



The Babylon Model

An honest approach for dating

By

Alexis Go.Sa. (Joan Zeröz)

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aka Joan Zeroz

Acknowledgment

The writing of this book originally began ten years ago, during its process I made too many drafts, erasing manuscripts and starting the writing from scratch countless times. Always motivated to understand and above all, to master, any approach or strategy that could help improve the quality of my life, be it in the area of love or the financial part, and with total frankness I admit that if I had made this journey alone, the writing of the Model of Babylon would never have been possible, none of the three books would be a reality today. Since I was lucky in meeting extraordinary people who at all times, sometimes fleeting experiences, helped me to better understand certain concepts, even those experiences that are generally seen as negative ones. In fact, those are the ones that helped me the most during my learning process in earning exponential results.

I'm greatly thankful to Dr Roberto, Dr Garnica, businessman Tom, Demi, Gilberto, Dante, Karla, Daniel, Fabio, Poncho, Omar, since they were key elements that served as reference, support and even serving as direct mentors during my process.

A solo job is enriching and necessary, but by sharing your journey with extraordinary people, the satisfactions multiply.

Special acknowledgment

Special dedication to Mario, my father, Ceci, my mother, Mariana, my sister.

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Introductory Chapter: Don't Read This Book

"This book is most likely not the one you need to read right now."

I know that the title of this chapter will confuse you a lot because when someone writes a book, the more people read it, the better, but here I really want to make a very important clarification, most likely this is not the book you need to read right now, and I mean it.

In 2007 I began to study and go through this long journey in the dating world in order to improve and gain some control over my love life, and today, without any doubt of being wrong, I can say that nine out of ten people, their real problem is not sentimental, their real problem is economic. I understand that you fall for misleading advertisement by certain individuals who made you think that money was not important, but I am right here to tell you that it is, but maybe not in the way you are thinking. I have met many people who are mediocre and a failure in life, without projects, or ambitions, without any personal goal fulfilled, and even then they can date, even some are married. But due to their mediocre performance in life, they have too many debts, they do not have enough time for themselves or basic needs covered, what is really scary is that instead of looking for alternatives to try to improve their economic situation, they constantly look for ways to try to continue living in that mediocre reality. . For example, a colleague who always complained about his salary, and created a series of pre-made tricks for cheap dates, in which he did not even have to spend money, I still remember that at the time he showed me those “tricks” as a great achievement, without understanding that the rock bottom problem was economical. I’m not telling you to earn money so that now you can spend it on expensive dates, of course not, that would be a self-sabotaging move, but at least that you have the absolute freedom to buy a Starbucks coffee if you wish at this very moment, that if you see it necessary you can take off some days off on vacation to relax, I’m not telling you to become an eccentric millionaire,

I'm telling you to have enough to cover your own basic needs and even random luxuries that you want to buy for yourself.

In the other hand, I have to confess that nowadays my income is from my businesses, my projects, and these topics about seduction or social dynamics I really get deep myself into them because I'm passionate about it and since it takes so much work to overcome numerous sticking points, I know exactly the challenges that the newest ones will face, and with total honesty I express to you that the problem of many is economic.

Even at young age used to be exactly the same problem, while I was studying at the university the money was scarce, in fact, I only had enough for public transport, and if I wanted to buy some food I had to save two days, my classmates always asked me why I didn't get lunch and used to lie to them saying "I wasn't hungry". The really disappointing thing about this dire situation is that even when I had a few pennies in my pocket, I decided to save five days for the weekend to be able to go out on a date.

Genuinely for a long time I thought it was something suitable, until I faced the reality, I wanted to play dating, when it was not yet within my reach, I mean, I didn't even have money to buy condoms, so lame, I could insult, infatuate, whatever, but it was reality, to be honest, a lot of dates went to nowhere due to a lack of money, do not get used to being mediocre, because once is built, it is a very difficult habit to break.

If what I'm telling you at this moment, hits you, I sincerely advise you to stop all matters about dating, relationships, etc., until your economy is healthier, otherwise you will only be stagnant, think about it for a moment, the little money you have, could be invested

in developing skills that later on will increase your value in the market, instead of wasting your money in random dates.

Love can wait for now, believe me, there is plenty of love once you improve, there will be a time to have dates, relationships, whatever you want, but right now you don't even have money to live alone, pay your own expenses on a date, buy condoms or rent a motel room, do not fall into parasitic ideas like people I knew that instead of improving, they adapted to their economic crisis, for example, always using free condoms, the ones that hospitals give for free, I don't care if you tell me those condoms are "safe", you are missing the big picture, you are getting comfortable in your economic crisis, continuously looking for ways to save money, instead of finding ways to earn and multiply your income.

The conclusion is simple, you have to be honest, however during this introspection it could happen the opposite scenario, to use delusional ideas that you are building wealth and do absolutely nothing to improve your dating life. This happened to a colleague, who refused to improve his social skills, even though his economic position was much better than mine, in fact, on one occasion while chatting, he mentioned that it made him very tired to go downtown to meet with me and others and practice some social skills, since it was a 30-minute journey, and claiming it was better to wait until he was able to buy a car (somewhere in the long future), when I heard that, I was not surprised, I also understood that indeed, it could be used as an excuse that at the moment you are working in a project, you may be very busy, that you do not have time for anything else, however, that college used to just waste time, not exactly the example of a hard worker and passionate entrepreneur. In the other hand, I was 70 minutes away from downtown, and that did not turn me down, it was more my desire to improve than the inconvenient of that daily commute, I won't lie, it was an awful situation

but I knew that this discomfort was temporary, but the learning I was gaining little by little was forever.

If you have the economic freedom to buy a Starbucks coffee without facing economic struggles or missing a lunch tomorrow, keep reading this book, in case you do not have that economic position, work on that part first and when you can buy a coffee from Starbucks come back to continue reading this book.

Chapter I: Beyond Dating

"You will realize that little or nothing has to do with them, and everything has to do with yourself"

The book you are reading is the result of more than 14 years of studying social skills in a theoretical and practical way, more specifically, dating. For this I have lived in both small cities such as Guanajuato, Orizaba with a population of 100 k inhabitants, as well as large cities such as Mexico City, Beijing or Tokyo with more than 20 M inhabitants. It may seem that this book is intended only to seduce women, but in reality the philosophy of being honest and direct can be used by anyone regardless of their nationality, context in which they live, sexual orientation, or physical appearance. And although there are a large number of strategies and methods, here I present the Joan Zeroz method: Honest and direct, which is part of the Babylon Model series, which emphasizes the importance of human relationships as a way to improve your quality of life, being in this book an approach entirely to seduction through an honest and direct perspective.

However I want to be clear with you, if the only thing you are interested is having a one night stand, or instant results, this book is not for you, and in fact I suggest to you finding faster ways to satisfy your needs, which I'm sure you can find, having sex, dating or even getting married is not complicated neither difficult.

Nonetheless, to have quality sex, dating, a relationship or marriage, that is complicated, and if what you want is to improve the quality and control over your love life, then this book is for you, but I warn you that you will have to read it several times and put it into practice so that you learn to get along in a healthy and honest way, not just emotionally, even with friends, family and people in general. As you continue with your progress through the book you will realize that this is more than just dating and has the potential to positively impact other areas of your life as well.

This book has the potential to provide you a clear roadmap for you to take action, using a different alternative, and in no way this is a way to solve your love life quickly, like a magic pill.

In the end, what you will find in this book are only suggestions, you are solely responsible for following what is said in the book totally or partially.

In case you continue reading at this point, remember the following words, very useful throughout this book:

Micro step, macro patience.

Alexis,

Joan Zeroz

The Babylon Model

Chapter II: Dating with honesty

"You're just wasting your time, no matter what you ask her, have you realized that nothing guarantees that she will be honest?"

The starting point is always a titanic task, moreover because of the wide and diverse tools that I will be providing throughout these chapters and well, for a better understanding, let's back in time when I was 18 years old, someone extremely shy, socially awkward but somehow managed to get his first girlfriend, something quite surprising if you ask me.

Basically a friend helped me because he was as a kind of cupid between the girl and me, a situation that I did literally nothing, my friend did all the work, not me, since my friend is the one who, being also a good friend of hers, used his friendship in order to talk nicely about me to her with the goal of helping me to "make her fall in love with me", I know what you are thinking but actually this weird strategy "worked", although this seemed to be a pretty good thing, because let's face it, if we consider that I was someone shy and with struggles to have an ongoing dating life, to have out of the blue a relationship, may be a good thing, but the reality is, it wasn't, deep down there was "something", that continued bothering me, the irony is although I had eventually a relationship with her, I still felt insecure and with anxiety in every social situation. A feeling that started with a question similar to: what am I doing? The more I thought about it, the more I realized that only had a girlfriend because of a random stroke of luck, and not precisely because I liked her (I know what you are thinking, I was very young, stupid and inexperienced) but I got in that relationship but because I had the chance to, so shortly after, I decided to talk to her and ended the relationship, which had lasted maybe a couple of months, what really confused me was that even when I somehow got lucky and got my first girlfriend, I still had a great internal dissatisfaction, the fact that it depended so much on a stroke of luck, it was something that I did not like at all, the real question then was, would there be any way to stop depending on strokes of luck? Could be possible to match with someone I really like? Or even better, not rely on "luck".

The big problem came when I noticed the vast majority of acquaintances were married precisely in that way, you know, the way I got into my first relationship actually was very common, most people find a lover because of some random friend helping them, some kind of cupid help, this can be seen in the way most people match, often with coworkers or classmates, I really wondered if there was any way to change this situation, I didn't want to depend of luck or destiny, I wanted to have control over my dating life but the proof around me showed me I was just a dreamer. In a side note, I was studying engineering, so my chances to match with classmates were reduced, I didn't like the idea to just accept that restriction, what if I wanted to know girls from totally different background? Cultures?

It was something that worried me too much, you might wonder why? Well, let me explain this in full extend, for those who study certain university careers, the ratio between men and women is similar, around 50/50, even in some majors there is a higher ratio, more women than men, so for them it is quite normal to have friends, to be social with females and males because even the very same classes sometimes encourage and require teamwork, but the problem was that I was about to enter college to study materials engineering focused on metallurgy, a career mostly dominated by men at that time, quite unknown and just a few students enrolled.

I still remember the first day of classes in the introductory course, there were about 40 men and about 7 women, you may be thinking, well, not big deal, you could just talk with students from other careers, and well, not even that, for some reason I never understood, all the classes of my school were in facilities totally isolated and far from the others schools in the university, actually all the other schools were altogether, and mine was just separated. For a second, try to see the full picture, a guy that is super shy sees college as a new chance

to overcome social problems and improve dating life, however he finds himself isolated, stuck in a career with a majority of men, few students and very unpopular major. So you can imagine my negative reaction, as someone with a strong desire to meet women just to find out that the place I had so much hope for, instead of enhancing my experience and learning process, would restrict and limit me.

Now, it was clear I had to develop that social skill that I did not have but I could not find the right way or tools, even though I read self-help books, they did not really offer solid advice or a specific strategy, being that the majority of the advice was just limited to superficial suggestions such as "have confidence", however eventually I remembered by mistake, finding a few seduction books, the only idea that there were "seduction books" was hilarious, didn't take them seriously, nevertheless, even when the idea was absurd, somehow I still felt curiosity so I started to explore those kind of books but never took them seriously, let's face it, books that teach seduction? What kind of joke was that? But finding myself in that depressing scenario, I definitely needed help and after so much hesitation, I decided to give a try and read them conscientiously.

The first book to read was a book by a Canadian illusionist (which to avoid situations I omit the name of the book, the author or subsequent authors however some may guess), who claimed to have a series of steps, so called "system", in order to bed any woman, I know this sounds so bad in many ways, but that was literally the title of the book, this "illusionist" claimed that he had been for years studying how to seduce women, finally finding a successful way that anyone could just repeat and get the same results, using different tricks, phrases and strategies, I know what you are thinking, but that is exactly what was happening. For the first time, after walking blindly in the realms of dating and love, for the

first time I genuinely felt that I had found the great secret, able to use tools that for so long I thought did not exist. In fact, my anxiety and insecurity was so great that this book, although I considered that its contributions were extraordinary, the reality is that I was ashamed that someone saw me reading a book like that, because it would be like accepting that I needed help to flirt, which is why I read that book always in secret.

However, that wasn't the only book, that there was a wide and extensive community for sharing advice, that was a mind blowing experience, users shared different perspectives and ideas, but it's right here where started to get paradoxical . Some of the threads in some forums were way too advanced, way too far from my reality, similar to: "how to make her have an orgasm?" Or "How to make her my girlfriend?" how come? I was still struggling with the first step: how to start the conversation.

You can have a full view of the big picture with my few attempts (all of them failures) to try to start conversations with strangers, I was so nervous that before the conversation started, I used to write some phrases that could help me to break the ice, however, even when I knew exactly the words I should say, I was so nervous that I even forgot I had those phrases wrote in a piece of paper, I was a total disaster.

During the following years I chose to squeeze every second to face my fears and insecurities when interacting with women, so every time I had free time, literally, I would leave my university because most of students were men and cross an entire avenue to get to another university and start to try to meet women there, since unlike my university, there were more women there, and although I did this for a long time and even had some girlfriends, I did not stop feeling that I was fake, that it was not genuine, I felt as if what I was doing was something bad, and even on some occasions, some women could easily decipher my

intentions and when confronted by asking if I was flirting with them, I always evaded the question with some fake cocky funny attitude however that feeling deep inside that I was fake, just an actor, is the reason I decided later on to withdraw for a short time from all the seduction theory or even dating overall.

I was really tired of all the fakeness and robotic interactions, thus, I needed to unplug myself and review everything again. This is exactly the moment when everything changed, when I was trying to find new and refreshing perspectives, I found material about seduction but this time with a total different approach, this new material was basically the opposite of the previous material I read, the idea was simple: to be direct and honest; a concept that clashed with the theory that I was studying before, for example, "you cannot tell that person your romantic interest, otherwise they may lose interest" and now with the new approach in the new material, it was suggested to actually just say it, it was so confusing, however, this new approach felt more authentic and real, basically, old books suggested to lie and new books to just be honest, the real question was, is it effective?

The more I read the new material suggesting to be direct for dating, honest, the more surprised I got when finding a large list of authors (who to avoid situations I omit their names), their material was sometimes quite controversial, and although when I started using their material I genuinely felt a difference with be more honest , by no longer pretending someone who I was not, however, I still had a strange feeling, that something was missing out, to begin with, it was super ambiguous to say "just be direct" or "just be honest", that didn't solve anything about anxiety, neither about how to start a conversation, in other words, there was no structure as such when meeting a woman , all the material that I found gave a general idea but lacked substance, some authors even had some crazy ideas or way too vague

into explaining, similar to just show off and wait something magical to happen, the worst outcome from this was falling exactly into the same mistake I had before, to become a social robot, once again, using phrases or witty sentences , basically saying the same to all of them until “magic happened“, with phrases that were “direct” similar to: “I saw you, I liked you and I wanted to introduce myself ”, in theory, yeah, those phrases were direct, but in real life, those phrases were totally fake and used as many ways that felt like a social robot. Because of this confusion, some even had the misleading idea that the only difference between the former literature and the new ideas (indirect and direct approach) was simply the initial phrase to start a conversation, even myself thought the same for some time.

