

# Men's Quick Start Guide to Dating Women

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## **PART 2: TAKING CARE OF YOURSELF FIRST**

### **2.1 What do You Want?**

Before you can decide which woman you want to date (will be covered in the next part of this book so we'll get there soon), you need to decide what you are looking for and expecting to get from the date.

When you begin dating, try to know what you want from your dating partner. All of us date for different reasons. Sometimes these reasons are unknown to our conscious mind. You need to seriously ask yourself what you want from your dating partner.

You need to understand what makes you tick so that you will ask the right woman out on a real date.

Maybe:

- You are an honest guy,
- You hold truthfulness in high esteem,
- You are a hard worker,
- You really despise laziness.

Do some serious thinking about yourself because the character traits that are important to you today are always going to be important to you.

Now, taking your in-depth understanding of yourself into consideration, you need to think about exactly what you expect to get from the dating process.

**Important!** If you only want to date because everybody else that you know is

dating and you are feeling really left out and alone, that isn't a good reason. You know yourself better than that. You have never done anything just because others were doing it. There's no point in starting to date just because others are dating.

**Warning!** If you only want to date for the purpose of satisfying your own biological urges and one-night-stands are going to be your thing, then at least practice safe sex. There's no need for you to die young. You won't like yourself much if you do date for that reason, however. You have always been a person who believed in honest relationships. You still do.

Dating for the purpose of finding a person who will share your joys and sorrows like a good friend is a pretty good reason to join the dating scene. Nobody wants to face life alone. But you do need to be honest with your dating partner that friendship is your main objective. You don't want to mislead a woman into thinking you are looking for a permanent commitment if you aren't.

If you are dating so that you will have someone available to just adore you, faults and all like mom does, get a dog and save the poor woman a broken heart.

Having a beautiful woman on your arm just to impress your friends isn't a good reason for dating. You can find other ways to impress your friends that won't cause anybody to be hurt. Buy a sports car.

Remember that everybody wants something every time. The woman you date wants something... and you want something, as well. Dating women who actually expect and want the same things out of a relationship that you want and expect will not only narrow your search it will also make your dating experiences much more enjoyable and rewarding.

Knowing exactly what you want brightens the possibility of getting it. Oh, and to dispel the “Ms. Perfect” myth while we’re at it.

## **2.2 Waiting to Meet Ms. Perfect**

If you seem to be waiting for Ms. Absolutely Perfect to wander into your line of sight – you keep waiting and waiting for the woman you have been dreaming about – then in reality, you are getting **nowhere**.

It must be really tough. Do you think you are just a victim of bad luck and that’s the reason Ms. Perfect hasn’t appeared in your life yet? Or have you decided that maybe Ms. Perfect only exists on movie screens and not out here in the real world?

**BINGO! DING! DING! DING!**

You’ve got it! She **DOESN’T** exist anywhere except in your imagination and on movie screens.

The truth of the matter is that the reason Ms. Perfect hasn't appeared has nothing to do with your luck, good or bad, but everything to do with you and the fact that you are busy looking for a person that doesn't exist! You can't date with your eyes closed and some impossible dream in your head. You'll get so caught up in this whole exercise of dating that you forget to look for the qualities you seek! You haven't met the person of your dreams because you aren't looking for the things that will make them close enough to perfect for you.

You are so confident that every woman you have met could not give you what you

wanted. But what was it that you wanted in the first place? Once you are sure of what you want, you will know exactly what to look for in your woman. What are the qualities that you feel are necessary in a person? What are the attributes you are willing to make a compromise on? Have you thought about all these?

Remember, that **nobody on this earth is perfect**. Everybody has faults - some faults bigger than others. Some are faults you can overlook and some are faults that you couldn't overlook on your best day and if she was the most beautiful, most sexy woman on the planet.

Yes, I know you will want your date to like you and to enjoy being with you. What is equally important, however, is that you like her and enjoy being with her.

