode who are not able to accept male leadership. You want to be **the one to decide** are you going to be a provider to a woman or not.

You don't want to start so that she chooses you for that role by having you supplicate. Drop these ones early on! They mean trouble.

- Women who are unable to have a healthy relationship with a man - for example man haters or women with psychological issues.

- Women with an agenda. They want you to supplicate to get some advantage out of you.

These ones will try to have you supplicate and will become resistant to your seduction if you don't because they are either scared of the feminine side in their personality or have an agenda.

The agenda could be at the simplest: getting married with you!

They try to have you supplicate with the purpose of controlling themselves. They can control their own horniness if the guy supplicates to them.

On the contrary the women of the first group - the one you want to choose for a relationship - want to feel the joy connected with their own horniness and the joy of being under a strong male's leadership.

These are the women you want to screen in and seduce! The good girls this about is about!

During the process of pick-up it is important to quickly distinguish between these two groups. If you invest too much time in the women of the second group you basically get in trouble, get a lot of negative feelings and waste your own time.

To avoid subservient behavior and screen out the "bad girls" you need to do a few things:

- Ask from yourself at any step when she does a move **is she trying to have you supplicate.**

- If the answer is yes then you need to ask from yourself the following question: **if I do not supplicate is her reaction an increased horniness and emotional submissiveness?**

Of course to ask from you this question you need to be good enough to not supplicate.

I will teach you how in the next chapter.

-If you answer is that she is not reacting with increased horniness and emotional submissiveness to your non subservient behavior then you have to consider these options:

1. Your game was not good enough. In this case learn from the experience.
2. She is trying to control herself for a reason.

In the case you feel she is trying to control herself for a reason (usually too much fear or an agenda) simply eject the girl.

She is **not** a good girl by definition!

She either has psychological problems or is trying to put you into the subservient frame for a reason.

If you are interested in getting to know better bad girls just go for it. If your goal is to find good girls at this stage you can already drop her.

At this stage you already know that she is not a good girl: she is controlling herself for a reason!

The reason is either big psychological problems or she has an agenda.

Chapter 9

How to avoid subservient behavior

As a rule: with good girls you can be nice but you cannot be a "nice guy".

If you act like a nice guy she will walk all over you and at the end you will either get hurt emotionally or - if her radar is not good enough to dump you fast - you will get her into sexual stat and at the end of the day you will have a very bad relationship with her.

Rule number one: **you do not kiss her up.** No matter how good she is, how sexy she is, how intelligent she is you **don't do that!**

Men who are otherwise extremely tough in business life can be at the level of brain damaged people when it gets to how control their own subservient behavior towards women.

This is especially due to your own instincts of procreating: they put you to do all the stupid things to impregnate a woman.

So rule number one:

- Always **assume** that she will do something early on in the pick-up to test if you are subservient and even more something to have you do so.
- You have to ask from yourself at any step: "is what she is doing right now meant to have me kiss her up and if so which is her purpose?"
- Next thing you have to do is to reframe the situation so that **you don't supplicate.**
- Expect an escalation of her attempts. If she is a good girl she will escalate that only with the purpose of testing is she safe with you.
- If you conclude that is the case then do something to reassure her but do not supplicate.

When you will have had her give your number for a Day II you will be in the most crucial part of your pick-up.

There will be a "window of supplication" due to the fact that you are the one who is asking for something: meeting her again.

This problem is minimized to zero if you arrange your pick-up so that you go for the close same day but there are problems:

- Good girls have been educated by society to not "give it away" the first day. By going for the sex same day you risk raising her ASD (anti-slut defense) at the maximum possible level. She may also think you are needy for sex.

- Another problem of going same day is that you risk getting into a ONS (one night stand) which can have the good girl getting **buyer remorse** and have her cut you off afterwards.

- It is otherwise a good practice to not get into ONSs if you like to have relationships with women: that is the only situation where a woman can feel like she "fucked" the guy. You want to be the dominant alpha male and not the one who is "taken" by a girl in bar.

- Women who are adventuresses or materialistas very often do that to get the feeling of dominating a guy for various reasons. This is not what good girls do unless they are depressed or in the middle of a life crisis. If you get a good girl into that situation you might loose her as a good girl.

It should never be like that: you should always be the one to "do her" and not the other way around.

On the other hand if all what you want is sex then just read my next book about how to game adventuresses and leave good girls in peace!

