

Go from a 5 to an 8
- a 3 to a 6
- an 8 to 11!!!

Improve Your
Looks by F
Notches



Advanced Learning Systems Inc.



Improve Your Looks by 3 Notches

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Improve Your Looks by 3 Notches

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Grooming

Why?

“Why is grooming, clothes and visual appearance important? Why can’t I just be myself and find someone who wants to be with me because she likes my personalities, intellect or friendship?”

This is common mistake. Most guys think that women will want them for who they are. I used to think that, my brother was thinking that till I slapped it out of him.

To keep you from giving you the full explanation, here’s the short version as to why you should groom, wear nice (cool) clothes and keep your visual appearance to the max:

Women only want one-night stands with clean guys.

Think about it. If you were a chick, would you sleep with the good looking (let’s say a 9/10) yet stinky guy with the pizza face and bullet whole in his shirt, or would you go for the ok looking (6/10) fellow with the suit and Tag Heuer watch?

If you are still unsure, answer me this: Which one looks like they showered today? If you are about to get into a heated one-night stand, you want your partner to be as clean as possible.



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The Clean up

Here is a list of things you must to do to look good for women.

All the things in this list are simple grooming procedures that they notice if it is not done:

Fix your hairstyle (make sure the back of your neck looks good too)

Shower

Nails cut

Wash face

Cologne, deodorant, and after shave on

Trim-nose hairs

Brush teeth

Use Visine (if eyes are red)

Tan

Shave between eyebrows (no una-brow or monobrow)

Clean shoes

Bring breath mints

Why? How will they know I didn't shower today? Or why should my shoes be shined?

Here is how women get disgusted by certain things:

Nose and ear hairs are ugly to look at and can tickle them during making out.

Dirty long nails are dangerous during foreplay,



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as well as dirty.

Neck hairs are just look ugly.

Yellow dirty teeth portray a dirty mouth, whether it is or not. Totally un-kissable.

Chest-stick-out hairs are an unwanted preview of hairy things to come.

Thing of it like this: If you are a chick, your nose is more sensitive than a man's. Therefore, you are disgusted by the way men smell most of the time. (Unless that's your fetish.) So you decide to look for hints that will tell you whether he is clean or dirty. Being a woman, you are extraordinarily perceptive on pinpointing little things; and you are even better at extrapolating bad conclusions from the evidence. (Like finding a long blond hair in your passenger seat and immediately asking for a divorce.)

So given these super-powers, they are always on the look out for the clean guy. The one who won't be rubbing zits on them during foreplay. The one with the cut-nails that won't be scarring them up in you-know-where. The one with the fresh breath and brushed teeth where food parts can't be found.

Facial Grooming

As facial grooming becomes more demanding, it becomes more demanded.



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Women expect it. Most of these things can be taken care of once a month, such as blackhead removal or chest and pube grooming. Others, such as acne and unabrow need to be fixed every other day.

On the plus side all these things make you look a lot better, taking your look ranking up a few notches.



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Little things they pay attention to



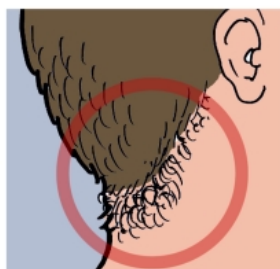
Trim nose hairs



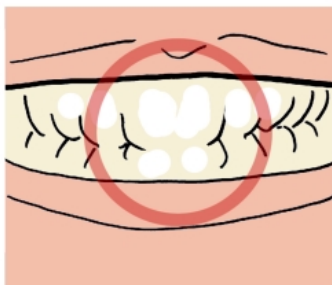
Trim ear hairs



Cut and clean nails



Trim neck hairs



Brighten teeth



Trim chest stick-out hairs

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Because women spend their whole lives caring for their

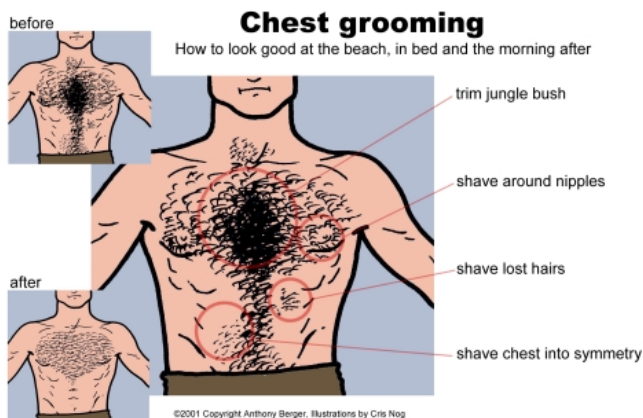


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face on an hourly basis, they tend to pick up a 6th sense for problem areas on your face too. Even though they understand that men don't take excessive care of their face, they may have their own aversions to certain things, such as kissing someone with acne, or stubble, or just simply hate overgrown bushy side-burns. Since you can't go wrong with having all those things properly groomed, you might as well.

