

# 10 Tips That Every Stud Needs To Know.

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Welcome stud. In this eBook I plan to share with you 10 great tips that a stud such as yourself can use everyday.

These tips are not in any particular order, so pay equal attention to each of them. Following each tip, is a detailed explanation of how to apply these tips not just to the literal cases, but to everyday situations.

Alright listen up.

**1. “If it takes you more than 20 minutes to get ready to go out, then you’re not a stud, so fix it.”**

First, a few exceptions. This tip obviously does not apply to an event such as a wedding, or prom, or any other gala occasion for which excessive primping of one’s self is expected.

This tip applies to the nights when you go out to have a good time either with friends, with a date, with whoever.

Now picture this scenario.

Say you and your friend are passing by the house with the nicest garden in your neighborhood. You turn to your friend and say, ‘Wow that’s a beautiful garden.’ Odds are, your friend will say (or think) ‘Yea it’s nice, but it probably takes a lot of time and energy to maintain.’ Well the same principle applies to humans.

Just as a group of men will look at an extremely well dressed and made-up woman and say (or think), 'She's hot, but she's too high maintenance,' women think the same thing when they see men who are looking picture perfect, magazine photo shoot good.

No respectable woman wants to be standing in the door of a bathroom waiting for her date to finish plucking his eyebrows and blow-drying his hair for 30 minutes. From the moment you step out of the shower, set the 20 minute timer, make yourself as pretty as possible and get your butt out the door.

Be the garden that looks great and is easily maintained rather than the garden that looks flawless yet needs constant attention. Women can tell which men are the studs, and which are the duds who need an hour of maintenance each day. Which man would you prefer if you were a woman?

And what will happen if an occasion arises when you need to rush and you can't spend your necessary hour or more on yourself? It's 6:30 and the girl you met last week wants you to meet her and her friends at a bar for happy hour at 7. Your girl will be waiting to see you, expecting the same stud she met last week, and get some scruffy chump. And nothing turns a girl off more than when she is let down by your appearance.

So condition yourself to practice the 20 minute rule, it's a

life lesson.

**2. “When you dance at a club, never let your elbows go above your shoulders.”**

Don't you hate seeing this?

Think about what happens when you do this. You're on the dance floor, either with a woman, with a group of women, or with your guy friends checking out the women, and all of the sudden you throw your arms way up in the air. This is one of the saddest cries for attention that there is in a club. Obviously on a dance floor full of people, if someone throws their hands way up in the air people are going to naturally look over.

So here is the same tip, but broadened to apply to everyday life. Are you ready. . .

Studs don't need to create a reason for women to look at them.

Our great looks, controlled nature, oozing confidence, and non Village-People style of dancing is more than enough to catch the eye of a beautiful female. So yes, any girl would look at a guy who's wailing his arms around, then she'd laugh, and it wouldn't be the good laugh.

**3.** “If you're at a bar or club, and your drink is red, yellow, orange, green, blue, pink, purple, or any other bright color, than you're not a stud. Remember the rule: black, brown, clear or beer.”

And don't give me that “But I like an occasional Sex on the Beach.” Yea? Well if you need one, make it at home and drink it before you go out, because I don't wanna see it.

The reasoning behind this tip follows the same flow of logic as the dancing tip. Studs do not need to create reasons to draw attention to themselves. The last thing people want to see is some guy walking around with a bright orange Screwdriver in one hand, and an bright green Apple Martini in the other hand. They are not drinks that were intended for men to begin with.

You wouldn't wear a bright orange suit to a job interview, so why tote around a bright orange drink while you are being silently and secretly interviewed and sized up by all the females in the place?

Stick to the low-key colors.

And there is another advantage to this tip which I discovered the hard way. Think back to the last time you were at a crowded bar or club. If you're like me then you will remember all the people around you, all the drunk people who bump into you accidentally EVERY MINUTE.

The last thing you want spilled on the girls around you, or on your nice light colored shirt, is a splash of your bright red vodka and cranberry that you ordered 5 minutes ago.

Do you think a girl will stay around you after you caused her new outfit to now have a big red stain on it? People forget about clear and light colored stains because they are less noticeable. So while you're at it you might as well preserve the cleanliness of your own clothing. Don't get me wrong, some women might find bright stains on your light colored shirt to be sexy, but for the other 99% of the female population. . . well you get the point.

