CONVERSATION CAMP

NEVER RUN OUT OF THINGS TO SAY TO WOMEN AGAIN
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How’d you like to know exactly what you need to do to be the guy that picks up every time he goes out?

What about having the ability to start conversations with any woman at any time, and keep it flowing, and be completely out of your head and devoid of anxiety?

What if I said you could create a type of ‘energy’ within you that attracted women with no effort required at all? So you could stop trying to pick women up and it would just happen.

This conversation camp workshop handbook contains a series of exercises that very few people in the world have seen or used.

First, I want to explain why this bootcamp manual is going to completely revolutionize your game.

I spent 3 years going out almost every weekend and never took a single girl home. Not. Even. One. Then, almost instantly, I began to take women home EVERY night I went out.

It’s important I highlight that. I went from zero to every night. Even if you don’t want to take women home every night you go out, it’s nice to be able to have the choice.

For me, being able to pick up women when I went out to bars and clubs was an important part in me feeling like a man. No matter how confident I was in other parts of my life, when I’d go to a bar I felt like a low status guy.

I had friends that would pick up really attractive women and take them home, and for some reason I felt like I lacked value when I was at a popular venue. It was almost like I was lacking something but I didn’t know what.

So when I began to pick up every time I’d go out, or have many options to be able to, it gave me a massive confidence boost. Not only was I completely sexually satisfied, I felt like a real man.
When I started coaching and helping guys with their confidence with women I wanted to bottle whatever changed for me and give it them. The trouble was that I was having trouble figuring out exactly what the tipping point was for my own results with women.

I had tried and experimented with so many things I wasn’t quite sure what the ONE massive switch was for guys to turn on.

Not long after I went to a meditation retreat called Vipassana where you don’t say a single word for 10 days. Yeah! I know! Crazy right? I began to reflect on a single question for an entire day:

“What changed between NEVER picking up and ALWAYS picking up?”

That day, I realized there was ONE single thing that made all the difference.

This is the closest thing I’ve ever found to a magic bullet. It worked for me and it can work for you. It’s a very simple and easy principle that will revolutionize the way you think about meeting women.

You see I used to think about being good with women as being a type of skill. Like riding a bike or playing a guitar. It took me a long time to realize that this was a terrible way to think about it because a bike and a guitar don’t talk back, have feelings and emotions and you can ride a bike and play a guitar in your own time and in your own space. Unlike 99% of the ways you meet women.

There are definitely some elements of meeting women that are similar to learning a skill like understanding body language, learning people skills and improving your voice tone and projection. It was when I freed myself up from the skill paradigm that the results really showed.

So what was the major shift? How do I think about meeting women now?

I realized that getting success with women was more about **how I felt** than what I did. Put it this way when you feel like you’re in the ultimate mental state, anything will work. We’ve all seen examples of it. That guy who is a “natural” that can say dumb or normal things...and women are still massively attracted to him. There is something going on. Something beyond the words that WORKS.

For us analytical and smart guys, what does this feeling really mean? And more importantly, how can we experience it on demand?
I bet you’ve experienced that feeling or state accidentally. That night you went out and for some reason women hung on every word you said, you were completely out of your head and carefree – in fact, you may have been a little outrageous but didn’t care – and everything seemed to work.

Like all guys I had experienced nights like that but I didn’t know how to get into that state with any sort of predictability. If it happened, it was almost pure luck. I started to realize that if I had a way of getting into that state on demand – like switching on the television – I’d get results with women.

This conversation handbook is THE SECRET.

And the way I found out to get into that ultimate picking up women state was to warm-up.

We all know the concept of warming up. You see athletes before a game warm-up, sometimes for hours. You probably warm-up before a gym workout. We warm-up to reach peak performance and also to prevent injury. When it comes to meeting women, we warm-up to get out of our heads and feel free to do what we want, get into a flow and also to prevent rejection.

I began with doing at least 30 minutes of drills or exercises before going out. The difference in my results was VAST. I remember my friends would rock up to the bar and be nervous, anxious and inhibited. While I felt like a rockstar and was the center of attention all because I spent a few minutes doing some role-play and exercises beforehand.

When I took women home when I went out, I began to notice and eventually take note of specific things I would do before to warm-up. Soon my warm-ups became a habit, almost a ritual before going out.

If you are more interested in finding a girlfriend than picking up lots of girls, that’s okay too because it’s exactly the same mechanism. You have a much better chance of landing her if you feel amazing.

So what are you waiting for? Let’s get started!
A FEW TIPS TO GET THE MOST FROM IT:

1. It’s best to do these with a friend or wingman – but you can do them on your own in the mirror if you like.

2. If you want to get the real bootcamp feel, book a hotel room for the weekend with some friends and do an intense version from morning until night.