During a long time, these were the only ways to be social, when you show your intentions (direct approach) and when you try different gimmicks or tricks to get attention (indirect approach), nevertheless at the core, they still feel unnatural and even very mechanic sometimes. Eventually other authors started to suggest a new approach, called “natural”, a method that didn’t have a system, they claimed that this way you could meet people in a normal and natural way, yet, no real explanation was given, creating a huge ambiguous problem, and to be honest, it felt more just like gambling, telling to a person that you want to meet and know, yet, relying totally in luck, to be rejected or accepted, that is the reason some people argue it was just a numbers game, the more people you approach the more success you will get, and this situation didn’t make me happy at all because it was like spamming people with random sentences and just hope for the best result, it was a waste of time.

All these approaches had the same mistake, ambiguous feedback, similar to the kind of advice your grandmother would give you, "be yourself", an advice that is actually really

good but how to be yourself? How to have an interesting conversation? How to start talking with a girl if she is with more people? Ambiguity was popular among all authors, and trust me, I did explore the material of each author for many years.

One night in particular I got a clue about the path I would later follow. At that time, with one of my best friends we arranged a night out in a bar, I invited other colleagues that had also interest into picking up girls. Once we were in the bar, a weird situation happened, there was this girl dancing that a colleague and I liked, my colleague, a hardcore fanatic of the direct method, approach her, told her his speech that he is honest and that he had liked her (he said the same to everyone and every single time), the girl not only rejected him, she told him her boyfriend was coming, her boyfriend was very jealous and aggressive guy, therefore, he should just leave, my colleague just agreed and left, from a direct approach, this was actually a good approach because she rejected him, so my colleague won't waste any more time chasing a girl that has no interest into him. A few minutes after the rejection, my colleague told me that no other woman attracted him so he decided to leave the bar, to be honest, this was a typical situation when using direct approach, everything looked normal. My colleague had already left the bar , and by the time I realized, my best friend, a hot girl, for some reason, she was dancing with exactly the same girl that both my colleague and I had liked, It was a really unrealistic and weird situation, while dancing, my best friends notices me and we started chatting, the very first thing I told her was "do you know her?" she said no, just met her randomly, "do you like her?" she asked me, I said yes and literally my best friend somehow pulled the girl in front of me, and now I was dancing with her, needless to say that exchanging numbers was extremely simple , however, the whole situation seemed

strange to me, I felt confused, “what about the boyfriend? I asked her, she just laughed hysterically, “what boyfriend? I’m single”.

We danced, chatted and even agreed to meet other day, but couldn’t stop thinking, what did just happen?

We could argue the simple fact, my colleague was honest and direct, and whether it was a lie or not, the girl decided to reject him, but what if maybe, just maybe ... just witnessed the right way to really be honest and direct, appropriately and intelligently? If you had the chance to see my colleague, he was just approaching girl after girl, always repeating the same sentences, the same words, same answers, just like a brainless machine in a loop, but it seemed, this time something was different.

This genuinely started to generate a lot of doubts about my general idea about “direct and honest” approach for dating, the general idea was quite simple, just telling every woman in front of you that you liked it, period, however, deep down, I had to admit that wasn’t honest neither direct, because you were just repeating random words, regardless of the person in front. For example, if we analyze the case of my colleague, he was more like a caveman, with a very high rejection rate and practically seemed like wheel of luck. However, with my friend, I was honest and direct, expressing that I liked the girl on the dance floor, but this time, for the first time, I was understanding the real meaning of honest and direct, maybe my way with my friend was clueless or even a boring approach, but I was transparent at all times, my friend and the girl could see through me, understanding my message, and in that particular case, matching.

Chapter III: World Class level

“When I tried to meet women in world class level environments, that is when I realized how inefficient my way of meeting women was”

A very popular myth was “men never approach women honestly, they always hide their intentions”, this idea was used as a way to make people believe, the “direct and honest” approach was somehow superior, therefore, you were also superior to other men. Another popular myth was “people never approach strangers in public places” using again the same logical to make people think they were superior because they were able to approach people, even myself, for a long time used to think the same. Nevertheless, when we pay attention to the details we will find some disturbing facts, first of all, easy to say those myths when all the reality is happening in a small city such as my hometown Morelia (around 800 k inhabitants), a city visited by foreigners many years ago, but nowadays due to the violence and war on drugs happening in Mexico, it is very rare to spot one even in the touristic areas, we could say that foreigner presence is almost non-existent, it is very easy to say that you are a big fish when the pond is small, but I hit reality when I realized the naïve was myself, and needed to explore and have more experiences before pretending to know I knew how the world worked, the moment I left Morelia and started to know big cities such as Mexico city, Tokyo, Barcelona, Beijing or Hong Kong.

My first experience in Shibuya night was brutal, I had no idea it would be so intense to be social on the Japanese streets or in the clubs with both local and foreign people , even the so infamous nampa, a term used to describe the Japanese way of flirting , and this is just starting, what to say about the glamorous clubs in Beijing or Shanghai where you find sports cars at the parking lot , besides the fancy and interesting places, you may find extremely attractive people who work as models for the most important fashion companies just walking randomly on the streets of Seoul, or out of the blue chatting with an artist in Barcelona , a multifaceted and international destination. Because of all these experiences and more, I

realized that in fact, in a highly competitive environment, and world – class level, it was perfectly normal for people to befriend to each other, thus, my absurd idea that my merely approach to be honest made my superior was a totally delusional perspective when understanding the way world class environments actually work, since be social, befriend, dating, flirting, is extremely normal and common, therefore, if my approach was just to be honest, assuming that would give me some kind of advantage because everyone else is not honest neither direct, then how do you compete against a model that work full time for a clothing brand? Or How to compete with a guy who has a Ferrari in the valet parking? We are talking about men who are not socially awkward, they have confidence, used to just be social and meet people constantly and they have the money, how to compete? You can claim that you are handsome, but to the degree that a multinational firm hires you full time for its brand? You may say you have money, enough money to park your Ferrari outside the club? Let's face it, in the Ivy League you'll find people who are genuinely in that level for good reason, they represent the best of the best.

One of the big questions I asked myself while I was with Russian friends in one of the most exclusive clubs in Beijing, where practically everyone at our table, both men and women, were models , while I, an average guy, the difference was easily spot. And let's be honest, at least for me, it sounded repetitive to always try to meet a woman, always the same lines, as if it were a kind of prefabricated format, I was certainly at a disadvantage, my competition were attractive guys and I was just a normal guy, I had to identify the path that was clearly not working for me.

It was precisely my experience in Asia that totally changed my perspective on being honest and direct, before going to Asia, I thought all the trick was just to say that you liked

someone but from my new perspective, it didn't make sense at all, think about it, why would you tell a girl in the very first seconds you met her that you liked her? Do you really like her? Or just feel some attraction? You don't know her, yet, you make it look like true love, it may work a few times, but deep down you know you are not actually saying the truth, or why are you so interested in knowing her if you barely know her? Just pretending that you care about all the personal questions you are asking when in reality you just care about her hot body, I know you may be thinking right now that it didn't matter, it worked at the end, but you are missing the point, to be honest and direct actually means to be transparent in the way you express yourself to yourself, and to the rest of the world, the mistake is, average dude claiming to be honest and direct actually is just saying random sentences to get laid and the harsh truth is, you may have the desire to get laid but your ideas and feelings are way too complex, thus, limiting yourself when you interact with the rest of the world, you are missing the opportunity to have more sincere and powerful interactions.

Now, to be honest and direct, then has nothing to do with the person in front of you, because the first person you will ever talk, actually is yourself, and that is when all problems start, the average person doesn't really understand, or ignores that first talking with itself, a very simple example, a person walks down the street and in opposite side there is a beautiful woman coming towards, the average person will even lie to itself saying that woman is actually not even that beautiful, or "this is not the right moment to approach", to be honest and direct doesn't mean to just say you want to get laid when you think you can score.

Another way to put it, if a man is constantly having sex or dating, would he be with that attitude looking for sex at the first opportunity? So desperate? A guy that just had sex, just wants to rest, not some kind of hyperactive dude spamming women to get laid. Then,

instead of just spamming that wants to get laid, for a second, screen himself about what truly the ideas and feelings are in the given moment, maybe he really wants to get laid, but the moment sees a girl, the girl reminds him to an old friend, and he can actually express it to start the conversation, a very different approach.

This was a mind blowing experience mostly because for a long time I really convinced myself I was honest and direct, when in reality I was just a caveman repeating sentences to get laid, thus, that is why I was still struggling to have authentic and sincere connections.

In the other hand, you have to be careful, if you are someone who is capable of make a living on your image as a model, or if you are someone who belongs to the 1% of world wealth, you will know that this book does not make sense to you, but for those who do not belong to those two groups, the average person reading this book, will have to wake up and see the bubble we are all in, including myself of course, and you can refuse to accept this, claiming that you are wealthy or super beautiful, the facts are, if you do not have a multinational company that pays you monthly for your beautiful face in advertisement, this book is for you, if you are not someone who can buy a sports car with total freedom tomorrow, this book is for you. I know this sounds cruel, but in my experience many live with a very much distorted reality of themselves and the reality that they live, if you don't even know where you stand and who you are, you will hardly accept any advice.

Since you are a child, the idea that you must be handsome and have money will be promoted, or no woman will want to be with you, from an early age you will be programmed to believe that the key to success is and will be to reach attractiveness or wealth. Have you ever noticed no superhero is unattractive? Or that the idea of the millionaire playboy who has thousands of women is encouraged? You will be programmed from an early age to accept

this as an absolute truth, and even when you look around you will see constantly a lot of proof that assures this, an irrefutable truth.

It even happened to me, when I was trying to be more confident with girls learning how to flirt, a close friend of mine, made fun of me saying that he did not waste time as I did, no need for him to go to malls neither clubs for some luck with women, he only needed his sports motorcycle to get effortlessly all the girls, he could be bragging but can I tell you something? He was absolutely right.

I had to go to different places to practice social skills, failing many times and sometimes without any success, dealing with my shyness level was horrible, whereas, my friend, just bought a super fancy and desirable motorcycle that helped him to meet many women, he didn't even need to do a thing, the women were approaching him from nowhere all the time.

All my hard work trying to improve for dating felt like a total waste of time if we compared my situation with my friend just buying a motorbike and with little to no effort dating many women. I honestly did not know what to think about it, does the trick was just to buy something expensive? That is all? It didn't matter at all my social skills, the moment a very attractive or wealthy guy arrived, in this example, a guy with an expensive motorbike, I would be relegated to the background, is it then that I was indeed just wasting my time? Apart from the fact that there was a strong correlation between the successes using the direct method the more attractive the person was, is it then the only trick to be attractive? A numbers game? But what about me? A normal guy, literally impossible to become a model or to be a millionaire with the amount of money in my pocket. Suddenly, I

felt like I was in a rigged game, no matter what I did, I was in a losing position, and I had a hard time accepting that reality.

In fact, I had an experience with a very beautiful girl who, in my attempts to make her fall in love, I decided to invest a lot of money in improving my grooming, to improve my way of dressing, my appearance and so on, and what do you think it happened? It worked, or at least for a while, because I used more money than I could earn, thus impossible for me to continue with that rhythm of life, I couldn't continue spending that amount of money every week, and in a "mysterious" way, the relationship with her began to go downhill, that's where I understood the truth, invisible to the naked eye however, very obvious.

You can invest all your money into enhancing your looks or brag about all the expensive stuff you have, but the moment the money or the looks, fade away, not only your world will go down, but also the people and women you met. Therefore, all your efforts, every day you will use energy, time and money, to continue attracting people that otherwise would not be around you instead of using those resources for your goals or projects, and that is the big difference.

In the other hand, do not be a fool, I'm not saying that you believe in a fairy tale where someone is going to value you for your beautiful feelings, society works according to a complicated cost-benefit network of inter-personal relationships, but what was clear is that deep down, everything I did, every penny I spent, even what I read or ideas, the real trigger was external, because of others, because of them, and I'm not talking only about women, even the opinion from strangers, to see me as someone successful , someone who is a Don Juan , businessman, hard worker, etc. All the cloth I had bought, one day it really hit me the fact I even disliked most of those jackets, pants and so on, just to impress that girl or whoever.

This is actually deeper than you may assume from the typical idea of materialistic view, for example, talking about certain topics just because I knew the other person had a strong interest in that topic when in reality I didn't even care, or always self-censoring about the topics genuinely interested to talk because I was worried it would scared away the person I wanted to meet, therefore, the real question in my dating, romantic and sexual life, was I doing it because of me or because of others?

In order to answer this question, we must understand the full picture, and background, all the insecurities and so on, for example, in my case, spending lot of money trying to be more attractive, through some fancy cloth, watches or whatever, the real situation was to know if I was capable to see my reality as it was, and not was I was expecting it to be.

Am I naturally attractive? Can I really be attractive with all that cloth?

When I asked these questions, not the kind of beauty your mother would say, claiming you are handsome, or your classmates thinking you are attractive, what I really mean, an attractiveness companies are willing to pay you to be part of an advertisement campaign, beauty that allows and gives you the chance to be capable of live simply by your looks, precisely because of how attractive you are. This can be misleading, since I even had friends who came to work sporadically for modeling agencies, or as hostesses, and I want to emphasize again, that you are so attractive that you can work exclusively monetizing your looks to companies, businesses and sponsors, you don't have to do anything else, just to be a pretty face. In my case the answer was a resounding no, which was interesting, so why my huge obsession with being attractive? Why even spending money trying to be something I would never be? It was simple, when you have an entire industry, movies, music, that constantly shows you the reality of extremely attractive people, there comes a point where

you want to be like them, and that is the key phrase, "you want to be like them", in a few words you do not want to be you , you aspire to be like them, without realizing that you will never become like them, nothing wrong that you want to improve the way you dress, your presentation, the problem is that your motivation was to aspire to be someone else, denying yourself.

Let's imagine for a second you could actually reach those levels of attractiveness, the real challenge will be to maintain that level, you will have to use great resources, effort and time to not only reach that level, but also to keep it, and all of this because you want to be accepted, and the apparent benefits from being attractive, adored or envied by other people, in a few words, the opinion from others is the compass in your life, if suddenly there is a trend about a very specific brand of cars, or sunglasses, sneakers, or smartphone, you will run to the stores to buy that stuff, you do not rule over your life, you are just someone who follows the orders and desires coming from the people around you, thus, the next time you spend money on buying clothes, a hairstyle, do you do it for yourself or for others?

Now, you must understand that of course this will have a direct impact on the people you will attract (or not), so if you decide to become a hermit, homeless, sloppy looks, because you feel comfortable , go ahead but don't pretend all people should be forced to accept you, they are not. The key point here is that you understand that your actions and decisions have a strong relationship with the people around you, and the ideal is that you are the one who rules your own life, of course without affecting third parties. You understand the importance of looks, money and health, with a full control over your life, not allowing external forces to hijack your decisions on life.