- Going for same day lay has the advantage of having you 1. Screen girls much faster 2. Use at the maximum the effect of your attraction game.

It is practically impossible to make an exhaustive list of the means a woman can use to have you become subservient under the effect of her more primitive instincts.

The funniest situations which happened to me were a couple of younger girls who made strange, guttural and incomprehensible sounds when I called to arrange a Day II.

I simply shut the telephone and never called her again.

The instinctual purpose of that would have been to put me into the situation of asking "what's happening to you Honey?" so to have me invest into her more than what she would invest into me. She was acting out of instinct.

Another girl - a single mother - when I called pretended to play with her child in the middle of our conversation and then the line went off, purpose: to have me call again to ask what happened so to put me into the subservient frame.

Guys without field experience will not completely get what I write here. Believe me: **women do this kind of extreme moves to have a guy supplicate to them.**

Of course there was another reason I did not call these girls anymore. It was because both behaviors of theirs were extremely **freaky behaviors**. Anyway here is a list of the means she will use to have you get into the subservient frame:

- Pretend to not wanting to meet you again while liking you. She knows you have no sure mean to know that in advance. If you have time game here right there when you are and simply forget the number.

If you have to go just push her: if she was not attracted she will not give her contact information. If she was attracted she will surrender. One mean you can use to attract women is extreme determination.

Never give her **your number**: you are the **prize**. Also the anti-slut defense would keep most of the feminine women from calling you in the fear of being considered sluts.

- Telling you she is busy when you call. If she does that a few times you are already betaised and the game is over.

If she says she is busy put her promptly **to pay a price for it** in terms of time.

If a girl says she is busy I tell her that I am even more busy myself (with a lot of fun things like traveling, the gym, meeting fun people) and that I am going to call her later.

I do not tell her when I will call.

I make sure that the time she has to wait for me is at least double the time she was trying to have me wait for her.

- Asking you **why** you want her number. This is a way to have you qualify to her. Simply don't answer the question or frame it like her coming to give you something like: "I think you have nice stories to tell and I like when people tell me stories." If she is behaving freaky tell her: "Because I am sure you give wonderful back massages."

As a rule: be nice if she behaves nice, be direct and tougher if she behaves freaky - adventuress - or tries to get material stuff out of you - materialista.

To each one her own.

That also screens the ones who are not good girls out: you will have them display their cards fast.

- Asking you to do favors to her so to take you into a non romantic and non sexual frame. For example asking you to help her to fix her computer or help her with her home work or something.

This is something a good girl who has been before with a not very masculine guy could do to test are a nice guy like her former boyfriend.

When she does that turn it around by telling her to come to an isolated venue like your flat: "I have a better computer at home. We need to link your laptop to it. We could get some Chinese food and work on it."

She knows that isolated venue = sex. All the women know it. That will put her to think twice before asking again.

If she is doing that to have you be subservient she will get the message that it is better to not try that stuff with you and your value in her eyes will raise.

Males are so subservient to women in our culture that many good girls will suspect that **you are a player** if you **do not do anything subservient**.

If you notice she is worried about that be little bit nicer for a while but don't deny nor admit it.

Adventuress and materialistas could do the same thing - asking you favors - to test if you are a nice guy so they can next you fast if they are adventuresses - they like tough guys - or if they notice that they cannot manipulate you into giving stuff.

Materialistas divide men into lovers and providers **very strictly** and at the same time will never display that to you.

- Making her time more important than yours. Women will try to have you become subservient by trying to give more value to their time. They will tell you that they have the aerobic, the girlfriends, they parties, shopping and try to put you at the end of the list.

They test in this way how much value you put to yourself and they will put you mercilessly in the group: "just friend" if you telegraph that you do not value your own time.

Be careful; there are nowadays adventuresses or materialistas who suddenly become worried about their biological clock and decide to have a nice guy pass their tests with purpose to having him become the father of their children and their ATM machine.

Normally good girls don't do this: for a guy without field experience noticing something like this may be very difficult.

You need field experience. Never forget it!

List could be long. Only by continuous experience in the field you can learn to detect all the fine details of the thousands of means women use to detect subservient behavior and induce it into men.

The most important rules you have to follow are this:

1. Always **assume** she will do something early on to have you be subservient early on and especially if she is in provider-seeking mode.
2. Remember that all the women are **ambivalent** in regard to subservient behavior; ambivalent means that they "want and do not want" a man to be subservient to them. This is especially a problem modern women have.