3. The more often you do these the better they work and the more confident you become. If you find it challenging to begin with that’s a good sign. It means you’ve got a lot of room for improvement.

I recommend getting a couple of chairs facing each other so you can talk and practice your eye contact at the same time. You can also do these exercises standing up.

Spend 5 minutes or so on each one and work from the front to the back of the handbook.

Experiment and have fun with the exercises. If you aren’t sure what to do, then guess and do your best. It’s not like studying to be a brain surgeon. There is no exam at the end. Many of these drills have tons of flexibility built in so you can make them your own.

They are designed to stretch you, so it’s good if you find them challenging. Think of it like improving your fitness. But instead of physical fitness, this is your conversational fitness.

Keep in mind that each exercise is working on a specific skill. When you talk to a woman the key to being a conversational master is mixing it up. So mix up as many of these exercises as you can.
1. THREADING

**Purpose:** To have you talk in a short, punchy manner that displays confidence.

Many guys ask too many questions, ramble on, and generally bore women. This exercise is designed to have you say more with less, and get to the point, whilst encouraging women to respond not forcing them to respond.

Asking too many questions is the most common mistake I see. This will help you get out of that habit by saying sentences rather than questions.

**Instructions:**

a. Face your partner.
b. Say a single sentence. (Not a question!)
c. Have your partner respond with a single sentence.
d. Cycle for 3-4 sentences each in total, and then start again.

This is to get you into the habit of being able to convey more with less.

A common problem with guys conversationally is that they get nervous and ramble on and their conversations lack focus. So see how well you can express yourself with a single sentence.
Many guys don’t make it easy for women to converse with them by making the mistake of providing only a small amount of topics to talk about. This exercise will change that by giving her a wide range of interesting things FOR HER to talk about.

This is to make it easier for a woman to responds to you in conversation.

Many times when a woman doesn’t respond back or open up when talking to you it’s because you made it too hard for her to do so. Make it easy by giving her many options in which to take the direction of the conversation.

### Purpose:
To have you speak powerfully, even if you say less.

### Instructions:

- a. Face your partner.
- b. Say 2 sentences with a minimum of 5 topics.
- c. Have your partner respond with the same.
- d. Cycle for 3-4 exchanges in total, and then start again.
Many guys struggle with being quick on their feet, and being able to stay in the now with conversation. Especially at the speed women talk and change topics. This exercise will help you build your conversational confidence, and give you mental freedom to talk about anything at all.

Many guys do much better conversing with women after taking an Improv Acting class. It makes sense. This helps you to be adaptable to whatever happens during the conversation so you are not lost for words.

I’ve seen guys make the mistake of trying to prepare entire conversations with women before they meet them. You are much better off learning how to be spontaneous no matter what curve ball is thrown at you.

**3. IMPROVISATION**

**Purpose:** To have you develop your spontaneity, and ability to think on the spot.

**Instructions:**

a. Face your partner.

b. Your partner says a random word.

c. You talk about that random word for 1-2 minutes.

d. Cycle for 3-4 threads in total, and then start again.
4. QUESTIONS

Purpose: To have you ask powerful, interesting non-generic questions.

This exercise is designed to improve the quality of the questions you ask, and give you more power in your conversations by sparking attraction through asking different and interesting questions than a woman would normally be asked.

Instructions:

a. Face your partner.
b. Share 1-2 sentences.
c. Ask a punchy, interesting question.
d. Determine how good your question was and repeat.

A punchy, interesting question makes the other person WANT to respond to you. In fact, they can’t help themselves.

Guys often ask very generic questions when meeting women. I’ve seen women turn their back on a guy and walk away after a generic question. Focus on something unique about the other person like how they are expressing their personality with their appearance or ask them about their personality or identity.
Many guys speak in a way that bores women, and is too logical, scientific, and fact-based. In this exercise you will begin you talk in a manner that allows people to much better connect with you.

**Inner Process**

**Purpose:** To have you talk less about details, and more about how you feel.

**Instructions:**

- Face your partner.
- Talk in terms of inner process.
- Have your partner respond with inner process based threads.
- Cycle for 3-4 threads in total, and then start again.

Inner process is when you talk about how something felt. Say you were playing basketball and took the winning shot and after the game was asked “how did it feel to take that shot?” you take about the inner process – the emotions, feelings, sensations – rather than the technical aspects of taking the shot.
6. VOCAL TONALITY

**Purpose:** To be able to say anything and make it interesting by your vocal tonality.

In this exercise we will critique your vocal tonality to build a more commanding and masculine tone, and speak through the right parts of your chest. This will also assist with vocal projection, breathing, and being noticed.