In the other hand, looks could be way more complex, not just about beauty, it could also mean wealth, health, power, or any other feature that is considered attractive. Most people around us will play this game, that is why is compulsory to understand the real implications from relying on external things in order to gain some personal benefit.

The real problem with all this approach of faking is that you are actually not building anything, you may fool some but when you deal with people that actually have solid value, such as coming from a wealthy family who have always had wealth, a person that truly has that amount of money, power or strength doesn't need to flex about it, because everyone knows about it, did you notice Elon Musk, Bill Gates, and many other millionaires do not sell formulas into how to be a millionaire? They are dedicated to their goals that is why they are who they are. Therefore, if you play the fake game, of course you may get some benefits, fooling some people, even some may be jealous or admire you, however this is the best way to restrict yourself from the real goals, projects or potential you may have, because all your energy, time and resources will be used to continue faking everything, instead of working into what you really love or care.

I am not talking about a person who simply has a decent salary. I make this important distinction, because in the hypothetical example that you simply have good money, you should understand the moment you are fired, or that you have an accident, or similar, the flow of money will stop, and then all those people that you had around you, will disappear, not only women, but also men who pretended to be your friends. There is nothing wrong with you looking to have wealth, but you will have to question if you do it for yourself or for others, are you looking for attract them because of money, friends or family? An effective way to see what for you are doing everything. You must understand that you are entering a

very perverse game, where you will be spending money trying to please people who at the first struggle or change in your life, will be the first ones to abandon you.

On the story of my friend who made fun of me for trying to learn about social dynamics and that he only needed to buy a sports motorcycle, it is interesting that in a sudden event, one day he woke up only to find that his sports motorcycle had been stolen. The moment he lost the sports bike, he instantly stopped dating, even attention from so-called friends.

Be honest and ensure that the wealth you build is for yourself, not because of approval from others.

However, if only this were so simple, you will find a whole system that will constantly want you to wire your mind in certain ways, wanting your self-esteem to depend on the money you have in your pocket or on how attractive other people perceive you. Even the moment you start to take control of your life, you will find that both friends, family and even people in general will try to push you back into their reality, since they will not conceive that a person like you is capable of being safe, enjoying or having the life you want, without actively seeking external things. Especially if you are too young, you will find yourself in a stage where you have to be frank, neither you nor your colleagues have built anything, because of how young they are, so the immediate way to stand out from others will be through attractiveness or wealth (from their families), but be careful, since it is at that stage where strong pillars are placed that later in life are difficult to remove, and if you decide to play that game, sooner or later you will realize that the game is fixed against you, a game that you cannot win. There will always be someone more intelligent, wealthy or intelligent than you, therefore it is absurd to compete.

It is quite easy to make the decision to govern your life according to your own desires in a theoretical way , but in practice, it is when you will be tested, how strong these new pillars are, how much you really defend your interests or desires, something that it will be complicated if you are someone with little experience with women, since you will despair, you will want the simple way, the big question is why do you want to be around people whose ideas or mentality restricts your life experience? Do you realize that trying to pick up that girl in question will mutilate your personality? I understand that you are desperate and cannot see past your nose, and you are tempted to sugar coat everything or accept whatever it takes to hook up with that girl, but I must warn you, the habit of mutilating your personality, or ignoring your own desires by pleasing others will gradually become a strong habit. The habit of consuming garbage is a very complicated habit to eliminate once a long time has passed, the same happens for romantic relationships, if you start to get around people who only restrict or mutilate your personality, eventually you will be in a dead end.

You must have the endurance to build the lifestyle you really want one step at a time, through continuous action, rejecting people who do not have a positive impact, and accepting those who contribute. I know that maybe you feel a bit confused, since this book is about seduction and now I am talking about these concepts, but believe me, everything is connected.

The first step in the direct and honest method, Joan Zeroz , is, to learn how to listen to yourself, be honest with yourself, that will be your compass not only to dating or everyone else, but also for each area of your life, and one of those brutal truths you will have to face is that you will not be an international model if you were not born with the right genetics or circumstances, accept it and deal with it , or that if you do not come from a family that has been wealthy for generations, you will most likely not belong to the 1% that it has the global

wealth, these brutal truths far from disappointing you, should free you to finally rule your life on your terms and not with the shackles others place on you with their opinions of how your life should be. Stop the nonsense of thinking that the population of men can be divided simplistically as alphas and betas and pretending you will magically become someone you will never become, seeing the reality as it is will make you walk in the right direction instead of continue wasting resources trying to reach something unreachable, stop making illusions, there is a 99% probability that you are an average person, and I have news for you, that is okay, this book is for you, I emphasize too much at this point, since there is a high probability that you mistakenly think you belong to a category that you probably do not and will not belong. Dating, from your perspective, the only real way to get a healthy reality is through a transparent dialog, nothing to do with being more attractive or wealthy, of course these two elements play a key role in the attractiveness you may have in the dating pool, but you must stop deluding yourself, what really matters is to improve what you can improve, but keep it real for yourself.

Now, let's imagine you want to play the game everyone else is playing, to be more beautiful or wealthy, the moment you have an accident and become disfigured or time passes and you are no longer attractive, you will fall into depression, the moment your wealth vanishes, you will become insecure. Your emotional stability depends on a woman or another person, where a simple message or phone call is enough to massively affect your mood. If you are not able to return that external power to yourself, when life hits you in the face (and believe me it will) you will not be able to recover, either because you will find yourself without money, without love or in bad physical condition, and you will not be able to regain control over your life, there are countless cases of men that a simple love break, a

failed marriage or a poorly managed business going bankrupt, hit them so hard that couldn't recover after. That is why I emphasize so much in the first step, and understanding that money, women, friends, all of these must be an extension of you, not the core, and the only way to ensure that the internal power remains in place inside you is through a transparent dialogue. Honest dialog. The only thing that can be inside you is yourself, everything, absolutely everything else is just an extension of yourself. Not with this saying that you reject everything, for nothing, you can have fun, meet, but understanding that at the end of the day, your core of power is still inside.

The honesty approach I refer to is the internal dialogue, you should see it this way, think for a moment how many times a day you lie to yourself, beyond just flirting, let's take a look at the last week, did you say again that you would work out? Did you say again that you would get a job? The dialogue we have with ourselves is a habit, which brutally impacts each of the areas of our lives, therefore, if you are not honest in your internal dialogue with women, there is a high probability that you are not honest either in other areas, it could be study, work, friends or family, you name it, hence on many occasions I refer to the Babylonian model not as a method of seduction, but as a philosophy of life with the honest approach as the core..

To give a simple example, you can say that you are honest and direct and brag about it, but being frank with you, from my experience, people are not even aware of the insanely amounts of sugar coat they use to modify their reality in the way they think it works, for example, you keep skipping all the opportunities to meet women you genuinely like, you only approach women who you assume as "easy" or "easy low risk " or " low probability of rejection ", or worse, you send an infinite number of repeated messages saying that you are

honest, and you simply wait to see which woman responds to you, it does not matter if you text woman A or woman B, for you everything is the same, you are honest right? You are not honest, just a spam robot.

The greatest way to understand the incongruence in your so called "honesty" is that the moment you are close to a woman that you really like, you decide to ignore, or even lie to yourself saying that "it is not your style" or "that you are tired" or "you are not in state". Is it useful then, continue to proclaim to be honest and direct if you are not with yourself?

And let me tell you this is an internal dialogue that you have had for years, so you must create the healthy habit of doing a deep clean and improve the transparent internal dialogue, something that you are not doing at this moment. Stop lying to yourself saying that you like that girl, admit that you only talked to her because you thought it was easy to talk to her, but deep down you don't like her, start to be genuine, to be really direct with yourself and start talking to women who you really want to know them, that is the habit you must build, and not only for women, for absolutely everything, you must refuse to lower yourself for less, including friendships and people in general that you could relate to, you cannot proclaim to be honest only in dating, and a liar in everything else, this is the main reason I do refer to this approach to life as a philosophy..

Curiously, this reflects other areas of your life, you may be in a job that you dislike, or studying something just to please your parents, or with a lifestyle that you hate, but you decide better to mess up your internal dialogue with excuses and cheap excuses.

I have had numerous experiences of meeting the best professionals to teach seduction in the world and general people with no recognition but a clear understanding of the dating

mechanics, and let me tell you something, the best are capable of always having a healthy internal dialogue with themselves, which is reflected in the harmony of each one. of the areas of their lives, they are the ones that in a bar, club or dive, it seems that without any effort they can meet any woman, not because they have super powers, not even because of their attractiveness or money, it has to do with why their mind and body are perfectly aligned, there is no friction, some ways to see when someone has a broken internal dialog could be: have you never met a handsome man who is afraid of approaching women? Or someone who has money and keeps buying bottles because it is difficult for him to take those steps in person in front of the girl? When the mind and the body do not have a clean internal dialogue, it is when the body's legs shake, the voice becomes stuttered, or worse, the body becomes totally immobile or the mind does not know what to say.

Have you ever wondered the reason for that broken internal dialogue?

Simple, you are ashamed or afraid to achieve that synchronization, since that would expose you to the criticism of others, or your vulnerabilities or make you look like someone clumsy, so it has been more comfortable to use a simple social mask.

Sometimes removing that mask can be a painful process, since you will see your true face, that is why I have always emphasized that you must really learn how to listen to yourself, now you will realized it is needed to heal from some childhood trauma or some kind of psychological disorder , so going to a specialist or therapist is imperative to regain mental health, or perhaps you realize that the problem at the moment is not seducing women, the problem has been economic, since for years you have lied to yourself saying that “you are fine” and no , you are far from being fine, maybe your job is a dead end road, or the debt is killing you slowly. Did you think that being honest and direct consist only into saying a few

words? Of course not, your actions should reflect that state of mind, and perhaps when you start that journey you will understand and acknowledge certain areas that you must improve, which curiously may not be related to women at all.

A good question to do is, if being honest is so good, then why so many people lie? Does lying work for dating? Short answer: Absolutely.

Of course it does , it works so well that that is why both men and women constantly lie to seduce, be it in their image, lifestyle, present or future, however again you will find the problem of entering a dead end road, where eventually there will be a void caused by not being genuine with oneself, a simple actor, that perhaps if you are too young, you will not find many negative consequences, using a logic that the end justifies the means, just remembering the importance of congruence, it is very likely that the same way someone lies for dating, so will for anything else, therefore. You will probably create a whole false mask in your work, studies, friends or family, until one day that bubble will burst, and when that bubble pop, it won't be pleasant at all. This is the reason some people even when they have everything, end up depressed, abusing substances or worse, killing themselves, because they have accumulated so much pain and sadness from following a life they dislike, hate so much.

In the other hand, do not assume this is a magic pill, that just because you are honest you will reward it by the world, actually, many women will reject you!

In fact not only women, people in general will reject you. One of the great debates and main reasons why many men prefer to lie is precisely to avoid being rejected, you know, say whatever the woman in question wants to hear, in order to avoid being rejected, and the reality is just because you are honest, it doesn't mean they will be honest with you, most will

lie, lie to themselves, or even confusing scenarios where you are not rejected but deep down they don't accept you.. Nonetheless, it is logical that when you keep it real, people will dislike, just as if you are selling certain food in a restaurant, some people know your menu and won't even try to enter your restaurant.

What to do?

Never assume that by being honest and direct , the person in front of you will also be honest with you, on the contrary, when you show your intentions, in case they are a manipulative person, now they will know exactly what you want, and can use that to control you , so never assume that people are having a clean internal dialogue with you, on the contrary, you must learn to give that valuable information only when you are sure that the person will know how to value it, a serious mistake I had for a long time. I barely knew the girl and I practically told her my whole life, only for a few minutes to realize that not only she was not interested, but that she had other manipulate intentions, do not make the same mistake, people must earn it, it has a lot of value and you are not begging for people around you. The side result besides being rejected is that some people will totally match with who you truly are, but if you are quiet, just in your room, nobody will ever noticed.

The more you start to reinforce that internal dialogue, you will realize that the competition weighs less and less, of course there will be men who will flirt more than you, they will be more attractive or wealthy, but that little or nothing interests you at all, since you are focused to your own compass, to genuinely express what you think and feel, in order to connect with women and people in general who also want to connect with you, there are no tricks or manipulation involved, you are not interested in keeping anyone by force in your reality On the contrary, those who do not wish to be are free to leave. Why to compete with

others when your only goal is to show your real you? Let the rest to compete, just concentrate into speak your true.

The only way then to compete when you are in those places where the competition is high, is to understand that the way to win is not to compete, you don't need to prove anything to anyone. Although you will probably find a problem here. When approaching or trying to start a conversation you are likely to feel limited, anxious or nervous. The rejection is a reality. The competition is getting all the attention or dates, and you are getting nothing. It is very important than you don't have a misleading idea, there will be people better than you, getting better results, but the thing is, you are concentrating into something different, let them fight each other, you are in other level concentrated.

Your only goal is to speak your true, so people with a natural or similar approach, will reach you out, some could reject, but what you should care is to be intense and strong in the moment you speak your truth, only that way you will meet extraordinary people that truly match with you, that is the only thing that matters.

If everyone in the club rejected you, that is ok, why would you be disturbed by being rejected from people that couldn't fit your reality? And that is the main problem, people dwell too much into people that clearly didn't match their reality, forcing things, that is not just unhealthy, also an absurd waste of resources.

Just concentrate in people that match you in a natural way when you speak your truth.

The interesting thing about this is that after spending more than ten years studying different authors and methods, the more I realized that precisely much of what was being said was not very effective in reality, some even argued that anxiety was never away,

claiming the approach anxiety to meet a stranger would be always there, therefore they always needed strange dynamics to try to hide that deep down they were dying of fear of nerves.

However, after a strong introspection with my internal dialogue, I realized that it was actually perfectly understandable that at the time I had anxiety when trying to start the conversation with a stranger, and maybe same applies to you.

Let's see, at that time I was around 19 or 20 years old, little experience in dating, I was shy not only with women, I was shy with people in general, and I was pushing myself to be social, on Friday nights when I was in a bar or in a club, but the rest of the week, I was the typical shy dude, antisocial dude again. Basically for me, it was like a switch, when I wanted to be social, I activated the switch on, Friday nights, and deactivated the switch off the rest of the week, so when I was in everyday situations that I had the opportunity to meet a woman, I preferred not to do it, since unconsciously I was creating the habit of being social only and exclusively on Friday nights. Even a second habit, the habit of being an expert at being antisocial and shy, I know sounds weird, but so many years being antisocial made me an expert, excuses and excuses came naturally to me, something that made sense, since I had been reinforcing those habits for years. , always avoiding conversations with women I genuinely liked them, always avoiding situations where I could even meet more people, I had years creating the habit of being shy and antisocial!

The really worrying thing is that I was surprised that although I practiced on Fridays to be more outgoing, I still had anxiety and nerves, what a joke, of course I would still have anxiety! I had no congruence in my life.

Imagine, this habit of being shy and antisocial built every day for almost 20 years, I wanted to destroy it by going to a bar or club on Friday nights for a couple of hours. The most absurd thing is that I really thought it was enough, and from my wide experience, most likely you are in a similar scenario.