When you first begin any relationship it is important to have an exit route planned in advance. When the chemistry isn't there, there isn't much point in wasting your time and energy (not to mention your money) on a relationship that isn't going to happen anyway. The sooner you discover irreconcilable differences, the better. The less you have invested in the relationship, the easier it is to end it (maybe even before it begins).

**Remember!** When you meet a woman, however hard you try to impress others, you cannot control their thought processes. Instead, it's far better to concentrate on your needs and desires, and how much of what you need would be fulfilled if you dated this woman. Do you like what you see? Does her personality appeal to you? What are the topics she likes discussing, what are her general likes and dislikes?

Does her intellect match yours? It's critical for you as you are the one who is

seeking to meet Ms. Right... not Ms. Perfect.

## 2.3 How to be Romantic

It might not sound like such a desirable thing to be called a “romantic man”. But wait a minute. Doesn't whether it's a good thing or a bad thing depend on who it is that thinks you are a romantic man?

Your poker playing buddies calling you “romantic” might be cause enough to punch somebody in the nose. On the other hand, if the woman you are dating calls you “romantic”, that is a very good thing. Just because you like pampering your lady doesn't mean that you are any less a man than any other man. You can spend your day finishing your basement, working on your car, just getting your hands dirty so to speak but at the end of that day there's nothing quite like the look of love and care on your significant others face when you cook an impromptu dinner for her. And the benefits of what happens after dinner, or even before you get dinner done, far outweigh any negative connotations being labeled a romantic have.

So what is it exactly that makes a woman see a man as romantic? Most of the time it's the little things that women notice. A glance, a quick touch or brush across her back. Sure, flowers are nice, but haven't they almost become a cliché. That's not to say women don't like flowers because they do, but if that's all you've got then it will only go so far. You have to mix it up, change your style and use your imagination to create romantic moments.

**The key factor** in creating romantic moments is to put the lady's likes ahead of your own.

Creating romantic moments is so easy it's a wonder every man in the world doesn't "get" this. All you have to do is think of an activity built around something she likes to do. Does she like shopping (not something men even like to think about much less do), fine dining, walks on a beach, watching movies and the list goes on. **It's all about doing something she likes with her.** What will make such activities seem even more romantic to her is if you choose to do something she likes to do with her when a ball game is on TV that you could be watching with your buddies. She will feel chosen. And that, my friend, is VERY romantic indeed.

It doesn't matter which activity to choose to participate in with the woman that you want to think of you as romantic. The trick is for you to be totally involved mentally in the activity and not staring off into space or obviously just wishing it were over so you could go do what you really want to do. Remember this is you trying to be romantic so concentrate on the project at hand.

**Here is another little hint:** The more that you dislike the activity that you choose, the more romantic it makes it for her that you chose to do it with her. The fact that it was your idea sends the romance factor through the roof.

It really is so very easy to create romantic moments. With only a little thinking and planning, romantic moments can happen every day and at the most unexpected moments. Being romantic is a win/win situation. There is no reason not to make romantic moments happen at every opportunity.

## **2.4 Mind Your Appearance!**

Now, about your appearance: those old baggy jeans and sloppy sweatshirt that

you find so comfy are the first problem. You see yourself as comfortable. Women see you as a slob - **BIG turn off**.

**Important!** There is nothing wrong with wearing jeans and sweatshirts if you are only hanging out with the guys and don't have any desire whatsoever to impress a woman you might meet. You could even look fine in the jeans and sweatshirt if they were both clean, fit well and hadn't been picked up off the floor of your bedroom and put back on this morning when you got up. Lounging around the house in those clothes are fine but before you actually open the door and walk out of this house, you need to shower, shave and put on clothes that fit and that are cleaned and preferably pressed, as well. You never know who you will meet when you leave home so when you leave home, leave dressed to meet the love of your life.

The next important thing is your posture. **DON'T slouch!** Slouching tells women that you aren't very confident about yourself.