Be prepared for the fact that the same woman very often will try to have you kiss her up and at the same time hate you if you do that.

3. Watch her very carefully from the beginning of the pick-up, all the way long to seduction and sex and also after the sex for signs of her trying to have you kiss her up.

4. When screening for good girls remember that a good girl will try to have you become subservient mainly to check can she be safe with you and especially when she is under the influence of a strong desire of getting pregnant.

5. Remember that you cannot deal with her attempts to have you become subservient if she is a good girl in the same way you would with an adventuress or materialista.

With a good girl: reassure her without being a nice guy and by showing her that you treat her well without being a pussy.

With an adventuress: show her that **you are not safe**. The more you are not safe the more she will like you. Anyway in this method you will not do this otherwise you will start to get adventuresses and not good girls.

Remember that adventuresses **are not done for committed relationships**. The next book I will write will be about: "How to game adventuresses."

With a Materialista: remember that **in her world there are two men**. One is the **idiot who gives her stuff**. Another one is the **pimp** who makes her feel herself a woman and takes stuff **away** from her.

Best way to game her is to put her into a situation where she has to do things for you. I am going to write a book soon about how to game materialistas.

Chapter 10

Day II. Isolating and escalating to sex

Withdrawing sex and being a good girl is not the same thing. Remember this. This is important: the girls who withdraw sex are not good girls.

They are usually Materialistas who have an agenda in mind, they are trying to control you for some reason, they are adventuresses with inner issues in regard to sex and male relationships or simply are not attracted to you.

They are very often LSE LD girls. They are girls with sexual problems.

The real good girl is someone who enjoys sex herself and at the same time enjoys giving pleasure to her man.

In spite of that when you will go for day II keep in mind that in the culture of the majority of countries the Madonna-whore complex is very much represented.

For that reason also good girls who have an open and healthy relationship with men will have to "pretend" to be **prude** due to the fear of being labeled as sluts by society.

It is funny: there are a lot of women around worried of being labeled as slut because they enjoy sex in an exclusive relationship!

The essence of the ASD - anti-slut defense - is that a woman should not show too openly her sexual desire in order to avoid being labeled as a slut by society.

Not doing that can have serious negative social consequences for her: she can lose her social status, her job and get into a lot of trouble.

In regard to ASD there is a phenomenon men are not very much aware of: **women repress actively other women's sexual desire.**

They do that to eliminate competition: labeling another woman as a slut is one of the weapons used in that battle.

A good girl who is willing to enjoy sex with her man will have to consider the social consequences of admitting that openly to both men and women.

Men could judge her for being a whore: in that case she could lose the social support of many men.

Women could try to repress her for being too much willing of sexually pleasing men thus becoming a too dangerous competitor for other women.

For this reason when you have attracted her on the pick-up venue you will have to face her ASD - anti-slut defense - when you will try to escalate to sex.

A woman's ASD can come up at any time: she can feel herself as a slut simply because of talking to you in a public place.

ASD can assume strange and sometimes hilarious forms when seen from the point of view of male logic.

She can feel herself a slut because she is making love with you in a hotel and feel absolutely free of making love with you at her place.

Conversely another woman can feel herself a slut for making love with you at her place and feel absolutely free of making love with you in a hotel.

I will never forget a married German tourist I had sex with in my home town when I was young.

She did not feel ASD when having oral and anal sex with local guys and felt as extremely shameful to have vaginal intercourse with them.

She felt "she would cheat on her husband then."

The above is an example of a mind frame an adventuress could have and a good girl would not be likely to have.

In spite of possible extremes in the psychology of different women if you don't escalate to sex a good girl will - consciously or unconsciously - put you fast into the category of beta males.

Franco's rule: sex between I - III meetings is valid for Good Girls and any other kind of girls as well.

If you don't want to follow Franco's I-III rule then you have to be a man and admit that you just want to be a friend with the girl in question

This is perfectly okay because good friends are a treasure.

What betaises you with a girl is when you are "in the middle" between a sexual and non sexual frame, when you are not able to decide between the two.

Any kind of girl will detect your lack of sureness under seconds and you will lose your chances with her very fast.