The moment I realized this insanity, being brutally honest with myself, I now started to build the habit of genuinely stopping being shy and antisocial, how did I do this? Destroying the switch I used and letting the mode on at all times regardless the day, month, season, year, whatever,, now, something to clarify and very important, this doesn't mean to spam every person in front of you in the name of "improve your anxiety", do not become a social robot that talks to everyone, no, you have to remember the scoop on internal dialogue, be honest and direct with yourself, you no longer have a switch to turn on and be social, now the mode is active on seven days a week, twelve months a year but, only talking to people you genuinely want to talk to, not just talking because you have to.

Being honest and direct is to express with sincerity what you think, not only to flirt, to dating, it applies in general, and therefore, if you are shy, you have to accept it is because ironically, you have created the strong habit of being so. There is no magic pill, if you want to be more social, and above all, connect with both women and people you really want to know, you must destroy that habit, and start building a new one, where 24 hours a day, seven days of the week, the twelve months of the year, you genuinely express who you are, and that of course includes your actions.

To put it in context, when I realized this reality, it was very easy to read it, but extremely difficult to put it into practice, since at that time I was living in my hometown of Morelia, a city that is small compared to Tokyo. , Beijing or Mexico City, therefore, trying

to be social in a small city means that all my friends and even family knew what I was doing. And it is likely that you will also find similar challenges, it will be up to you to find a way to overcome those challenges and continue building new habits.

In my particular case, after doing some introspection I realized my daily life did not really expose or push me to meet many people, in fact, although I sincerely wanted to be proactive, the reality is that I was not in a day to day that allowed me to know people, I even got to degree of talking to public transport drivers, in an attempt to try to continue practicing being social even in those conditions. Until I decided to drastically modify the route that I had to travel daily, in fact the new route added 40 minutes to me, and a long route, which was already a burden of 60 minutes. However my desire was so strong to improve, that I did not mind going from a 60-minute ride to a 100-minute ride every single day, I had decided to go to one of the city's shopping centers that was quite crowded, definitely an excellent setting for improve my social skills. I was being perfectly congruent between my thoughts of improving, and my actions, a long route, but an amazing reward.

Although I'll be honest with you, there were whole weeks when, as honest as I was with myself, I didn't really see a single person who genuinely wanted to talk to him, although I had the total predisposition, those opportunities were not found, which was an interesting phenomenon, since in the past it was exactly the opposite effect, multiple opportunities but a broken internal dialogue. The big difference is that although this time there were no opportunities, I was being honest with myself that is when it really hit me.

It wasn't about approach random people, not even dates.

It was just me practicing through actions and thoughts a clean internal dialog.

So what I was really practicing was not talking to other people, what I was really practicing was the constant internal dialogue with myself, so that those weeks where I hadn't done anything in theory, because I got no numbers, no dates, nothing despite the fact now I was in the right place, the irony is it really didn't affect at all, since I was sure that maybe in the next weeks I would have the chance to meet a person that I really wanted to meet, and I knew I would just do it without using random excuses. This hit me really hard, that was the big difference between my approach for dating with honest and direct, and many others who used tricks or also claimed to be “honest”.

In order for you to understand how powerful this habit of a clean internal dialog is, during the 2020 pandemic, I was studying my doctorate in Beijing, at that time I lived in the dorm, and on January 21, 2020 the school international management ordered to place all the students of the school in total isolation, without any access to the outside, at least physically, we were not allowed to leave the university, not even to visit the entire university, in fact we only had access to the super market for certain hours. We were limited, we could not spend too much time outside our dormitories, they prohibited us from being together with more people in the rooms, only one student per room, and just access for food in the cafeteria. Can you imagine? That kind of isolation, actually maybe you can related because several countries faced a similar approach or strategy however what I want to point out is, of course we had access to the internet, but I quickly saw how the isolation began to affect quite a few friends, some of them felt depressed or sad or anxious.

All this situation really intrigued me, I was very social, no anxiety, nothing, will the lockdown affect my skills? Because, let me tell you despite the fact I tried to continue being

social, due to the safety precautions taking place, it was nearly impossible or minimal to talk with others face to face.

The day I was finally able to go outside was seven months later, thus, the real question was, after seven months of perfect isolation, have I lost my social skills?

And I will not lie to you, the first time I went out into the street I was overwhelmed by the enormous number of people, since before that my world was only a small portion of the university with a few other students also in isolation, which by the way, we were less than 50 in that dorm. But I quickly realized that after that first day, the social skills were still there, it felt like when you are riding a bike after many years, at first maybe you feel a little bit rusty, but minutes later you ride same as the old ways.

I had no anxiety, nothing, zero, as I mentioned earlier, what I really made a habit with a lot of practice was being honest with myself. Although the isolation was brutal, even in those conditions I was able to remain honest and direct with myself, to start conversations in those restrictive conditions, in fact, for us, the most social place was the super market between 4 to 5 in the afternoon Before it closed, that was the time to have quick conversations with other students. Indeed, the opportunities were scarce, but honestly, I was taking advantage of how much or little I could get from that situation, so once I got out of that isolation, there really was no negative impact on my case, and since I have been years building that habit, and not even that brutal isolation was able to destroy it.

Now, can you imagine someone who uses tricks or lies to flirt in my situation? Coming out of that brutal isolation would be a bundle of nerves and anxiety, with his self-esteem and security in constant volatility.

The Babylon Model:

An honest approach for dating

So being honest and direct is to genuinely express who you are, starting with yourself.

Therefore, your real practice is to clean that internal dialog.

Chapter IV: The Art of Being Honest

"Make sure to give valuable information only to the person who knows how to value it, otherwise you will be exposed and vulnerable"

One of the great confusions when using this method is using the mentality that you must be honest and direct with all people in the sense of freely giving your private information, answering any question and with full access for anyone, to which you must learn how to filter people, unfortunately, you will find people who act similar to a parasite, they will only want to make use of other people for their own and only benefit.

As much as you now have a clean internal dialogue, there will be people who will have bad intentions against you, so even if you are now able to maintain transparency with yourself, you must develop a sensitivity towards your environment and people in general.

A very simple example is playing poker, can you imagine someone asking you what your hand is and just because you claim to be honest at all times, you will just tell them exactly what your cards are, of course this would never happen in reality, therefore you must learn to identify when and how to spot the right people. Now imagine the opposite scenario, that simply because you are honest and direct, you assume that other people will be as well and when playing poker, from the beginning you tell everyone what your cards are, and then you ask them what theirs are. , to which, if the other players have bad intentions, knowing what your cards are and that you blindly trust the information they give you, then they will use it to their advantage, providing false information, they will simply limit themselves to smiling and lying about their cards, and throughout the rest of the game you would be confident and happy thinking that you have a clear vision of what is happening, then you return to your mental notes to remember what the other players' cards are, you trust yourself , basically following your logic "If I'm honest and direct, so are they."

As a consequence, all your strategy and decision making will be based on false information, until in the final part of the game and the cards are revealed, you realize that they manipulated you from the beginning with your "honest policy", the moment you see this, you could get mad at them and recriminate that you were honest, and demanded that they be

honest too, to which they will only laugh in your face, welcome the real world, to be honest has nothing to do with external rewards or recognition, you no better than any other person.

Now let's change the example, instead of playing poker, imagine it is taking place in the field of relationships or dating, and instead of other players, they are real people, that is exactly the problem of many, they do not understand that honesty cannot be given away, and that not just anyone will value your honesty or that you are direct, or worse, with the potential that they will know exactly what your intentions are and manipulate you more easily, since you have already openly shown what your wants or needs are, being honest is not try to give free access to every person in front of you about every aspect from you.

You could come to think that then a feasible strategy for this would be to lie to achieve your goals, and although it can be useful as well as give results, the big problem with this approach is that you will always need to play that character or resort to those stories false to continue keeping those people around you, since what keeps them around you is not you, they are next to you because of the false image that you have projected on them. A resource widely used by many insecure and fearful people that showing their true face is a reason for rejection of people, or in this precise case, of the desired woman, basically when resorting to a false mask is to accept that your personality is bad, deficient or having some kind of problem, and instead of improving, you resort to a false mask, if you are young, it may seem tempting, without understanding that you will be with each lie, creating the habit of feeling ashamed of who you really are, to express your true intentions, desires and wishes, so if you started lying at an early age to just like people or get dates, later in life you will find yourself in situations where life will knock you down in more than one occasion penetrating that social mask and finding a weak and unstable personality, since you followed a lifestyle, surrounded by people, a job or even paired with a person that deep down, you dislike. If you notice, this is not for ethical or moral reasons, this has to do exclusively with only yourself, that you have self-respect now and will never lie to yourself. This does not mean that the

people around you will have the same compass, and you will see friendships, even family, constantly changing social masks, giving in to pressure from other people or because of the little self-esteem they have with themselves that they prefer to receive the approval of others, than self-acceptance.

You will realize that most of them play at being some kind of plastic mass, molding themselves to the person they have in front of them, however, the way others act or do is something you will not be able to control, but you will have to learn how to cope with situations like this. In addition, people will constantly change their goals, dreams, and desires, so whatever they could promise or tell you as true today, tomorrow could be something different, so it is practically a waste of time to use so many resources to know "their truth", besides the fact that even if you knew their "truth", a golden rule is that everything changes, nothing is permanent.

It's amazing to match with the right people, however, at first you will be confused, mixing all people altogether, how then do you know the difference between someone deserves to know your honesty and who to ignore?

Chapter V: Honesty as a Filter

“If your message is weak, you will attract people with little compatibility, if your message is solid, you will attract people with high affinity”

Just because you express yourself transparently to others does not mean that others will be with you, so it is necessary that you develop a fine filter to quickly know if a person's message is transparent, or simply hiding their true message. This will help you save time, and above all, start to genuinely connect with people, in a genuine way, without the need for tricks, simply by being honest and direct, but for this it is important to understand how to be.

In my particular case, although I was already someone who communicated honestly and directly, and had frequent dates, I really felt dissatisfied, since I could not find that chemistry or compatibility, in fact the women with whom I dated it was practically unpredictable to know whether the date would flow or not. This is something that puzzled me a lot, since it was not about rejections, this was simply from two people who due to personality, ideas or whatever, simply could not have an interaction that was fluid. On many occasions I found myself on a date where the talk was too rigid, forcing every topic, so fake the conversation or uncomfortable moments, even relationships that although we were in a serious commitment, I really felt dissatisfied. This is something that confused me too much, given the fact I was someone who expressed exactly what I thought and felt, but there was something that was clearly not working, but why? My words were exactly the words I wanted to express, my actions followed my ideas and true feelings, then, what was going wrong?.

Although I was honest and direct, I was not congruent enough and even my way of expressing towards others was extremely weak. I even went through a stage where I thought that simply saying everything that was going through my mind was the core definition of "be honest and direct", when I was in fact just being rude, in fact many people with little empathy, use the same excuse, they have the freedom to express themselves as they like, but they forget that doing so creates consequences, and that is the part that in my case I was forgetting, by

being honest and direct you must develop social intelligence, which as mentioned above, not everyone deserves your open honesty, there will be contexts in which it will be better to calibrate the situation, which means adjusting the volume and intensity of that honest and direct message. Although to be honest, there will be only very specific and reduced scenarios in which you will have to calibrate, in general, expressing in a respectful way what happens in your mind should not cause negative consequences. For example, being honest and direct does not mean that if you want to have sex, it is the first thing you say to another person, you have to have social intelligence and understand that expressing that, no matter how sincere the idea is, it would most likely get you in trouble. But what can you do instead is to calibrate, which is understood as simply qualifying the intensity. Generally speaking, the most common scenarios will be related with legal consequences or anything that could have any backfire in your job, in most cases is totally fine, but that is why you have to do your homework and determine with all honesty, the boundaries in your country or social environment.

In my particular case, I realized that the main problem of my dissatisfaction was because I did not express in a solid way what I wanted, therefore, the results I obtained were equally ambiguous. One way to exemplify it is simply by understanding that if you simply wanted fun, that is precisely what you communicated and expressed in a solid way, in that way the people you attract that could want something serious, simply from the first moment it would be obvious nobody involved is looking for the same thing, therefore lot of save time instead of delusional wasting more time in chatting and pointless dates, most people lie to themselves even though since the very beginning they know deep down something is not working at all. On the contrary, if the goal is a serious relationship, then both my actions and my mind would express that precisely what I wanted was a serious relationship, to just say

that I wanted a serious relationship wasn't enough, my lifestyle, my daily life, my hobbies everything should be strongly related with someone that is looking for a serious relationship, for this case, the same effect would occur, those people who simply wanted to have fun, would ignore my message, while those who also wanted a serious relationship, would listen to my message. Thus, it is vital to not just be honest, it is important to have a solid stand, the clarity and simplicity of your message, otherwise, there will be a lot of confusion, and most likely many misunderstandings.

You could at this moment do a short introspection of your past dating experiences and most likely will start to find many misunderstandings, confusion, or a continuous drama, part of the reason is because of your weak and quite ambiguous message, perhaps you have trouble expressing it, either they ask you and you evade the question or you simply never make it clear what kind of dynamic you want. There are people who constantly lie to achieve their goals, with a never ending and constant struggle to prevent to be spotted and making the lies "legit", in order to prevent from falling apart, while if you are sincere, of course you will have rejections but the more solid your message is, the more compatible people you will eventually find, you won't waste time trying to imagine things, creating fake stories, you just flow, and trust me, that is something people can tell, when someone is constantly forcing things, eventually will burn out, whereas if you opt to be just legit, you are just constantly improving because you don't waste time in second thinking.

It is true however that at first glance, to be rejected hurts, but now, you will understand there is nothing to dwell for, since being rejected when the other party was not even compatible is absurd. People that are too scared to say what they want or do what they want, rejection is then quite painful for them, because they assume there is something wrong with

themselves, that is why most of the advice is so absurd, they want you to become some kind of person that is able to attract, date and to be accepted by everyone, and that is impossible, there will be always people that differ in their perspectives, ideas or what they want or dislike, just take a look, football, games, movies, songs, not a single one is loved by everyone.

For you, approaching people is simply an invitation that you make to others, in a clear and simple way, there will be people who accept the invitation and there will be those who reject it, whatever the scenario, that's fine, as long as you communicate in a solid and sincere way, both with you. Same as with others, just imagine, you love rock, but you are too shy to express it, actually not even your family knows you love rock songs, this ambiguity will lead you to meet people that even hate rock or cannot stand rock music. In the other hand, if you are someone that actively expresses the love towards rock songs, it is a guarantee that you will reduce by a lot, the number of people that cannot stand rock, just because your message is so solid and strong, that even before you start talking to them, they will just run away from you, however the opposite is true as well, those with a natural love towards rock music will see your message and rotate towards you.

Now, it is very naive to think that by being honest and direct, you can automatically date and have relationships, of course not, in fact you will find basically three different reactions when you express your intentions using this approach.