**Which comes to an interesting thought:** ever wondered why most women are attracted to men in uniform?

You see, men have always thought that women were attracted to men in uniform e.g. soldiers, sailors, pilots, etc. but the uniform has nothing to do with it. It's their posture that attracts women. They look so confident - so sure of themselves. They look like they are ready, willing and able to face the world, fight the battles and win. In short, little brother, they look like **THEY** think they are winners, which makes women believe they **ARE** winners. Quit slouching and stand up straight. Look the world in the eye.

Now let's talk about your haircut. Dad goes to the barber shop every couple of weeks and has his hair cut the same way it's been cut ever since I can remember. Granted, the hair is a bit thinner on top now and he is getting gray around the edges but basically, the haircut is the same. Now days, men have hair STYLES, not haircuts. Yours needs to be styled in a way that makes you look successful. Don't go for one of those weird cuts that the kids and the punks wear. Go to a good men's hair stylist and get it styled in a way that you can easily take care of it. And, for goodness sakes, keep it combed.

Personal hygiene or the lack thereof, is the first thing a woman notices about a man. Your fingernails need to be neatly trimmed and clean. Using a scrub on your hands to keep them from being rough is a good idea.

You need to go to the dentist and have your teeth whitened or get one of those over-the-counter products and whiten them yourself. There isn't any excuse these days to have dull yellow teeth.

**Another thing:** you do not have to have pimples. There are products on the market to help clear up your complexion and if you need more help than what is on the market, take yourself to a dermatologist. Medical science has progressed far enough that a pimple occasionally is all that you really have to suffer through. Acne is from the dark ages.

Women also like to see a man who looks healthy and spends time out of doors. A pasty white complexion, even if it clear isn't very appealing. It doesn't look manly to women if a man is too pale. You don't have to go out and spend hours working on a tan. There are tanning salons where you can acquire a healthy looking light tan in a few hours even if you spend most of your time in front of a computer.

Don't wear cologne or after shave that is so strong it will overpower the most expensive perfumes a woman can buy at any price. Your cologne or aftershave should be a very subtle scent and should not be discernable from across the room. Shoes! Shoes are important. A woman will always check the shoes a man is wearing. Here, again, clean and neat is more important than what the shoes cost. A pair of Gucci loafers that are overrun and unkempt will impress her, not at all, whereas, a pair of shoes that were purchased at a chain store that are clean and polished will likely make her take a closer look at the guy who is wearing them. Shoes that are appropriate for the occasion are important, too. A pair of expensive running shoes worn with a suit and tie won't get you very far with the ladies.

Women would never want to date a man who wears more jewelry than she does. Your *bling bling* can't outshine her *bling bling*. So go light on the jewelry and make sure that what you do wear looks masculine and appropriate for whatever the occasion is.

I don't think you smoke, but don't - and don't dip or chew either. All of them are nasty habits that will turn women off.

Don't ever get drunk in public and never, ever, EVER use any drugs of any kind. Women see all of those things as, not only bad habits, but dangerous ones as well. I'm going to tell you something, drinking might make you feel braver when you want to approach a woman but if you are drinking, or high on anything, she will know it immediately and she will RUN the other way if she has a brain in her head.

So let's review:

- Dress neat, clean and appropriately.
- Stand up straight - don't slouch.
- Get a good hairstyle and keep your hair combed.
- Be clean. Take a shower every day at least once.
- Keep your hands and nails clean and as callous free as possible.
- Whiten your teeth and keep your breath fresh.
- See after your complexion and keep a light tan.
- Keep your shoes clean and wear appropriate ones for the occasion.
- Don't wear too much or too powerful colognes and aftershaves.
- Don't wear too much or inappropriate jewelry.
- Don't smoke, dip or chew.
- Don't use drugs or drink to the point of getting drunk.

## **2.5 Women Love Confident Men!**

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