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# Models: Attract Women Through Honesty

## MODELS



**ATTRACT WOMEN  
THROUGH HONESTY**

MARK MANSON



## Synopsis

Models is the first book ever written on seduction as an emotional process rather than a logical one, a process of connecting with women rather than impressing them. It's the most mature and honest guide on how a man can attract women without faking behavior, without lying and without emulating others. A game-changer. Inside, you'll learn: The root behavior that causes all female attraction. Why typical dating advice and pick up theory is counter-productive in the long-run. How to overcome nervousness and anxiety around attractive women. How any man can make himself appear attractive with a little time and effort. The three keys to keeping conversations with women interesting and engaging. How to discover the beliefs and attitudes that are sabotaging your success with women. How to develop a genuine and joyful sense of humor. And much more...

Please Note: This audiobook does not include any accompanying material.

## Book Information

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## Customer Reviews

I would like to start with: Each review here has its merits. The good ones AND the bad ones. Prepare for a lot of text. Firstly about the Author: The book was written by Mark Manson. From what I gather, he's a traveler and has helped men around the globe with psychological, sexual and 'connection' issues with women. He owns and runs the website [...] and has a few products there. The Book: The underlying theme I personally felt was about "investing in yourself" and being 'honest'. Having read a few PUA books, I felt this was its strong point. The book goes through a few parts, I may need to put a disclaimer here but this is how I felt about the book: 1. You are first

introduced to the author and go through a few stories. One did hit the nail on the head with me. Mark then goes through different types of men and women.<sup>2</sup> You are then introduced to the theme of 'investing in yourself' - by investing in yourself, you reduce your 'neediness' and hence in turn become more 'attractive'. The principle is by actually having a voice, being who you want to be - you will actually find women who you want to be around, and more importantly you will most likely stand out around the crowd.<sup>3</sup> Mark then goes through his 3 key principles to achieve this: Honest Living, Honest Action and Honest Communication. By living who YOU want to be, by doing things that express who YOU are and by communicating YOUR honest thoughts - you will in turn become 'attractive'. The parts that resonated with me:<sup>1</sup> Don't fear rejection<sup>2</sup>. The more people you meet in life (through rejection) can only lead to meeting more people that you want to actually be with.<sup>3</sup> 'Demographics' - go to places where you will most likely find people you want to be with.

This young author did something pretty amazing here. He wrote one of the best carrot on a stick books I've ever read in my life. To explain what I mean further, men love women and that is no secret. Not all men love leading an attractive lifestyle though. Not all men enjoy physical exercise, reading, eating right, becoming emotionally aware, or many of the other things this "guide to attracting women" teaches you you must do in order to be an attractive man. A lot of guys want easy solutions. This book explains that there are no easy solutions. I'd like to personally thank the author for laying that fact down for everyone. I hope any guys that reads this review takes one thing away from it, that there are no easy solutions and hard work is fundamental in success with your love life. This book will help you focus that hard work in ways that equal success. A lot of books these days will sell you a shortcut method. The only shortcuts that might work don't work for very long. If you want to be an attractive man you have to work hard on yourself and get rid of a shortcut mentality completely. Women can tell when you throw a band aid over a shotgun wound that you are bleeding all over the place and that is all a lot of the information out there today is. Another great thing about this book is it's (sadly) novel advice about vulnerability, connection, and emotional awareness. This book does a better job than any of the other men's dating advice I've read in the past 2 years explaining the roles these things have in our growth and development as men and how working on this area of yourself will improve your love life drastically. I really enjoyed the section on "How to be Fascinating" as well as the one on "Demographics".

Personally I come from a background of having used Pickup Theory and Dating Advice to improve my dating life and I've done so successfully. Needless to say I know from personal experience what

works and what turns out to be utter bull. I don't even have to read any of this stuff anymore, but from time to time, if a new book comes out I still enjoy reading. I do it to see what new stuff the book brings to the table (which is often not much new under the sun) and it always gives you a good flow of energy to continue to work on yourself and such. But this book is something totally different that what I've seen coming across for a while. I'd describe the book as: very good for an understanding of the basics of how attraction works, very mature, evolved and shedding a crystal clear light upon how dating and pickup advice affects men today. For example Mark clears up the issues around certain pickup advice being useless since a lot of it disregards differences in demographics, people, lifestyles, values etc (even though he sometimes uses extreme examples to get his point across, I still understand the essence of what he tries to convey). It will keep a lot of men from getting frustrated as a lot of beginners tend to implement pick up stuff on the wrong people in the wrong places with the wrong intentions and with wrong ways of measuring success or growth and thus end up with more frustration than ever. This book then continues by showing a quality roadmap to improve your lifestyle, your anxiety or social disconnectedness and then your communication skills. Mark gives theory and then practical guidelines. It all comes together really good and is very coherent. His casual writing style makes the book very accessible for you to read.

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