

## Models: Attract Women Through Honesty, *Mark Manson*

“Humans are attracted to each other’s rough edges.” – Robert Glover

“The less you talk about your shame, the more of it you have.” – Brene Brown

“What you resist will persist” – Carl Jung

### Attraction

- Females are attracted to men both physically and psychologically.
  - o **Physically**: through a desire to be desired, demonstrated by the male.
  - o **Psychologically**: through social status, demonstrated by perception and behavior.
- Three tenets of being an attractive man: **treat others well**, **be treated well by others**, **treat yourself well**.

### True Confidence

- **How attractive a man is, is proportional to his confidence.**
- Build confidence by continually investing more in oneself.

### Vulnerability

- Three forms: emotional; physical; social.
- **The only way out is through.**
- Vulnerability has to be a gift, given with no conditions or expectations.

### Polarization

- **Everything that is attractive is polarizing.**
- Three women: **receptive**; **neutral**; **unreceptive**.
- Three responses: **escalate**; **polarize**; **move on**.

### Rejection

- The first step to overcoming rejection is to accept you’re going to get rejected.
- **It’s usually not about you.**

### Demographics

- **You attract what you are.**
- Expand your identity and passions; expand, pursue, and become a leader in your interests.
- Assume attraction; assume women don’t play games.

### Defense Mechanisms

- Blame game, apathy & avoidance, intellectualizing.

### Anxiety

- Feeling fear and acting despite of it builds courage.
- **Always err on the side of aggression.**
- What’s important is your competence at whatever you’re doing.
- **Women are secretly rooting for you.**
- Attack anxieties through incremental, consistent exposure; not a single, extreme exposure.

### Intentions

- Women communicate more in feelings and specifically, through intentions.
- **When in doubt, check your intentions.**
- Become aware of your own emotions, motivations and life story, share first, then go one level deeper.

### Polarization

- **The more polarizing you are, the more attractive you are.**

When you change your beliefs and mindsets, the behavior follows.

No matter how horrible something is, ask yourself, “**What if it was a gift?**”