Two important concepts to understand before in regard to having sex with her are:

1. The concept of **her inner state** and how it relates to having sex with her.
2. The concept of **isolation** and how it relates to having sex with her.
3. The concept of **escalating** and how it relates to male leadership and sexual dominance.
4. Understanding LMR = **last minute resistance**.

Franco has his own view about LMR and good girls. Later on we get to that.

5. Understanding the concept of **penetrating her** in both it's physical and psychological meaning.

When you have these 5 concepts figured out having sex with a woman will be children's game.

Let's start from the concept of her inner state.

It is similar to what we have already seen in regard to your inner state when doing pick-up.

Women are extremely emotional creatures and **their inner mental state changes very rapidly**. Rare man realizes consciously how fast that happens. Also a woman's inner state can change in a totally arbitrary way.

When you are in the attraction stage and later on when you are escalating to sex never forget this: her inner state is all the time changeable.

You cannot count on logic: when attracting her and when escalating to sex you can count only on calibration.

Calibration means:

- What **you do and say** at every given moment and especially your **non verbal expression and attitude** when you do it.
- How she responds to that at every given moment and especially her **non verbal expression and attitude**.
- Especially the signs of her inner state you detect by following carefully her **non verbal communication**.

If she blushes and giggles when you say a joke all what she may say with her words means nothing.

The blushing and giggling will tell you all. There are a lot of good books around about how to follow non verbal communication.

From Google you can find also several good articles about the topic. The topic is too large to be covered all in this book.

What you have to keep in mind is that her mental state will change rapidly all the time.

The only means you have to understand is the situation moving you towards the sex with her are observing and calibrating her non verbal reaction.

Remember to follow **the process** and **not too much the content**. **This is very important!**

If you use logic, fail to follow her non verbal reaction and focus too much on the content of what she says and does you will almost probably fail your pick-up and seduction.

As I said if you go for the same day lay you will have the advantage of being able to affect her inner state as it was from the moment you attracted her.

On the other hand the risk of getting into an ONS (one night stand) or her getting buyer remorse are much bigger.

If you go for a good girl you want to avoid ONSs because those are the only situations where a woman can have sex with a man and rationalize it backward as "I fucked him."

You do not want to start a relationship with a good girl so that she can feel that "she fucked you."

She has to feel all the way long that you - **The Man** - is the one who "fucked her."

It is connected with the importance of your male dominance as a crucial factor in eliciting and keeping up her horniness.

Soon we get to that.

If you go for the sex same day the risk of running into an adventuress and failing to screen her for being such become much bigger.

On the other hand when you will structure your pick-up and seduction as Day I and Day II with sex on Day II **you will have to face her inner state's changes in a much tougher way** and believe me: it will be worth the effort!

As a rule: what you do on Day I, how you attracted her on the pick-up venue is a crucial factor. How you affected her inner state on Day I will be very important for the outcome.

Your mental focus when you do pick-up should be first of all on attracting her on Day I at the pick-up venue. That is the most important factor for success.

If you are too worried about getting her contact information and meeting her again that will come out for sure from your non verbal attitude and it will be a total turn off for her.

Don't worry too much about getting her number or email address. Focus on attracting her on the pick-up venue.

When you have affected well her inner state getting her contact information will be easy.

Second important thing: when you contact her again focus always on attracting her again. Never assume anything.

Her emotional state changed for sure thousands of times in the meantime.

The only way to be effective in isolating her will be to work on building her attraction again.

Ideally you should be able to elicit in her again the same attraction feelings she felt at the pick-up venue to be able to get her into isolation.

More on **isolation** soon.

It will not be easy to remember all the particulars of the women you will pick-up.

I suggest that you start to carry with you a small notebook with a pen or a PDA and start a "PUA Diary."

This is something I do which is extremely useful for having successful Day IIs with women.

When you get her number give her the notebook or the PDA and let her write her contact information.

Later on - when you are alone again - write down for yourself the "theme" of the talk you were having with her on the pick-up venue.

For example if you attracted her by using a female description about Paris write down the content of the description for yourself.

If you were doing some cocky and funny and telling her you could adopt her and be her Daddy write down "Daddy" with the particulars of how that is connected to her.

Soon you will have a list on the diary with the contact information of the females you picked up and the "themes" of the discussions you had with them.

This is important because female language is not natural to men - if it would be natural to you, you would not be a man!

You are a man and for that reason you will be prone to rapidly forget exactly those particulars which would help you to get the woman: the themes of the pick-up which elicited in her those strong emotions!