The first reaction is relatively easy to understand, although sometimes the less experienced ones could have some limited confusing times identifying this, we are talking about the rejection reaction. The rejection of whatever you have expressed can be both verbal and non-verbal. Let's say that the first thing you express is a simple greeting, let's say "Hello", if the woman in question does not even stop to listen to you or return the greeting, it is clear

that that person does not want to start a conversation with you at all, although she is not saying it verbally, her body language is too obvious, in fact she is pulling away and totally ignoring you. Here is the first mistake of many who claim to be honest and direct, since the first thing they say is absolutely Ludacris, for example, “Hi, I saw you I like you, let's go out” pick up line style, first of all, why would you say that if you don't even know if you are welcome? You are literally delivering your speech when you don't even know if the other person wants to listen, do you remember when I said that you have to learn how and when to be honest? This is a clear example. It is valid that you express your intentions honestly and directly, but it must be calibrated at all times, you cannot start at 100 km per hour, you must start from 0 and from there increase the speed. Even myself on many occasions had that same error without even realizing it, of course there will be exceptions, where the same environment, the context, allows you to express yourself in a more intense way, but remember, the way you express yourself could bring you consequences, so it is important that you analyze the context, the place where you are, in case of doubt, it is better to start with a simple greeting. It is important that in case of getting rejected, to never take it personal, or permanent, perhaps at that very moment things simply did not flow. It happened to me that years later I dated girls who had at first rejected me, the difference is that when they rejected me the context was very different, I never considered it something personal, and randomly years after we coincided, only this time, the context was favorable. Finally, consider that rejection not only applies to the moment you try to meet a person, rejection can occur at any time, and it does not have to be logical or give explanations to the other person, simply accept the rejection and walk away of that person. A very easy way to understand this is, rejection means the person is not trying to have any interaction with you, if you are the

one pushing to make that interaction to happen, regardless the obvious disinterest from the other person, then you are clearly not understanding what is happening, never stick to someone that doesn't respond to you, verbally or non-verbally.

The second reaction that you will find when expressing your intentions honestly and directly with people, not only when dating, is a reaction that will not be rejection neither acceptance, in fact the reaction is ambiguous. In my experience, few people will be honest and direct, therefore most will give you an ambiguous reaction, and it is your job to find out if it is basically a rejection or acceptance, as a matter of fact, if you have little experience in dating, it is very likely that you will interpret that ambiguity as acceptance, or worse, as rejection, you really have no idea how many times I have seen people self-rejecting even though the other person was clearly interested, therefore, understanding this second reaction, quite popular, it will help you to save time, energy and money. As noted before, a rookie mistake is to assume that people will tell you the truth, for many reasons people will prefer not to tell you what they really think, sometimes they want to reject you but they will choose to be ambiguous, hoping that you understand the hint, however sometimes it is difficult to understand. Furthermore, even when people probably won't tell you with words, even when words fail to communicate this, actions will help you to really understand the bottom line. For example, imagine you are chatting with a girl, just thinking she is into you because she is chatting with you would be a rookie mistake, a better perspective would be to ask yourself, why is she talking with you? maybe she just talks to you, maybe just for being polite, but that does not mean that she is interested in you, or just because you are way too pushy despite her disinterest you cannot blame her for not being honest, remember, the only truth that you can control is your truth.

This is the reason you must quickly change the conversation in a way that she can finally give you more elements or clear clues to understand if it is a rejection or acceptance, for example, when I was very new to this, I spent too much time talking to them, I am not lying, my colleagues became desperate, me talking with a girl in a public square began and the talk could easily last up to an hour, the problem, as said above, is that this talk did not really mean that the girl was interested into me, and on many occasions, although the talk was pleasant, at the moment I expressed my interest in getting a coffee together, at that moment the rejection occurred, so instead of waiting an hour to communicate it, I opted to say something similar like a coffee together early on in the conversation moreover when I had doubts if the girl also had the same interest as me, the rejection could happen but at least didn't have to waste a whole hour to wait for a rejection that would happen anyway.

This is the main problem from people with no dating experience, they waste too much time trying to fit with the wrong people because they don't understand the ambiguity they are into.

After those mistakes, I began to express my intentions in a clearer and more solid way, which will eventually always resulted in being rejected or accepted, no more ambiguous situations, to me it is quite rare to understand people trying to date someone, yet, with a lot of ambiguity, I have seen people stuck in these situations for years. The more ambiguous you are, and allow them to be that way with you, the more time and resources you will be wasting , and keep in mind they have no responsibility to be clear with you, but it is your duty to find elements that help you determine it.

The third reaction you will find is the ideal one, since by expressing your intentions clearly and sincerely, the other person will accept and the interaction will flow. This can be

as simple as, within a few minutes of starting the conversation, telling her that you find her pleasant and want to meet her, so if she also has the same interest, she will also help the situation to flow. This is vital that you understand, when both parties have mutual interest, both will do everything possible to make the situation to flow, it is never only one way. In fact, you may confuse a basic rejection with an acceptance reaction, perhaps that person is just bored and wants to entertain themselves, but has no interest in you, and you confuse it with acceptance. As stated above, it is difficult for people to tell you their intentions honestly and clearly, unless your message is so clear and solid that they begin to show elements, talk or actions that reveal their true intentions. As a general rule, it is to be expected that since you are the one who initiates the conversation, most of the interaction is controlled by you, but once the intentions have been shown, that balance should be equal, so if you find yourself in a situation where a girl accepts your invitation, but for this you had to go through a lot of headaches, whims or even insults, I must tell you that they are only manipulating you. Mutual interest flows like water, obviously there will be times that inconveniences could occur, but in case the other person for example has to cancel the appointment, in case they have a genuine interest, they will propose another day to see you, just to give an example. Someone that has a legit interest into you won't play mind games with you.

Before finishing this chapter, I really want you to understand that being honest does not mean offending or being disrespectful, no matter how much you try to justify it in a thousand ways, I fully understand that maybe you liked some part of that girl's physique, but if you are Socially intelligent, you will find that in most contexts, it is possible that by expressing it, you will cause negative consequences against you. The reason that few people are honest is because being sincere carries a heavy load of responsibility, since the message

may not please everyone, but there is a big difference between being sincere and simply being rude. That is why my suggestion is that you start your message to other people from scratch, and from there you make it more and more clear as well as solid, the more solid it is, the more people will start to move away from you, since they do not feel identified with the message or intentions, as long as you do not affect the well-being of other people, the fact that they move away will be fine, since ironically other people will be attracted to you by the exact same message.

A very simple example let's say that you like to watch movies, maybe, by expressing it you will be able to speak on a date that movies are great, but come on, the talk will be very superficial or general, but if you express that you like a movie in particular, let's say Avatar, I assure you that when you find people who sympathize with what you express, the talk will be much more interesting and engaging rather than just a general talk about movies, interesting that in both cases you were actually honest, but in the last example you dug deeper resulting in a deeper connection. The idea of communicating your intentions sincerely is so that you can attract people who are sympathetic to your ideas, tastes, hobbies, whatever you intend. Of course, the more precise and specific your interest is, the more rejection you will find, but if by now, you have created a solid habit of meeting people, it is a matter of time before you find people who also want to know you as much as you do.

Chapter VI: Flow

Do you want my number or meet me?

When you are inexperienced, you may see sex or dating as impossible, but your belief will eventually change as you start dating more, and you realize that actually having sex or getting into a relationship is downright simple. And this is not a mere assumption of mine, look around you and you will realize that there are people who, although they are shy, or antisocial, or who even have absolutely nothing, somehow date, or even got married. The big difference is the quality, not everyone is in a dating dynamic that they enjoy or feel satisfied, in fact most think that love is a kind of luck, and accept whatever comes their way, without standards or filters, so it is not surprising that there are so many divorces and so many bitter stories that began with sweet love and ended with bitterness. In your case, it is likely that you are heading to the exact same mentality and you are not even realizing it. The best way to know is that if you decided to read this book because you want to make a special person fall in love, to get your ex back, to focus on a particular person who does not correspond sentimentally and spent a lot of resources to attract that person, this is the unequivocal way to guarantee you are heading to the exact same mediocre dating destination as most people. As commented in previous chapters, internal dialog should always stay inside, internally, so if your ex-partner, or someone you currently like, ignores you, and that is enough to destabilize your emotions, you should take a break and refocus.

All this talk is not in vain, since you really must change your mentality, if you are giving for free your time, energy and money to anyone, moreover if the matter is about dating, you must learn to value what you have, otherwise, if you do not value it, no one else will.

And by this I do not mean that while you read this, you just say with words that now you will value your time, energy and money, actions must follow your words as well, words are not enough.

To do this, you must make yourself aware that there are times when the interaction between two people flows very well, while on the contrary, other occasions the two people interacting simply feels forced or stuck, the only way it looks like is working is if it is pushed really hard in order to “work”. In fact, this is where the 99% of the dating advice is so wrong, since people are limited to accept whatever fate, luck or random life could offer them, and when they meet someone they like them, they become infatuated like spoiled children, wishing that that person who clearly has no interest, would suddenly one day be in love with them, that is why most of the advice that is given in general, whether on TV, movie or social media, is about lie, manipulate, as a way to make things work even when it is clearly not working, although some try to disguise it as something "romantic", the truth cannot be hidden, as it was said in previous chapters, even if it works for you, deep down you are still someone very weak and unstable, and tomorrow that person will walk away, one day it will, believe me, and you will be devastated.

That is why this book provides tools that allow you to expand your opportunities, as I did, from being an engineer, changing to someone that actively created new opportunities to know amazing people, I did not depend on the school or job or any person to meet new people but it is the part of becoming sensitive to detect when things are flowing, that will really show the difference between a mediocre dating life and an amazing dating life.

In the contrary, if you ignore and still try to force interactions, you will fill up with many people who simply have no interest in you, resulting in such a waste of your time. The funny thing about this is that you might think that this only applies to those first conversations or first date, but in reality it applies to absolutely everything. When I had a mediocre and poor mentality, I eventually realized that got me in serious relationships that I felt deeply

dissatisfied, but that in some strange way, I assumed was ok because “that is love”, and it was just needed to (insert random action). Do you have any idea how many times I have heard of people feeling sexually unsatisfied even in a serious relationship? Since although they are finally with a person they like, there is no sexual compatibility, in fact, I remember the case of a colleague, for two years was flirting with a girl, you know the kind of “making her fall in love romantic thing”, when they finally got into a relationship, absurd as it sounds, he got in a deep depression, since the girl had an approach on sex that did not coincide with his view, basically she wanted to wait until married to have sex, and although my colleague had promised to wait, he was actually lying to himself, since for him, sex was actually very important, and more remarkably, he didn’t share the same view about waiting until marriage for having sex. The irony about this story is that soon after they broke up, she got pregnant with a random guy who wasn't even her official partner. Could it be that she lied? What has just happened? Of course there are infinite answers, but a perspective that helps to exemplify the central point is simple, my colleague ignored that things did not flow, and that the moment he tried to force that natural incompatibility, he only produced drama, while his ex-girlfriend, being with another guy, things flowed naturally, trying to guess who is guilty, who is the good or bad guy in the story is just a waste of time.

Have you ever seen how water flows in a river? What happens when a rock is placed in that river? No matter how heavy that rock is, the natural flow of the river eventually has the ability not only to move, but also to destroy that rock, it could take a long time, but it will. The same happens within the dynamics of dating, sex and relationships, but the average person cannot bear to accept that reality and prefers to resort to different means to force that reality, without understanding that eventually everything will collapse despite the efforts, this

has a logical reason, people rely on luck, they assume love is just something that in a magical way happens, thus, when they find someone that could be a potential person in their dating life, they become spoiled and stubborn, forcing things up even when there are plenty of indicators that show the unhealthy situation not only for the present, also for the future.

In 2013, I remember perfectly that a friend named Gil, had liked a girl, at that time he also used an approach of being honest and direct, but there was a difference. When approaching the girl, he told her that he had found her quite beautiful and wanted to have a coffee with her, she accepted, they exchanged numbers, but this is where that small difference happened, as soon as he got the number, my friend just ended the conversation and he left. Well, I understand that on many occasions, maybe you are in a hurry and just a brief conversation is possible, or maybe she is busy or both, but if I remember something perfectly about that situation, it is that she was doing absolutely nothing, totally free, in fact was the first thing she told my friend Gil, that she was just wasting time eating ice cream on a bench in a public square, and my friend also had a lot of free time, then why did my friend eject so fast?

We used a label for this phenomenon “a number collector”, since although apparently, there was some success in getting a number, there really was no connection, no emotion, and sometimes they didn't even remember us, not even our names or faces. Although it sounds paradoxical, a girlfriend I had one day told me about an experience she had in a club years before meeting me , where a guy had approached her, the guy literally had only told her that she was pretty and to exchange numbers. To which she replied, that then what mattered to him was only collecting her number, not knowing her.

You have to learn to flow, and in turn, detect when things are not flowing, obviously it will not always be perfect, of course there will be times for disagreements, or moments when there seems to be no incompatibility just to flow effortlessly after, a general rule for this is very simple that after time and experience will get better and better, when you see the interaction from general view, and you genuinely feel and think that things are flowing, fine, continue, but when not, you must be willing to withdraw. It doesn't matter if you just arrive to the date, to the movies, or it is midnight, remember, to keep a clean internal dialog is super important, the more you delay your real actions and words, the more negative impact you will create.

On some occasions I have been asked the way in which those limits should be set, about the difference between normal discrepancies, or really determining that something is not flowing, and the truth is that the only person who determines that, is yourself, how much should you tolerate or accept? Whatever the limit you set, make sure that you are satisfied with those limits, that both your words and actions support your decision about the limits. If you do not have clear limits, you will constantly find yourself confused without knowing what to do, and probably only wasting valuable time, energy and money, the clearer your limits are, the more efficient and more satisfied you will feel, since the limits will be there to facilitate and enrich your sentimental experiences, which in fact, this applies perfectly to any other area.

A simple analogy I used all the time was very simple, if it was Brad Pitt or any other handsome or beautiful famous person asking her out, would she have the same response? As a way to identify when things are clearly not flowing, and a second question, would you tolerate the same from a random stranger? This provides a refreshing perspective to set the

limits about what to tolerate and what not, because you may be delusional because of the attraction or love you feel towards that person and without even noticing giving some kind of privilege to cross your limits.

Chapter VII: Date

Getting a number was absurd, the important thing was to see her again.

Many years ago, an indisputable indicator to show that everything was really working well when trying to meet a girl was to get the phone number, social network or any other means that would allow you to eventually have a date. In fact, in those years there were even prank-style videos or social experiment that continually tried to pick up women in comical situations, and showed with comedy the exchange of numbers, but the real question is, was it really that important? Did it matter?

On the one hand we have that, many try to show others that they are strong, manly or attractive, so we automatically discard all those who only collect numbers for the approval of others, remember again the chapter on internal power, do not even try to govern your dating life expecting external recognition. Now, in the other side we will find those who give too much importance to obtaining the phone number, whatsapp, Wechat, whatever, I understand perfectly that you had a lot of anxiety, you can even argue that you feel safer, when you are chatting behind a screen later, with more time and calm, but there is a serious problem in this perspective.