Here is a rule that I've made for myself. If I'm wearing a very nice shirt, I will only drink clear drinks like gin and tonic (or clear soda if it's an alcohol free situation).

It takes a little discipline, but I think it's worth it.

**4.** “Kurt Vonnegut said, ‘We are who we pretend to be’, so if you're not a stud, then pretend. You will be surprised at how quickly you become one.”

So maybe, just maybe you don't think you're a stud, it's ok. That can change just as soon as you allow it to.

From the very beginning of his career, boxer Muhammed Ali said “I am the greatest” and guess what happened? He became the greatest.

What if instead of saying “I’m the greatest” Ali said, “I’ll work to improve but there are a lot of very good boxers out there.” What kind of career do you think he would have had? He created an image of himself in his own mind and that is what drove him to have such success.

Take your average guy. If a man knows that he is average, then he will act average, and everyone around him will know that he is average. It’s very simple.

When you have a certain opinion of yourself, it shows in everything that you do. If you think that you can’t talk to women, then guess what, it’ll show and everyone around you will know it, including women.

So what’s the solution to this problem?

Pretend.

Don’t lie, but pretend. . . there’s a big difference.

It is very important that you understand EXACTLY what I am saying in this tip, because it can be misinterpreted very easily. So read it very closely.

Lying entails you saying something that is not true.

Pretending entails you acting like something is not true. This is a very important difference.

OK so now what? How do you apply this? Do you run around acting like you’re better than everyone? NO.

But you do act like your comfortable with everything that is around you. Here's a good rule that I use if I'm in a club or bar. Act like you own the place. Don't TELL people you own the place, but just act like it. Pretend. Would you be intimidated by any man or woman who walked into a place that you owned? I don't think so.

Now you might be thinking, 'Yea, easier said than done.' Not really. Just try it. Because you are not actually DOING anything, you're just psyching yourself up the same way a professional athlete would before a big competition. We've all heard an athlete say something like, "I own this field, this is my house, no one beats me in my house."

Well, its your bar, and no one intimidates you in your bar.

So what if you're not in a club or bar, what if you're on the street, or in a store. Here's my favorite trick, and it works.

Imagine that you're a celebrity. Would you be embarrassed to talk to regular women if you were a celebrity? I don't think so.

Again, you're not actually DOING anything. You're just psyching yourself out.

If you act like there is something extraordinary about yourself, such as being a celebrity, then it will show, and the people around you will pick up on it.

Would you be embarrassed to approach or talk to a beautiful woman if you had done so hundreds of times before? No, you wouldn't. So pretend that you've done it hundreds of times, and pretty soon what do you think will happen?

Pretty soon you WILL HAVE done it hundreds of times, so you won't have to pretend anymore. Sounds pretty simple and easy doesn't it?

It takes practice to pretend something is true. It might take a few tries to get it right but guess what? Everybody strikes out sometimes.

The difference between a successful baseball player, and an unsuccessful baseball player is how many times he returned to the plate after striking out.

Babe Ruth, Derek Jeter, Alex Rodriguez, and Barry Bonds have all struck out and are still regarded as some of the best hitters of all time.

So here's the bottom line, don't lie, but pretend. Pretend that you are stud, pay your dues, commit some errors, return to the plate and pretty soon you won't have to pretend anymore.

## 5. “Pareto’s Principle, the 80/20 rule.”

Italian economist Vilfredo Pareto is credited with what is known as the 80/20 rule, and here it is.

“Twenty percent of the people own eighty percent of the wealth.”

Think about it and you’ll realize that it is true on many fronts. In professional sports, eighty percent of the money is made by the top twenty percent of the athletes. Eighty percent of the money in Hollywood is paid to twenty percent of the celebrities, eighty percent of the stock market is owned by twenty percent of the investors, I could go on and on.

So why did I include this rule? Because just as the 80/20 rule applies to many areas involving money, it also applies to being a stud.

Picture ALL of the single guys that you know, every last one of them. Notice that most of them do not have great success with women. They get a few here and there, a girlfriend for a while, but nothing to write home about. On the other hand everyone knows men who always have women around them for some reason or another. Every time you see him, he has a different girlfriend, or has dates lined up, or he’s getting tons of phone numbers. Why does this happen? Here is the answer, and it lies in the Stud’s 80/20 Rule.

‘Twenty percent of the men get eighty percent of the women.’