**Instructions:**

a. Face your partner.

b. Use the conversation tools learned so far.

c. Have your partner respond with inner process based threads.

d. Critique the vocal tonality in your conversation.

e. Go wild in practicing adventurous forms of expression.

The worst thing you can do conversationally is be monotone. This is where you speak constantly at the same level and tone. Try being ridiculous with how you vary your voice tone and use your facial expressions. Start with tame and get even more animated from there.

This exercise is designed as an opportunity for you to experiment like crazy and cut loose.
7. **PAUSING**

**Purpose:** To build more power into your conversation, and be more of a leader.

Many guys rush when it comes to talking to women. By pausing, and taking your time, you’ll not only take the pressure off yourself, you’ll attract much more attention by commanding more respect.

**Instructions:**

a. Face your partner.

b. Chat using the conversation tools learned so far.

c. Experiment with exaggerated pausing.

d. Cycle for 3-4 exchanges in total, and then start again.

Really push the pausing to the extreme in this one. Realize that it can be a powerful way to convey confidence and status. Guys are often so scared of running out things to say or rejection that they try to fill every available space with words. Get into the habit of not being afraid to allow silence to do all the work for you.
A warm read is where you make an assumption about a woman you just meet. Like you tell her something about who she is as a person. It’s kind of like an educated guess. Like a professional fortuneteller will do with people. He’ll see clues about who they are, make statements about them, and they will think he is a genius.

A warm read is simply this: from the conversation make a direct statement about who the other person is on a core level. Like say you were talking about animals you might say that your partner is a caring, genuine and thoughtful person. You are taking the conversation to the next level from just chit-chat.

**8. WARM READING**

**Purpose:** To give a strong read with women you meet to powerfully command their attention.

**Instructions:**

a. Chat for a couple of minutes.

b. You will make a warm read based on their conversation.

c. Critique the accuracy of the read and the resulting emotions.
Using your observational skills to take advantage of anything as interesting engaging conversational material. In NLP, an exercise they get people to do is to look as wide as possible with both your eyes at the same time. This is powerful for your mind as you become more aware of your surroundings and this has a profound effect on the way you think and your ability to see opportunities.

When guys meet women often they get nervous and this causes their vision to narrow. So they miss really easy opportunities to talk about interesting things and they get stuck on generic topics. Once I went to a bar with a friend and saw a woman sitting at the bar drinking a martini on her own. It stood out to me that she must have had a rough day so I suggested my friend use that as an opening line. It worked like a charm!

The most common way of starting conversations with women I see randomly is to be observational. I notice things about her, or the current situation to talk about. I tend to be good at finding really interesting things around me. To live externally like this takes practice and along with improving your conversation skills, it will also make you happier than living life more internally.

### 9. OBSERVATIONAL CONVERSATION

**Purpose:** To be able to spark a conversation at any time using situational information.

Instructions:

a. Identify things about your partner or about your current situation to start the conversation with.

b. Vary your level of insight to be more and more insightful.

c. Start to notice really interesting things to talk about that no one else does.
10. FACIAL EXPRESSIONS

**Purpose:** To better express yourself non-verbally.

I experimented once with using extreme facial expressions when talking to women. Instead of rejecting me, all women did was open up and want to talk even more. Having trained thousands of guys I’ve seen so many guys with difficulty in the way they express themselves. Just not enough emotion, expression and variety.

**Instructions:**

a. Use the conversation tools learned so far.

b. Use more expressive facial expressions.

c. Push your comfort zone on how expressive you can be.

You’d be amazed at how this one single trick can transform your conversations with women. Practice in a mirror if you can. I find the more I am in the zone, the more facial expressions I use. So reverse engineer feeling amazing by stretching and exercising your facial expressions.
Some guys are too serious, others are insulting. Learn to playfully tease her.

**Purpose:** To spice up your interactions by adding a playful element, and having fun with her.

Instructions:

a. Chat for 1-2 minutes with your partner.

b. During the conversation you will tease him about something he said.

c. Challenge your comfort zone while neither being insulting or too nice.

Teasing adds a real sense of sexual tension to the conversation. While you are taking a risk, without risk you get no reward. It’s good practice to start taking more conversational risks and being more playful. Guys that have only serious conversations tend not to be very interesting to women.
NLP is a powerful transformational and communication technique (I highly recommend checking it out if you haven’t already). In this exercise we start to work with her subconscious and it’s also healthy for us to be thinking a little sexually while talking with women.

**Purpose:** Introduce bedroom talk into your normal conversations.

### Instructions:

a. You will think of things you would say to women while having sex.
b. During the conversation you will include these phrases.
c. See how far you can make them think of the secret meaning while maintaining your innocence.

The good thing about this exercise is that you start to think in a slightly more sexual way when talking to women. This is the key to getting results. When you have only social conversations with women it’s hard to switch gears to being romantic.