Basically the natural flow of interaction is being interrupted.

Let me explain.

You were having a very interesting talk with her, and you quickly jumped to get the phone number, thinking that later on you could generate a better connection through texting, however, after so many years of experience, I can tell you that you could improve your chances, I do understand you felt nervous or with anxiety and you felt it was nearly impossible to continue the conversation, but just breaking the conversation and running away the way you did is not advisable, doing this, it is likely that you will find a wide range of

disappointing situations, that perhaps she gave you a WhatsApp that does not even exist, or as soon as you text to her she blocks you, or that she was only polite at the time but does not respond a single text later. Do you remember the concept of being honest and direct? From the moment you speak to her for the first time in a public square, bar or club, wherever, it should be quite clear why you are speaking to her, maybe you want to have a coffee, you want to have something with her, maybe you just want to chat more, maybe you liked her a lot or you want to hang out somewhere, whatever it is, you have to express it, otherwise you will be falling into great ambiguity by yourself. The most novice and insecure, use jokes to try to show their intentions, the quite popular approach label as “cocky and funny” a kind of college comedy, but again, deep down they are just insecure to express themselves, in the contrary if you are honest and direct in your intentions, the reason you are talking to her, she will let you know at that very moment. if she also has interest into you or not. Just a reminder that at starting the conversation with her, it can also happen that her answer is ambiguous, in which case it is your duty to find elements to determine if she is really interested or not, otherwise, when making a wrong verdict, it is possible to waste weeks, months, in an interaction, in meeting someone who never had the same interest that you had into them. When I mention that you should express it, I do not mean that you simply say that "one day we should grab a coffee", your message must be strong and solid, a big difference if you wonder what day seems better, maybe Friday or Saturday to grab a coffee in a specific place, an abyss of difference between “let’s grab a coffee some day” and this last example, that shows clearly your intention, to which she will have to be clear as well, maybe refusing or accepting, but trust me, you will get a solid answer if your message is also solid. Basically you will have to mention where you would like them to go, the reason, day and time. If she

is interested, she will also help you to make the date happen, even when it is not possible at the moment, the simple fact of communicating it, and seeing that she has a friendly and welcoming reaction, is more than enough to understand that everything is flowing in an extraordinary way, and please do not misunderstand this, it doesn't mean to do only whatever you want in a bossy way, she will also share her thoughts and desires with you and middle ground should be set.

On the contrary, if she is mysteriously busy, she tells you that she lives far away, whatever she says that blocks the interaction from continuing, just accept what it is, and understand that the interaction is not flowing, so the most advisable thing is not to continue investing more energy, time or money, I repeat once again, the interest must be reciprocal, the golden rule is never to invest money, energy or time in someone who has no interest in you. Once a girl told me we couldn't meet for a beer because it was too cold, in a region that winter was just starting, so according to her logic, we wouldn't be able to date until several months later because it was too cold, she never tried after to set another date or any other similar, it was very obvious she had no interest at all.

Be smart, some people just want to waste your time, energy or resources.

There will no longer be a need to be uncertain if the interaction has a future or not, you will no longer in need to be sending confirmation texts to schedule an appointment because you are way too insecure if they will actually show off to the date. Ironically even when it is not possible to schedule one date at the time, the simple fact that she is also interested is all you need to know.

Chapter VIII: Magic words

The mystery about how to chat on social networks or dating applications.

Right now if you start a short online search on how to fall in love through text message, you will find hundreds, if not thousands of videos or articles that will try to give you an answer. The big problem is that all those tips always seem to be random pieces, as if it were a bigger puzzle that you have to put altogether, therefore it is common that this will lead to a null understanding, and always searching for new tricks or strategies related with dating. That is why in this chapter I will explain how to use the philosophy of being honest and transparent, regardless of whether it is a dating application, social network or even just routine conversations.

Once and for all, the structure needed to surface the ongoing number of online websites, apps, social media platforms, and networks and so on.

For this, we will divide it into three phases, the first phase would be to meet someone from nowhere, for example, a dating application, where generally the information you know about the other person will be limited, in addition to this, an unknown person, and all of these elements will give an aura of mistrust. Regardless of the application or medium that you are trying to use to know, it is important that within that limitations from there, you will communicate as effectively as possible the person that you genuinely are, remember, to be transparent is a habit actively working at all times regardless of the situation, online dynamics are no any different from reality to express yourself with honesty. Of course you will be tempted to use professional editors to modify and make you look more attractive in the photos, or thinking of lying in the little written information that some apps have available. Again, you must be able to see beyond, without a doubt, lying will help you to meet more people, but undoubtedly sooner or later all of this would collapse, because as has been said in previous chapters, who is flirting is not you, who does it is the false image you have created,

so deep down you will know that those people are with you for that reason. Therefore, it is recommended that you be able to sincerely convey the person you are. The funny thing is that within this exercise of sincerity, it could be the case that you find out, not only that there is not much to share, it could even be that you do not like what you observe about yourself at all. Contrary to what you think, in reality you should see that situation as that wake up call for now organically, building habits, hobbies, etc. , that really make you proud and satisfied. Instead of using photoshop and lying that you have traveled the world, you should really travel the world, instead of being interesting, start having hobbies that are interesting to you, instead of pretending that you read a lot of books, you really read a lot of books . Of course it is easier to lie, but consider that by building solidly, people will really be accepting you, and not just a hollow image that you are showing. By no means this means you must travel, read every book and practice extreme sports, everyone is different, but the moment you realize you are quite empty, this should be a calling for exploring new areas or things that otherwise would be just ignored, maybe after exploring you didn't explore the world, but now you enjoy painting, maybe not an expert, but a hobby that you really like, and well this exactly what you should be sharing, instead of pretending to be someone you are not just be liked by others.

Furthermore, I am not telling you to be honest and in all honesty you decide to remain exactly the same with a logic similar to "accept the way you are", let's be frank, maybe you suck the way you are today maybe you are in rock bottom, maybe you are a person with poor or no education, financial problems, obsessive, jealous, etc., so when you see those sticking points, instead of pretending to be honest and ignore them, address those real struggles and improve, you must go through the process of really improving. The paradox comes that you

must do it for yourself from yourself, despite the fact at first, you just wanted to know how to text a stranger, therefore, do not select activities or hobbies expecting that will make you more attractive to others.

In my case, with an engineer background, I realized that there were other areas that I really did not know at all, and I will not lie to you, it was a complicated process, something as simple as understanding that when going to a bar or club, when the music was playing, I always sat at the bar table just holding a drink and staring at others, since I did not know how to dance.

I wanted to stop this, I wanted to enjoy going to a bar or club, instead of feeling bored or terrified, eventually I decided to enroll in dancing school, two hours a day, five days a week, and I won't sugar coat this for you, I won't say I became a professional dancer because I didn't, but I certainly got a couple moves I could use on the dance floor.

Now, this is not about getting better in every way just because they told you, you should, that will only lead to you being inefficient, let's say, if you are someone who is in the gym, in a literature club, doing yoga, doing fitness, meditation, etc., there is nothing wrong with deciding to practice these or others, but the question is, do you really do it to improve? Or for the approval of others? In my case I learned to dance by myself, in fact I quite enjoy dancing salsa and bachata, it was a challenge that I wanted to overcome, and because of how complicated the challenge was, I love to dance whenever I have the opportunity, however, even when I had multiple opportunities to practice yoga or jogging, or cooking lessons, even when technically those were positive activities, when using my internal dialog, I was honest about my real disinterest in those activities, therefore, it was ok.

I know there is a chance you were looking for the magic pickup lines to make anyone fall in love with you, but you must understand that this process begins long before you even send the first text, by creating a life that is attractive to you, a life that you feel proud, and satisfied. Of course, that process could take years, even decades, but the simple fact of being on that path, with that trajectory, is something that has satisfied you, that means that you do not have to wait years to start meeting other people, during your journey towards your goals, to your improvement, of course you will be able to meet people.

A more practical approach is also needed, some apps or websites could be different but the main dynamic is quite the same, so I provide you very specific advice that you could adapt according to your views and needs

First, most of these apps are based on looks, upload three photos that represent some areas of your life, not two, not four, the reason is simple, too many photos nobody cares, and fewer photos will look like a false profile, with three photos you will stimulate curiosity, if you have the chance to write something, keep it short, two lines at a time, something that explains exactly you want and do, do not copy others, you must really show what you are genuinely looking for, since in case you end up having a date, it will have a great impact in the outcome, however don't over stress this, most people ignore this kind of information and rely too much in the photos uploaded, again, what you express, try to express it with caution, since your profile will be totally public, and it is not appropriate to provide too much information. In case you have passed that first challenge and you find yourself chatting with that person, there you can share more things, but remember, little by little, nobody is interested in knowing your life in 10 minutes. The way to start the conversation is exactly the same as in real life, ask yourself, what do you like or feel interested about the other person?

And whatever that comes to your mind, just say it, even a simple hello could do the trick, do not over stress about this, the first text is not as important as you could think, these kind of apps or websites depend too much in the photos you upload, trust me, you could send something witty, or clever, and the other person maybe replies back, but that doesn't mean they are into you, in the contrary, someone that has interest into you, even a simple greeting will reply back, don't play mind games, just express yourself with honesty.

The second stage or phase is when you are finally chatting for the first time, whether it is a dating application or social networks, a note about this worth to mention is the fact that many people feel mentally confused or lost when meeting people online because they assume there is some kind of division between reality and digital worlds, since in the real world they seem to have conversations flowing but the moment there is a keyboard or a screen, they don't know what to say.

This is absurd logic, I won't stop repeating the same, to be honest applies on every area, at all times, no matter the situation, thus, to be honest and direct in real life and digital platforms shouldn't be any different.

In this practical situation, with the few elements you have about the other person, let's say, profile information, photos, biography, etc. , you can start a talk about something that has genuinely caught your attention , maybe you saw a photo where it is seen that she visited a museum that you also know, maybe you realized that she likes to read a book that is your favorite, whatever, but that has genuinely caught your attention , do not talk just because you have to talk, whatever you speak must be something you really support and think, if you want to talk about something, do it, if you do not want to talk about something, do not do it, period,

of course, for this, keep in mind to calibrate and not acting as a fool or rude person in the name of being “honest”.

The third phase is when you have passed the challenge of creating a conversation from scratch and the challenge of having that first conversation, somehow now you are chatting with that person! However this could be tricky, if you ignore the approach in this book, you could be just wasting time, not just because someone is chatting with you means they are into you.

The last phase is simply to have a normal, everyday conversation, which for the newbies, this could be seen as something complicated, since they probably initially used lies to attract attention or make them fall in love, the problem, beyond the ethical or moral perspective is, that eventually the false acting will fall. No matter how much you pretend to be an intellectual, at some point it will become clear that you are not. No matter how hard you try to sell an idea that you are someone with a lot of money, sooner or later it will be evident that you do not have it.

I fully understand that in appearance an online conversation could seem very different from a conversation in the real world, since you can use emojis, stickers, memes, share videos, songs, etc., but you have to understand that they are mere complements, in essence, chatting with a person face to face or online should not make any marked difference, the only person who has created that division is yourself.

As a practical advice, for a week try to analyze how people start conversations, how the conversations flow with your family, friends, strangers, etc, and you will realize that a real conversation is far from perfect.

Sometimes people do not have a topic of conversation and will simply remain silent, in others, they will talk about a topic that was uncomfortable or even offensive to someone involved in the conversation, sensitive topic or complex.

This point is important to understand, since due to the continuous propaganda of the music and film industry, you probably assume that the conversation should be flawless, witty, and clever combos, forget all that, indeed that scene you watched in that movie looked impressive, but analyze for a moment, even though that scene in that movie is shot by professional actors with extensive experience, fame and talent, even with everything, they needed writers who will provide an interesting script, did you think that the scene had happened spontaneously? And that's without considering the people who are recording from different angles so that the scene looks perfect, editing, sound, with so many people working on a simple scene it is not surprising that looks amazing, but can you imagine if they decided to remove all those professional elements and just let the actors play their roles? Most likely a very different scene, the actors would look many times lost, saying things they shouldn't and many mistakes, sometimes not even in the screen, this is why despite how talented actors could be, no movie is filmed in that way, I mean even the so called reality shows are well known to be scripted.

The moment you start to disconnect from that industry and agenda propaganda, and you just start to really observe reality, you will realize that people's conversations are normal, sometimes funny, sometimes boring, and that's okay!

The problem is not that the conversation is not very stimulating, the problem is that you talk about topics that you are not passionate about, about topics that do not have any interest into. I remember a cousin of mine she used to like a female friend that loved a rock

band The Killers, when my cousin knew this, he started listening to all their albums, and pretending to be a fan of them just as a way to “gain points” with the girl, quite pathetic, this is the kind of person that would say anything or do anything to be liked by other people, with an empty personality.

Now, the ideal situation is that you can agree the date at the right moment that you are meeting that person in real life, but it is likely that the time is limited when you meet them, or at the moment the agendas do not coincide, so continue the interaction in conversations online will be extremely common before an actual date can happen, but there is a catch.

Do not text a random "Hello, how are you?"

Do not do that, that is empty talk without any purpose, and you know it, you don't even care if the other person is ok, my suggestion is instead, try to dig deeper into the other person, that way you can know more about and see if there is a real compatibility, remember to express who you are to that person, in this way you will reduce pointless dates that went to nowhere. It is much preferable to discover this incompatibility from the comfort of an online chat, than being on a date that represented physical expense, resources and time.

I insist that you must continue to express your philosophy of being honest and direct, I personally found it funny that people do not respond to text messages on time, with fear of being perceived as desperate or needy, so they start a wicked game where they want to show themselves as busy and interesting. The reason why I am amused is that in my case, I reply a text when I want and when I can, I do not care if the other person assumes that I have a lot of free time or not, it is not in my interest to know that, there will be times that I reply to a

text instantly, while at other times even weeks later, the reason is because my lifestyle genuinely matches it, without using mind games or cheap tricks.

In addition, when I chat I simply share about my day-to-day experiences, and if you look closely, that is exactly what people talk about in general, of course there will be times to talk about more complex topics, but in general it is simply to be sharing with someone else about your day to day, and trust me, if it seems boring for you then you are trying to match the wrong person, probably no real chemistry. When compatibility is real, even having a meaningless chat is extremely enjoyable, so you must understand that using the filters to determine whether there is compatibility or not should also be used at all times during chats, if the other person does not reply back, it is because there is no interest, period.

If at this point you still want to have specific lines to continue having a chat it is because you are clearly failing in the core of this book, to be honest.

In the chat, what do you want to chat about? Then chat about it! Don't have a topic? Then ask yourself what catches your attention about her and express it, and if at some point you realize that practically you are doing all the work, you should reconsider why try to meet a person who does not have the slightest interest to know you.

Chapter IX: The Romance

Being social does not work, it is necessary to be sexual.