Imagine that your out on the town, you see men and you see women. Usually a small percentage of the men are getting the attention of the majority of the women. And a majority of the men are off sitting at the bar pretending that they don't care.

So now look at yourself. Are you in the twenty percent of the men who get eighty percent of the women? Or are you among the eighty percent of the men fighting for twenty percent of the leftover women?

If you are among the twenty percent then great, if not then listen up.

What is the best way to learn how to change a flat tire? You could read about how to do it then try to imagine that your tire is the tire in the instruction manual, that might work. But an even better strategy would be to just pay close attention the next time you see it done successfully.

Twenty percent of the single guys you know are getting eighty percent of the women. Watch these men, study them, take mental notes, and emulate them.

Guys who are successful with women love to share their knowledge, take advantage.

## 6. “Respect the power of eye contact.”

Try to look directly at something, but not think about it.

It's not easy.

Furthermore, when you are thinking about something that is around you, what is the first thing you do? You look at it. This observation is so simple, I feel that explaining it might be unnecessary, but a few words won't hurt.

If your leg suddenly hurts you, where is the first place you look? At your leg right? If you're at home and have to call somebody where is the first place you look? At the phone right? If you want to turn on the tv, you look at the tv, I could go on and on.

So why is it that when a woman makes eye contact with a guy, most of the time he ignores it? It is pretty hard to look at something and not think about it at least for a second. So realize that the girl who just made eye contact with you, thought about you. Maybe for just a second but probably for longer.

And if you caught her making eye contact with you, it means that she was looking at you for at least as long as it took you to notice.

Look up and notice how large your field of vision is. You

have a lot of choices of where to look don't you? Now pick a small section of your field of vision. In other words, pick something small that you can see. Now keep looking up but don't look at that small thing that you picked. It's not hard to do.

Now imagine that you are a woman in a bar, it would be pretty easy not to look in one small area, especially at a bar or club where there are many distractions. Technically, she could just turn around and not even have to make an effort not to look at you.

If a woman makes eye contact with you, then an alarm should go off inside of you. Out of all of the places in her field of vision that she could look, she chose to look your eyes. That's a pretty specific area to look at. So it wasn't an accident.

So here's the tip in a nutshell. If a girl makes eye contact with you, she's thinking about you. If she makes eye contact with you again, she's thinking about you again. It's all in the eyes chico.

So all you have to do is maintain eye contact with her for a second while she is looking at you and guess what? You have told her that you're thinking about her too, and go from there.

Wait a few seconds until she's apart from her friends, or better yet just go up immediately and say something to her.

Ask her what she's drinking, ask her what her name is, tell her your name, just say anything that you think will get a positive reaction from her.

Approaching a woman who just made eye contact with you shows extreme confidence. Sometimes that's all you need.

## 7. "Sometimes silence is the most powerful word."

Your facial expressions, posture and mannerisms can tell another person so much about you.

Let's say you make eye contact with a girl in a bar. Odds are she already knows more about you than your words will tell her.

Women examine everything about you. They look at your posture to see if your self-confidence is high enough to allow you to stand straight up. They examine your hand movements and body language to see if you are calm and controlled in your movements, rather than twitchy or jerky. They examine your clothing and shoes to see how much pride you take in your overall appearance. They look at your facial features and body type to see if they feel an instant attraction.

My point is that by the time you actually open your mouth and say something to a girl you just met, you might only have to say hello. If she picked up a positive vibe from your

body language and appearance, your verbal skills become secondary unless you really say something stupid.

Here's an example. Let's say you walked into a car dealership and you knew right away, for some reason or another, that you liked the bright red Ford Mustang convertible, price and all. From that point on, whatever the salesman says to you becomes secondary to the fact that you like the car for how it looks, and the positive vibe you felt.

Maybe it's because you love red, maybe you love convertibles, maybe you love Mustangs, maybe you like the combination of all three together. My point is that before you have even heard anything about that specific car sitting in front of you, your mind already gathered enough information to cause you to be instantly attracted to that car.

This same type of thing happens when a girl sees you. Before you even open your mouth to start your "sales pitch" of yourself, the girl has already gathered more information about you than you think. You might be her red convertible Mustang.

So what do you do now? You make sure that you pay close attention to how you portray yourself to women from afar as well as how you portray yourself to women up close.

In summary, once a girl is close enough to you to hear your

words, odds are they are secondary to the vibe she picked up on you from afar.