When you contact her again insert in your discussion the same "theme" but in a covert way. You can do that over the phone, in person or even over text message or email.

For example if you were talking about Paris then you might say:

Franco: "By the way... last day I saw in a traveling agency exactly a picture of the street we were talking about..."

Don't stop here: use it as a way to give her again a female description about the discussion you had at the pick-up venue.

If you manage to give her good feelings about the theme of your pickup, about the beautiful emotions she felt with you when you first meet her you will get her!

Now we can get to the concept **isolating**.

It is an extremely important concept to understand if you want to have sex with woman.

In our culture in the majority of the cases: **man + woman together in isolation = sex.**

Some adventuresses will like to have sex with you in public but the majority of the girls - and especially good girls - will want to feel the safety and the discretion connected with **an isolated venue** in order to have sex with you.

At this stage every woman - including good girls - will act with you like a wild animal would do.

She will rely totally on your strength of will and your leadership qualities as the only way for her to be able to come to an isolated venue with you.

In a word: it has to be you to create the conditions for her willing to Isolation in order for her having sex with you.

Isolated venues could be:

-Your flat

-Her flat

-A hotel

-A silent place on a beach

-The basement of a building in construction

-The bathroom of a restaurant

-A silent wood

Keep in mind that the more an isolated venue is exposed to the public the bigger is the risk that she will have ASD feelings.

For example her flat or your flat are less likely to elicit ASD feelings than her but the bathroom of a restaurant might not be something for every girl.

You have basically two ways to circumvent her ASD. Those are similar to the difference between **direct game** and **indirect game**.

These two ways are:

1. Isolate her by the means of direct male impudence and strong leadership.
2. Come under her radar indirectly to isolate her.

Both ways have advantages and disadvantages.

In the first way after you have aroused her enough in a semi isolated venue like the silent angle of a bar you do this:

Franco: "Let's go!"

Girl: "Where?"

Franco: "To my flat!"

Grab her hand and bring her out of the bar.

Or, when you come under her radar.

Franco: "Hey I forgot a book at my flat. Let's go to pick-up it up and then we go out!"

You give her "an excuse" for coming to your flat.

I, personally, prefer the direct way. My concept of good girl is that if she needs too many excuses to have sex with me **after I have attracted her** that means she is not really a good girl.

The disadvantage of the direct way is that it can raise her ASD to the stars. The advantage of the direct way is that if she has problems with sexuality this will come out at that stage and you can next her fast for not being a good girl.

The disadvantage of the indirect way - "Let's go to watch this DVD I have at home!" - is that it gives her an excuse for having sex with you.

That can have you fail detecting good girls who - as we already saw - should have no problems with sex and be willing to please the man they like sexually.

The advantage of the indirect way is that it is less likely to elicit her ASD.

Let's get now to the concept of **escalating**.

When you have her into isolation you can start **escalating to sex**.

If you fail to escalate you will not get sex unless she is a masculine dominant woman who likes men who behave like girls.

As she was not helping you to get into isolation before she will not help you to escalate either.

So that is another thing which is on your responsibility.

There are of course exceptions: adventuresses of the masculine type may sometimes be willing to help you to get into isolation and escalating to sex.

Don't confuse them with good girls.

Those girls are **players**, just like I am. A good girl will want to enjoy male dominance and leadership and will act so that you **will have to lead her** into isolation and the responsibility for escalating will be yours.

Escalating means to be sexually active and start to touch her in a more sexual way when you are in the isolated Venue: this includes touching her face, neck, body, intimate parts.

If she resists it means she does not feel comfortable, yet. It means that her inner state is not ready for sex, yet.

Be careful: if at this stage she resists you too much it might mean that you failed to detect her for being a LSE LD - low self-esteem low sex drive - woman.

If you realize it is so excuse yourself and drop her instantly! She is not the woman you want!

A good girl will not show any resistance at all or small resistance if she agreed to come to an isolated venue with you and especially if you were very direct in having her getting there.

The "modus operandi" of a good girl who is not attracted will be that she will not come to isolation with you at all!

And now let's get to the famous LMR = last minute resistance. This may shock you but Franco's view is that **good girls never get LMR!**

Why?

Because if a girl in our culture comes to an isolated venue with a male she was attracted to on the pick-up venue and gets LMR that means she has sexual problems and is a LSE girl, not a good girl.