When I was quite young and without any real dating experience, I was impressed when I saw some people, literally, kissing random strangers in the street within seconds of meeting them. In fact, this reality was so difficult for me to understand, that I even assumed that all those videos where false or paid actors, and the facts are that, although there were a lot of videos actually fake, I witnessed many situations just like that, even people agreed to have sex just by exchanging a few words from just the first meeting. For someone like me, still struggling to even start a conversation with a woman that I genuinely liked, it was impossible for me to imagine that such situations could exist, I couldn't even say hello and some people were able to kiss, the gap was huge and difficult to believe. This made me think the ultimate way to be confident and a healthy dating life was my delusional idea that the end goal was to get that kiss as soon as possible, or even have sex from the first meeting, as a kind of guarantee that everything was going well. However, as I had more and more experiences I realized that a kiss, having sex, being in a relationship or even being married, I will be brutally honest, means nothing, let me say it again, a kiss, sex, relationship, marriage, or whatever, it means nothing, because even after getting (whatever you want).

The next day, the other person could lose total interest into you, or on the contrary, that you could lose interest in that person. It doesn't matter what you want to achieve, you have no way to guarantee it will stick around you in the short or long term, beyond your control, maybe even you are the one that changes goals or desires.

This helped me understand that ironically, one of the reasons that dating and sexualizing were so difficult for me was because my focus was wrong, pursuing goals that were frankly wishful thinking. Do not misinterpret, I am not telling you that kissing or having sex is wrong, that depends on each person values and thinking, what I mean is that without

even knowing the person, even before meeting them, you already have very well defined the objective you want, so it is indifferent the person is in front of you, you already have your protocol or procedure, and that, that is what will create an incongruity. They will know that you have a hidden agenda, where you just fill in conversation, accept everything, as long as you achieve your goals, you don't really care about the person in front of you. The best way to demonstrate this is with a colleague, at the time he complained that it was very complicated for him to schedule dates, mentioning that those dates in a mysterious way always got canceled.

One day I decided to take a closer look at the way he was even trying to get to know them since the very beginning. Therefore, I sat on a bench in a public square and waited for him to dare to try to meet a girl who caught his attention, after a few minutes, I must admit that with great confidence and without any excuse, he decided to meet a beautiful girl who was passing by with her friends. After some time, he was disappointed because the girl had rejected him, just at that moment I asked him a simple question:

Do you remember what her name was?

I still remember very clearly his reaction, not being able to remember the girl's name despite the fact he just talked with her few minutes ago, technically, he was trying to meet her but the real question is, was he really doing this?, is it surprising then that she rejected him?

I questioned him about his intentions, which although on the surface seemed to be sincere and direct, deep down were false. What was the point of asking her name if he would forget it almost immediately?

He was just asking whatever that he thought he should ask.

In the same sense, dates will be a mirror of both your and her actions, a date can occur instantly, if at the very first time of meeting that person, both have the interest and free time, it could be suggested to go for an ice cream, a snack or whatever is of choice at the time. Even for sex same logic applies, if from the first meeting both agree, they can directly have sex.

I remember that a good friend, something particular about him was the desire to always push the limits of what was possible, in fact possibly the most talented person I have met in terms of social dynamics. With him and other friends we had planned to go to Mexico City, as a way to get out of our comfort zone of only meeting or dating people in a small city such as Morelia, our hometown. For this, I perfectly remember a colleague saying that he would not go with us because he thought it was a waste of time, since we only went for a weekend and that realistically, it was impossible for us to even have a date with a girl. And I'll be honest with you, frankly, we all had the same expectations, without exception, we accepted that "truth" as if it were some kind of gods rule written on rock, but still, we decided to make the trip.

To everyone's surprise, that friend who always amazed us with his courage to push the limits, this time was no exception, since on two occasions when he met a girl, shortly after the conversation started, he invited the girls to move from that public place to the hotel we were staying at. The surprising thing he was able to do it that without the need of tricks, or lying. Beyond whether it is ethical or moral to have sex with someone you barely know, it showed us that the key was really simple, to express yourself honestly, and that when the interest is mutual, anything else comes natural, exchanging numbers or meeting for a date, ,

since in reality both sides want the same thing, be it to have sex, a date, or get to know each other more slowly, that is why is so important to learn to be congruent with your internal and external message, the stronger and more solid, the better.

When there is a discrepancy in that understanding, it is when the interaction simply does not flow, and it seems like a kind of battle all the time, in which case it is better to understand that this situation is not healthy.

Do you remember most dating advice is about forcing people to match?

That is why people try to lie or manipulate for sex or love, they really think that is the way to get it, instead of accepting is not healthy, and likely their message to be weak or poorly delivered.

It is perfectly fine that you decide as your goal to find someone to get married, or a relationship or just random sex, the problem comes when you don't really care about the people around you, trying to force everyone into fitting that goal you have. I have met so many people that really assume they cannot find the right couple, regardless of meeting many candidates, when in reality is their unreal expectation, because of the family, friends or some kind of self-challenge. Therefore, just choose whatever you want from dating, and then open yourself in a transparent way to know people, however keep in mind the question, are you really interested in that person? Or just worried if that person is the perfect match?

By knowing a person sincerely, really being interested in the person, without a hidden agenda, without even planning it, an unexpected instant date may occur, something as simple as realizing that both of you are enjoying a pleasant conversation and you suggest continuing it with a coffee or maybe the circumstances are not ideal for now but for later. There is no

need to text a message to see if the number is false, there is no need to text a message an hour before the date to confirm their attendance, even if that person does not show up for the date or the date does not flow, it doesn't really matter, you are at all times expressing your true intention and that is enough. As a reminder, to be honest does not mean that you are immune to rejection or worshiped because of it, it just means you feel comfortable and satisfied with who you are, that is full congruency.

From my point of view, most people are unaware of their own worth and unconsciously waste valuable resources such as time, funny irony that people concerned about practicing yoga, following a specific diet, hitting the gym, etc, but they don't realize how pointless and harmful is to date the wrong person.

Just so that you get to understand to what degree I value my time, if in a date I simply realize that the date is not flowing anywhere, that the conversation is difficult to hold, that she is all the time on the phone etc, I won't be wasting time trying to figure out the reason or even trying to be the psychologist trying to make the situation work, I will simply interrupt the date, expressing that the appointment should end, saving time for both of us.

Of course, there have been many negative reactions, because some people might assume is rude to just walk away, but realistically, at no time I'm disrespecting, insulting or forcing absolutely anything, on the contrary, I express something that is evident to not work for both sides.

When I was younger and inexperienced, although deep down I knew that the date was not only not flowing, nor was it seen to have any future, for some reason I was obsessed with the idea that it was "polite" to continue with the date, even when I was totally convinced that

there was no kind of compatibility and that would represent a greater expenditure of resources, both monetary and time.

I know that in this chapter you were expecting a step-by-step guide on what to do, but ironically what will help you the most is understanding that you probably have a very high tolerance towards situations that do not contribute at all, not just for dating, for everything around your life, you have the habit of perpetuating those situations, whether due to lack of security, fears, anxiety or false ideas you have been taught.

If you don't feel comfortable in a situation, for example a date, just walk away, period.

During the first years that I was practicing social dynamics, I have to admit that it worked for me to meet enough people, to give you an idea, if I had to cross the university from side to side, an usual 20 minutes' walk, it took me up to an hour to do so, not because the university was huge, but because along the way I recognized quite a few people that I knew. I wouldn't say I was the most popular, but it was clear that my social circle was larger than that of the average student who limited himself to only meeting those in the same classroom.

And I will be frank, it seemed normal to me, until one day a classmate asked me if I had any siblings in college, when I answered no, he was surprised, claiming I really knew quite some people.

This all sounds great right?

I also had quite a few dates, talking often with some girls, but here comes an uncomfortable truth...

None of that was really serving my love, dating or sexual life.

Not even kisses.

Every time I had a date, I felt in a kind of black hole from which I could not escape, since they simply accepted because they thought I was interesting or entertaining to hangout with me, the talk, the topics of the conversation, but once it was reached the critical moment of romance or intimacy, it was very unpleasant to understand there was no romance or intimacy at all, the reasons they accepted to get in a “date”, was totally different from my view, some even just accepted because of the “free meals” or “free tickets”.

I wouldn't even say that I was pushed into the friend zone, I was more kind of like a monkey that danced in a fun way and was entertaining to watch.

The reason was simple, I did not express my sexual interest in them, so that kind of reaction was really not surprising. All the time I communicated a message that had no sexual intention and then I was surprised at how empty my love life or sex life was, it was absurd.

As with expressing your honesty, intimacy must be very carefully calibrated when expressing yourself, since doing it incorrectly can create serious problems for you. Like confusing honesty with being rude, being too intense can be mistaken for a negative connotation.

Therefore, it is highly recommended that when calibrating you start from scratch, and then increase according to the context, the situation and obviously the reciprocity of the other person. Many newbies think that getting a kiss is a kind of trophy, but experience has shown me that it is worth a thousand times more than she initiates some kind of physical contact, which although it could be something as simple as a hug, it really is much better than you

being the one constantly pushing for physical contact. Before even starting any expression with sexual overtones, you must be sure that that other person also has the same interest.

This can be quite a controversial part, since there are phrases like “a kiss is not requested, it is stolen”, but for the times we are living, it is better and highly recommended to find if that person is also interested, and from there gradually begin to sexualize the conversation, mutual understanding is the key element to understand the speed and intensity.

The most basic level would be to express what you think on topics that have to do with sex, the talk is not oriented to become a dirty talk, it can be something like giving your opinion on whether sex education is important or not, if at the moment you express your opinion or talk about that topic, you see that the other party does not second the conversation, you must desist in the topic entirety, this doesn't mean you are right and she is wrong, or vice versa, it just means the lack of sexual compatibility, with even a simple topic to be enough to show how stuck and weak the conversation is.

When talking about a topic that has to do with sex, even when it is in the public interest, not dirty talk, and despite this, they do not feel confident talking about it with you, much less likely they will feel confident to continue moving forward.

This could be confusing at first, with many situations with no clear logic, for example, maybe the conversation was flowing when the topic was non important, with a delightful and enjoyable chat, but the moment a topic that had to do with sex was discussed, the talk got stuck, and the person could begin to claim some random reasons such as "is not appropriate for a conversation" "I'm not a cheap person" or even try to humiliate for wanting to talk about a topic that I repeat, it is a public issue, not a dirty talk, maybe even a video somehow

related with a sex topic. This is when it gets tricky and most people fail, stuck in empty relationships or hollow dating dynamics, because maybe the other person could say that any other topic is welcome except that sexual topic, if you are a newbie, delusional, you are more likely to see nothing wrong on this and just accept.

Big mistake.

You must understand that deep down, you have already found a huge warning that is about a strong incompatibility between the two, even if they become a couple, it is highly likely that this friction continues to exist because of sex. This has nothing to do with a huge obsession towards sex, or to be asexual, it has to do with you and her with different views and perspectives towards sex.

Personally, I was even in certain situations where just saying the word condom was synonymous of conflict and discussion, since she thought it was a vulgar word, whereas for me, the word condom was normal and in a context perfectly fine, it didn't matter who was right, what matter was the clear incompatibility to even just talking about the word condom, this has nothing to do with having with both agreeing in everything, it has to do with the fact that the conversation, all the dynamic gets stuck. If you have that kind of troubles since early dating, those troubles will grow and become very difficult to handle if you continue, do not fall into the false illusion that "love" can do everything, or that things "will change", they will not, in fact this incompatibility will only increase.

If you have little or no interest in sex, then match someone that also has little or no interest in sex.

If you have a huge interest in sex, then match someone that has same amount of interest in sex.

Do not mix things up, remember to remain honest at all times.

If, on the other hand, you see that the other person's response when talking about that topic is not rejection and the conversation continues naturally, you can see that as an indication that there is a certain openness, but that does not mean that that person wants to have sex with you, it just means that you can continue increasing the intensity, all depending of the response as well from the other side. The difference is that by having a certain openness you can try a certain social level of physical contact, something as simple as holding hands or a hug, no kind of protocol is needed for this, you can even literally tell her that you want to hug her, and believe me, If she doesn't want to be hugged, she will let you know verbally or non-verbally.

This could be misleading as well, since the fact that she is silent does not necessarily mean that she wants to be hugged, that is why I include as a response nonverbal, for example, that she is silent and totally static without moving to receive your hug, this, some might think that by not saying anything, she wants to be hugged, however, verbally, by not supporting the hug, it is clear that she does not want to be hugged, therefore you must give it up.

You must remember that at all times the interaction must flow, without any kind of struggle, and if there is, you must give up, never try to force the situation. Online you will find very irresponsible advice where they try to motivate you to continue insisting until she wants to hug you, do not ever try to do that, some even suggest through lies hug her, which is strongly not suggested at all in this book, in fact, that kind of behavior is very likely to

guarantee all kind of problems to you, since you are not listening to the person in front of you neither respecting their right to reject you. The key to being honest and direct is not only about telling the world what you think, it is also about knowing other people with sincerity, even when sometimes they have some problems to communicate what they feel or think, remember, when a situation is ambiguous, always try to find the real answer.

Some people really believe that dating is some kind of game where persistence is rewarded and they opt to insist until she accepts.

Besides the multiple social and legal problems this could bring to you, let me tell you the key is not the time, a whole year can go by and you could feel equally sexually frustrated, the key is to intelligently calibrate by being extremely empathetic and receptive about the other person and hence increasing the intensity (or stop). In case you are someone without much experience, it is advisable that you start from scratch and increase very slowly, since you lack experience, always paying attention to the verbal and nonverbal, remember this is not just about you, it is about both of you.

In the other hand, those who have more experience are able to make this process more efficient, where both sides understand each other perfectly, perfectly applicable if the interest is just an one night stand, having a relationship or even marriage. Remember, the key is to express yourself in a honest way and at the same time listen honestly and transparently to the other person as well, only then can you know if both parties have the same interest. That will save a lot of misunderstandings.

As with expressing your sincere message, the clearer, stronger and simpler the way you express your sexual intentions, the more efficient everything will be. Otherwise, the

other person may not be able to understand your intentions, or even that you may not have understood the other person's intentions, creating total confusion.

Finally, contrary to what you could be thinking, all of this has to be used for all the topics, perspectives, ideas and everything that truly matters to you, for practical purposes we talked about sex because is the most common issue, however, be always confident and respectfully talk about what you truly want to talk. Some advice to avoid sensitive topics usually seen as controversial because they cannot see the whole picture.

Here the idea is to truly match someone you just flow, regardless of the topic is talked, ideas or perspectives, and the only way to know if it is real or not, is actually trying to talk about those topics.

Just a reminder, most of the time, moreover if you are newbie, it is suggested to start the topic from scratch, not intensive, and from there, depending of the response, the topic will continue or not, sex, love, intimacy, will come natural when everything flows natural.

It is really beautiful to match someone you are not afraid to share things about you!

Do not settle down for less.

Chapter X: Trojan horse

Let's talk about sentimental parasitism.

The Matrix films at the time were so innovative that they created a whole cult towards them, both for their incredible science & fiction scenes with impressive special effects such as the well-known “bullet slow motion sequence”. One scene in particular, although many years passed, it is still a very popular and loved scene, agent Smith begins to question Mr. Anderson about his plans with Morpheus, a leader of some rebels, during the interrogation, the Agent Smith, being a simple computer program, admits to being fascinated by the human race, although didn’t agree the classification category for them, being mammals, in fact he couldn’t find any other animal that resembles the human being, except for one, comparing the human race with a virus. Since both only reproduce, they penetrate on the organism where they are hosted, and after consuming everything around them, they jump to the next organism.