**8. “Make a girl laugh, and she’ll feel comfortable around you.”**

So obvious yet so important. Here’s a question for you,

Who doesn’t like to laugh?

Laughing is a great stress reliever. When someone is really nervous what is the first thing they do? They let out that awkward fake laugh and make that awkward fake smile don’t they? You see it everyday.

So save the girl the effort of faking it.

A girl that you just met is probably as nervous as you are. So help her relieve a little of that stress by making her laugh. Help take some of the pressure off and she will remember how comfortable she felt around you. She’ll remember that out of all the guys who talked to her that night, you were the one who made her feel the least nervous and the most comfortable.

So out of all those guys, who do you think she’s going to want to talk to again?

Humans like being happy, entertained, amused, etc. so take

advantage.

Don't be obnoxious, don't be a circus clown, just be a guy with a good sense of humor.

## 9. "Intimidation Avenue is a two-way street."

Do me a favor, think back, way back, long before you were the stud that you are today. How did you feel when a gorgeous woman walked by? Shy? Nervous? Intimidated? It's ok if you admit it, it's all in the past.

Luckily now you're a stud (or learning how to be one) so you don't get intimidated by the opposite sex very often.

So congratulations, you've conquered your fear of talking to beautiful women. But now some of the women who you see and maybe try to talk to seem uninterested. They may not be giving you the go ahead signals that you normally look for.

I am about to tell you something that hopefully you already know.

Women, even the beautiful ones, get intimidated too.

Read that again, then listen up.

A beautiful woman gets hit on by average guys all the time. So when a stud walks by and checks her out, she might get

caught off guard.

Similarly, when a beautiful woman sees you from afar and is instantly attracted to you, that could be enough to make her intimidated around you. Especially if she's not the outgoing type.

So what you view as 'Oh she didn't even look at me' might have just been her shying away because you caught her off guard with your good looks and studly ways.

Think about it. If you had been waiting all night for a certain person (or a certain type of person) to talk to you, when it finally happens, you probably would get a little intimidated.

Now this isn't always true. A girl genuinely might not be interested in you, it happens. But the important point that I'm making is that men often throw out the possibility that a girl might be as intimidated or shy as you have been in the past.

So what do you do now?

If you want to talk to a girl, first see if you get some nice eye contact or a smile, that's the best possible case. Otherwise, if you don't get those nice straightforward signals, all hope is not lost. Remember that you're a stud. You might be the guy who she's been spying on all night, not knowing the best way to get your attention. Take advantage.

You can't get a hit if you don't step to the plate. So what happens if you strike out? Go to the dugout, get a drink in you, and step up again, that's the name of the game.

So here's this tip in a nutshell. If a girl doesn't give you the signals that you're looking for, assume that she's intimidated by you, that'll boost your confidence to go up and find out for sure.

## 10. "Something to think about."

This final tip is not so much a tip, as it is a way of thinking. Now keep in mind that this is just one man's opinion. You are free to agree or disagree with my opinion, but I would like to share it with you.

Here is what I think.

Beginning from the time when a girl is very young, she starts to imagine and create her image of the perfect man. As she starts to grow up, many different factors contribute to how this image gets molded, changed, touched up, whatever. These contributing factors could have deep psychological or subconscious meanings, such as how close a girl was to her father and what her father looked like. Or some factors might be extremely superficial and based solely on a physical attraction to a trait like blue eyes, or any other physical characteristic.

This is very similar to the way in which you and your buddies

might construct your idea of the perfect woman by taking one woman's hair, another woman's eyes, another's smile, etc.

So when a girl reaches adulthood, so many different factors have contributed to this image that she keeps in her mind of her perfect man. She might have been dumped by a past boyfriend who had blonde hair, possibly causing her to have feelings of bitterness towards blond men, making her feel more attracted to dark hair, you never know. Or for some reason she might feel inferior walking next to a tall man, so she might prefer a man of her height or shorter, you never know.

These factors forever contribute to a woman's constantly changing image of her perfect man.

So here's my question to you.

When a woman looks at you, how the hell do you know that you are not the exact splitting image of the perfect man she's been constructing in her mind for her whole life?

How do you know? It could very well happen.

Every time a girl looks at me, I am an extreme optimist and I assume that that's the case. You know why?

Because you never know. Think about it.

**Good Luck.**

Well stud, thank you for your time. I hope you enjoyed reading my ebook and I hope you found it helpful.

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