That also means that she is not being honest with you: she has a reason to play with your mind by using your sexual desire!

The good girl doesn't do that. She is able to decide already before isolation is she willing to please you as a man or not.

So if she gets LMR that means usually two things:

1. Either there are flaws in your game which means you are not being sexually and emotionally dominant to her.
2. If your game was good and you feel that you have attracted her well, isolated her well and escalating properly and she still gets LMR that means **she is not a good girl!**

She is a LSE girl.

Why?

Because a good girl is a girl with a mature personality and those girls should be in touch with their sexuality and know that they want.

If you get crazy stuff like her resisting for hours to you trying to get her pants off after you have gamed her properly that means you have a LSE girl in your hands.

Drop her instantly if good girls are what you are looking for and realize that she means trouble.

For this reason I will approach how to deal with LMR only in the next book about adventuresses. When you are escalating by touching and kissing her the next step is to slowly have her into full sexual intercourse with you.

One very important thing: **if she feels uncomfortable with full sexual intercourse (penis in vagina!) she is not a good girl!**

Many men have been fooled by this before in history!

If she does the best blow jobs of the planet and feels uncomfortable with you penetrating her she is not a good girl!

She is a LSE girl!

Don't let your own testosterone fool you!

And now to the last topic: **penetrating and male dominance.**

The best aphrodisiac you have with good girls is your masculinity!

It is counter intuitive: if you are a healthy heterosexual male what attracts you in a woman is receptiveness, mystery, sensitiveness, femininity, sweetness, sexual appeal.

When you want to arouse your good girl just be **The Man.**

Be decisive, direct and masculine. Escalate and penetrate!

When a woman is **attracted by this in you and shows empathy and consideration for you and your needs she is a good girl!**

In fact in order for her to be a good girl she has to be attracted by masculinity which means: strength, toughness, decisiveness, impudence and strong leadership qualities.

If she is not attracted by masculine qualities then she is not a good girl and maybe not even too heterosexual.

So your final test for her will be: **how she reacts to your masculinity and you penetrating her.**

If she reacts to that with horniness, receptiveness and empathy towards your needs as a man and as a human being, if she is willing to give you good things in exchange for the good things you give to her then congratulations!

You have found your good girl and successfully seduced her!

Cheers, Franco

Helsinki 26.9.2008

Glossary

Adventuress: she likes sex and is willing to share it with you to gain attention and validation. Her end goal is to have fun and satisfy her own needs. Many of them like sex a lot and are very, very good in bed. Some of them are able to seek attention and validation without actually liking sex.

Ambivalence: having contrasting feelings and emotions about the same things and persons. Also men have this but they suffer for it and try desperately to use logic to get insight into it. Women - instead - when they are in touch with your testosterone enjoy being ambivalent and have learned how to live with it since thousands of years without worrying about it. It can have bad consequences for you and your peace of mind!

Escalating: the sequence of your actions bringing slowly or rapidly to full sexual intercourse with a woman you picked up.

Good Girl: she comes from the heart and has empathy for your needs and not only hers. She pursues your interest as well as hers. She likes sex and is in good touch with her femininity.

Isolating: the sequence of actions you perform to isolate a woman after the pick-up situation from social situations with the purpose of seducing her into sex. An isolated venue can be your flat, her flat, hotel room, silent wood, a motorboat or any venue which has her to be alone with you.

Lead: leading a woman to an inner state change or to doing something you want her to do.

Materialista: she is interested in material possessions and for her sex and attention are exchange goods to receive from you the access to stuff like money, cars, houses and high level lifestyle. Some of them like sex a lot. Some of them just pretend to like sex.

Face: mirroring another person's actions and emotions, matching the inner state of another person.

Penetrating: the penetration of your penis into her vagina. You cannot consider a woman completely seduced without this happening and without her enjoying it fully. It has also a symbolic meaning. Without you being "penetrating" into her psyche you will never have a good emotional and sexual relationship with her.

Pick-up: all what you do to have the girl from a public venue to an isolated venue to have sex with her.

Seduction: all what you do to have her attracted to you and willing to submit to you emotionally and sexually.

Franco is Franco Seduction's CEO

Franco Seduction is a pick-up, seduction and female relationships coaching company for men dedicated to help men improving their success in love relationships with women, their lifestyle and quality of life.

Cheers, Franco

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