This idea of comparing the human being with some organism that has a predatory nature is not new. I would argue that one that fits better with certain people is to compare them with a parasite. A parasite is an undesirable organism that infects a host, and engages in feeding on it until the host eventually dies.

I know you feel confused reading this in this chapter, but this is probably the most important chapter in the book, as it can save you a lot of trouble, divorce, love trauma, loss of money, time, and other resources.

There are undoubtedly exceptional people, but unfortunately you will find too much parasitic behavior, especially seen in the fields of dating, relationships and sex.

As discussed in previous chapters, flirting, having sex, having a partner, getting married, having a family, are goals that are not complicated to achieve. The real challenge is

to find quality among those areas, despite the gender, nationality, physical appearance, or more specific, avoid people with a parasitic behavior.

I have seen people claiming that the only thing you need for dating is a beautiful face, a fitness body and a lot of money, their logic says that people who have these features have a much simpler and easier dating dynamic than those who do not, and I'm the first one to confirm this, absolutely true. A person with these features or more, only needs to stand in a bar or club and people will approach and do everything for him, in the contrary, people like you, like me, we will have to try harder to meet or date people, otherwise absolutely nothing would happen.

On the surface it seems quite depressing, but in my experience I have seen people with favorable features in the dating pool lack other skills, because it is too easy for them to meet people, they never care to develop emotional intelligence, and because of this, most of them are constantly surrounded by parasitic people, they live so long in that bubble of false flattery and friendships, they cannot see any further, and just as said in previous chapters, if tomorrow they run out of money or have an accident, everything will fade away, and trust me, that will eventually happen, not surprising they rarely know how to cope when everything collapses.

It is extremely logical that these people are totally surrounded by parasitic people because of the attraction triggers used are precisely hooks that parasitic people want, money, fame, power, etc.

Imagine that you are inside a Lions cage with some fresh meat, and then you complain that the Lions are going crazy chasing you, think about it, the nature of the lion would attack

you, and you still have fresh meat, without realizing it only intensifies and taunts the lions to attack you. Although the example seems absurd, many people move in the same way, making women fall in love by bragging money, status, power, or whatever, and then complaining that they only attract parasitic people. The interesting thing is that you might think that parasitic people are only after high profile people, but no, even you, or me, an average person, will also most likely have parasitic people around, being even friends or even family.

However, it is quite easy to detect when people around you have parasitic behaviors, generally they will ask for something in return, be it a favor, help, some kind of attention, for this, they will use all kinds of dirty tactics, from blackmail, extortion, intimidation, flattery, etc.

On the subject of dating, they use certain invisible rules or social norms to try to disguise their parasitism, for example, arguing that you earn more money therefore you should pay everything. A practical way to see this is as it follows, for a small dinner or a coffee, it is not a lot of money, about 10 dollars, nonetheless you should pay attention to the other person when the bill arrives, if in a mysterious way, the other person disappears, or does some kind of mannerism to pretend that they will get money out of their pockets, but strangely, that money never comes out, if you are newbie, you could fall in to those dirty tactics, even thinking that person indeed had a positive intention.

No, she wasn't going to pay, and it wasn't a coincidence that she went to the bathroom just when the bill came. In my particular case, far from seeing it as a bad thing, I see it as an extraordinary and very positive situation, since for only 10 dollars I have been able to know the true parasitic nature of that person, so at that moment it will be the last time that I'm going out with that person. Believe me, when the person is not parasitic, even if doesn't have money

to pay, will say or do something to avoid from you spending money in the first place, or if they have money, they will also want to pay, at least split the bill, or say they will pay what they consumed, but be very careful in this, it can be extremely misleading, for example, some could say that the next time "they will pay", no, that person will not, and a high chance that person always says that to get away with it and not pay. Do not allow parasitic people to be in your life, regardless of whether someone is very attractive, beautiful, intelligent, or whatever, you have to understand that a parasitic person has the potential to ruin your life.

A parasitic person will say and do anything, as much as necessary to achieve the goal, therefore being honest and direct is not enough, in fact, they will know exactly what your intentions are, and from there trying to manipulate you, nonetheless, despite you could be tempted to drop the honest and direct approach, you should just include another perspective.

The key is to only show a very small part of who you really are, have and will be, or about your intentions, since let's be fair, just because many people are parasitic, you shouldn't become a hermit and terrified of all people, just learn how to filter.

The core of human interactions is based on interest, as a survival mechanism, now we are no longer in a primitive cave, but we still a complex network of interests as a way to survive, you will be useful to certain people and people will be useful to you, and that is not necessarily a bad thing. For this reason, in previous chapters it was advised that even if you are expressing honestly and directly, do it in a measured way, to ensure that the attention you are receiving, the people approaching you, are the kind of people you really want to be close to. In the other hand, if you determine as a strategy to not show anything as a defensive tactic to avoid parasitic people, you would never attract people who match your lifestyle, ideas, personality etc, only you can decide how much to show, but as a general rule it should be a

very small part, basically show just enough to spot some curiosity and see how the other person behaves, if you see them showing their parasitic behavior, stay away from them, but if they show you value, then you can gradually show more and more.

This was a very serious mistake I had for many years, since I did not measure what I showed, at first, it was too transparent and public, which trigger the curiosity from many parasitic people who only wanted to take advantage, both on a sentimental way or a false friendship or even family.

When you finally understand this, you will reach a point where regardless of the person in front of you, you will never hesitate to walk away if you detect that they have a parasitic behavior, without being deceived by their beauty, intelligence, or any other trait that could be attractive.

Now, before ending this chapter, it is also important to do a deep introspection, since it is likely that you at this moment have certain parasitic traits or behaviors, for example, maybe you got this book by downloading it illegally, or actively seeking advice in groups, forums, in YouTube videos, when you have not contributed absolutely nothing, remember, a parasitic attitude is only to look out for your own interests and benefits, beyond the ethical, moral or even legal, you must understand that you cannot expect to meet or date extraordinary people if you have behaviors purely used by parasitic people, you may try to excuse, but understand that each micro action, in the end, adds up and will eventually become a strong pillar that is very difficult to remove.

A deep meditation is suggested, and if you really want to experience an enjoyable sentimental and sexual life, it is not enough just to filter out parasitic people, you must stop being so.

Extraordinary people, especially in the sentimental part, do not give parasitic people a chance, since they are people who know very well what they are capable of offering, giving and helping, therefore they also hope to meet someone extraordinary.

A healthy dynamic is when both sides know exactly all the benefits taking place, it is unhealthy when only one side is getting all the benefit.

Have you noticed that millionaires like Jeff Bezos, Warren Buffet, and Bill Gates are married to women who are not exactly playmates?

The average person dreams with Victoria secret models, while real high profiles end up with other kind of couples, this is not a coincidence. High profile people do not consume that false narrative from parasitic people.

The dating scene is a ruthless and cruel world if you don't have the right tools, in fact, it's so complex that some parasitic people won't show their intentions for quite some time, pretending and acting even for long time, just with one purpose, taking advantage of you, that is why even if you determine at some point someone is an extraordinary person, never lose insight that everything can change, that extraordinary person for different reasons can turn into someone parasitic, or even yourself, Hence, no matter how much love or sexual satisfaction exists, you must always pay attention both to the words and the actions done by others, and yourself.

Remember, people's actions and behaviors are always changing, dreams, desires, agenda, interests, etc. An important note, never provide enough elements to someone that could represent a risk to severely affect you, you are responsible for your actions, you have control over your actions, but you have no power if that person decides to change their position, ideas or goals.

Chapter XI: An Extension of You

The balance between your love life and your daily life.

On one occasion, a colleague was sincere when he said that the reason he would stay away from learning about social dynamics or anything related with dating, was because the negative impact all of these had in his academic performance at university, thus, after that, he never tried to practice again or date. In fact, he disconnected and lost contact with me and other friends who were also determined to develop social skills.

After hearing his words, and later on seeing his actions, I will not lie, I felt confused, since when everything in my life was doing ok, dating was still improving but definitely not a negative influence, I did not see any problem, my academic performance was not brilliant but not bad, and that made me too confused how come my colleague's reality was so different from my reality, if technically, the goal was ok, improve dating life.

Why had it affected him so negatively for him and not me?

Looking back, this colleague since day one was way too intense and energetic to learn and put into practice social dynamics, unlike me, he never established a proper and healthy balance or limits. There was a time that he was so immersed into this that he skip classes, or failed to even some examinations, it was as if all his life was just about dating.

It sounds simple, but it really is quite complex to do, since when you start in this, you will quickly realize the amount of energy needed to improve, maybe you need to read more books to have more interesting topics to talk about, etc. Be aware, each person will have different challenges, mental barriers to overcome and objectives, there will be those who are just looking for fun, while others may be dating or even getting married, therefore the action map and learning curve of each person will be totally different.

A famous author, Robert Greene, wrote an extraordinary book called "Mastery", where he explored the idea that it takes about 10,000 hours to achieve a certain degree of mastery in any skill you want to master, be playing piano, learning a language, etc.

As an example, when you examine Mozart's musical compositions when he was a child, there was not much difference from what other children were doing, even as a teenager, you could not perceive the skills of a genius, but it was in the late teenager phase when his genius talent was remarkably evident, not by chance, he already had enough hours of practice, and of course an extraordinary talent. Not with this wanting to imply that if anyone starts to practice for the same amount of hours will also become a genius as Mozart, of course there are more elements such as talent, but here the important thing to explore is the part that is necessary to work out any muscle from whatever area you want to master. In the dating aspect, overcoming the anxiety to meet a stranger.

In this matter, it is agreed that approximately after 500 interactions, or between a year and a half or two years someone extremely shy will be able to approach any person without anxiety. This just for people with extreme shyness, some people with some experience may need a month of practice. There are even those who are already social or extroverted but had never considered the idea of meeting an unknown person in a shopping center or public square, and literally, they only need one day to overcome that anxiety. Each person then has the duty to understand their own context, background and struggles, and only focus on their own learning curve, if you are following the same path as your friend, or someone else, it is likely that it will affect you negatively, since you are solving problems or anxieties that are your friend's, not yours.

In my particular case, for different reasons, I must admit that I had extreme anxiety and fear of approaching people in places like bars or clubs, since I had a deep idea that they were extremely dangerous places, for this you must understand that these were difficult times in my hometown Morelia, where some violence was registered in some pubs, a situation that did not help at all.

For other colleagues, that situation was indifferent, it did not affect them at all, perhaps they felt anxiety but it was because of talking to women, while in my case the anxiety is because I felt unsafe in those places. So the actions that I had to do were very different from those of my friends, since our learning curves were very different.

This can cause the action taken, if not balanced, insufficient or excessive.

You don't need to go out eight hours a day to practice just to practice, or go out to bars or clubs every day to meet people.

Same, maybe won't be enough if you only want to meet one person once a month, or if you're just having random conversations that go nowhere.

The key is that you find a way in which within your own daily routine, you are able to meet more people, without damaging your other activities.

Although it is true that your present life may not push you to meet more people, if you can modify it so that your life experience is broader, perhaps hitting bars or clubs when celebrating the birthday of friends, or maybe when you meet up with friends just to relax or have fun.

The anxiety and nervousness to meet people will fade away as you achieve a better balance in your life with dating.

When it is normal in your daily life to have conversations, you will know that you have found the perfect balance.

When dating is so natural, in that moment you have fully embraced the philosophy of being honest and direct.

The journey won't be easy, there will be a lot of trial and error, but if you have patience and above all, an honest view about your reality and follow your learning curve, you will see how your personal life, goals, perfectly complement your love and sexual life.

There will come a time, where you will no longer worry about your love or sexual life, not because you are some kind of sex symbol, or are an expert in social dynamics, simply because you have achieved that balance, and now all your resources are destined to more goals, desires and ambitious, whether it be to develop professionally, become an entrepreneur, acquire some skill, etc.

Do not misunderstand, it doesn't mean to date many people a day, non-stoppable, it means that your daily life finds perfect balance with whatever your goal is in dating, in a way that it just comes natural, so you can concentrate better in other areas.

This book is intended to simplify the map that you use in your dating, sex, love and relationship life, with the idea to be efficient for you and the people involved, that way you can really focus on those areas that really matter to you.

Of course, this is entirely up to you, it all depends of your honesty.

Chapter X: Is it worth it?

Let's be honest, is it worth all the effort?

On more than one occasion you will doubt yourself.

In multiple times you will want to give up.

They will play with you.

They will lie to you.

You could have no real experience and need to start your own learning curve.

Sorry to be brutally honest but it is necessary.

The world of love and dating in particular is incredibly cruel, ruthless, and lonely.

In a beautiful irony.

When you see that former ex no longer hurts.

When you see that you have absolute freedom to meet anyone without depending on work, school or any application.

When you have freed yourself from anxiety.

When you genuinely enjoy conversations.

When you enjoy meeting another person.

When you start meeting the right people.

In that moment you will know that it was worth it.

In the end you will realize that it had little or nothing to do with them.

And all with yourself.

This book has taken me over ten years to write, and to this day I am still learning about the philosophy of being honest and direct.

It will be important to be patient.

Remember, micro step, macro patience.

Repeat until successful.

You decide

This book is part of a series of three books that together make the Babylonian Model, and were officially released for sale on December 01, 2021. Being version 0001 20211201, however, the internet is extremely wide, and it could happen that this book has been acquired in other ways, even illegally, which will deprive you from future updates, since periodically, at least once a year, the version will be updated, correcting details, adding information to chapters, etc. ., the update will be automatic, we will simply consult our database to send you the newest version as soon as it is available for free. If the purchase was digitally, we will send you the new version via email. If you bought the printed version, you will only absorb the payment for printing and shipping wherever you want. If you do an illegal download, you will not be in our databases and therefore, you will not get the new updates.

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Alexis

Also known as Joan Zeroz, at the age of 17 years old, I started my long way to improve, not because I wanted to impress others, I did it because I genuinely wanted to get out of that mental prison, of not knowing how to have a better lifestyle, or simply have more freedom over my life. I will not lie, during that long journey, I wasted a lot of time on ideas, strategies or concepts that did not bring me closer to my goals. As of today I am 32 years old and I will honestly tell you that this project, the Babylonian model, has the brutal power to positively change your life. I have seen people use this model firsthand, long before I started consulting professionally, and the results speak for themselves. Either those who could not move on from some past ex, and today they are happily married with an extraordinary person. Or someone who thought that doing e-commerce was just a one rigid expensive way, now he knows how to really do business with the Babylon Model.

I have done my work to write in this book years and years of international experience, whether in Europe, America or Asia with a simple and powerful model to improve your quality of sentimental or financial life, now you must do your part to make the magic happen.



Bruce Lee statue in Hong Kong, 2017.

The Babylon Model: An Honest Approach to Dating.

Alexis Gomez Sanchez

Joan Zeroz

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