Remember: they want to sleep with guys who are clean. Since they don't have anything else to judge you by, "If you look clean, you must be clean."

Chest Grooming



I never realized that chest hairs could be shaved into uniformity. This helps you look less like a refugee and more like a Chippendale dancer. Set the hair-trimmer to



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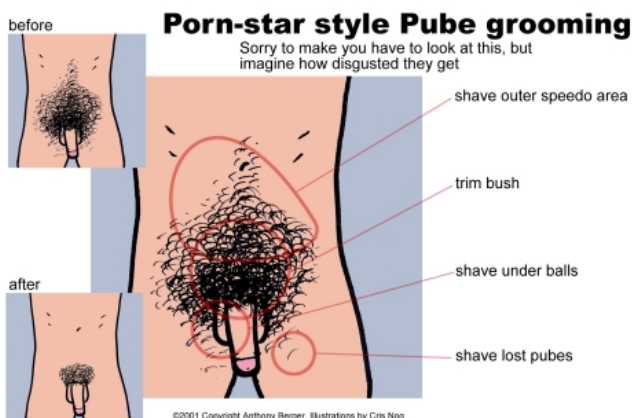
number 2 or 3 and shave away. Then remove the guard and shave lost hairs and nipple hairs to a clean, symmetrical look.

Making your penis seem larger

"What matters is not the length of the wand, but the magic in the stick." -Murphy's Law on Sex

Pube Grooming:

If you want your chicks to have a neatly trimmed bush, the only thing we can offer in return and impress them with is the same. If you pay attention to the male porn-stars in any X-rated movie, you'll notice that they hardly have any pubes, just a little to keep from looking naked.



Shaving your pubes will help in several areas:

A smaller bush makes your penis look relatively



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larger.

They will be less intimidated from giving you oral sex.

It will keep your underpants from stinking like ... underpants (funk gets trapped in between the pubes).

They will have better memories of you.

They will be glad to know that you care to impress them.

They may even tell her girl friends about this feature. It could only improve your reputation.

Side note:

Don't want steel-wool pubes?

You can soften both chest and pube hairs by washing it with any regular conditioner. It may take a few weeks but the results are much more pleasing to the touch, for you and them.



3 Instant Visual Enhancements

“Sex appeal is 50% what you’ve got and 50% what people think you’ve got.” –Murphy’s Law on Sex

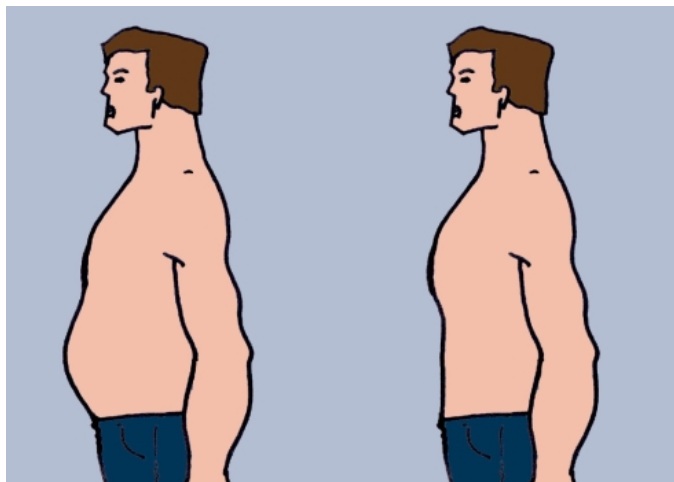
There are certain things that you should be doing to improve your image and attractiveness way before you go out. Since you are planning on using these techniques soon, I recommend you start doing all of these immediately.

1) Loose the gut: I mean just that, just the gut.

Luckily for all of us with bigger bones, all we have to do is build enough abdominal muscle to be able to tuck your stomach in for a few hours at a time. Doing sit-ups won't help you lose much fat but it will strengthen your stomach. We don't have to lose all our fat and then build muscle to look like Brad Pitt. Fortunately, we'll be wearing clothes when we go out so they hide all your fat.



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The difference between a fat person with no stomach and a one with a stomach is that the former doesn't look fat. Just well-built. Holding it in for a few hours may seem like a lot but it isn't. Once you start doing sit-ups, you can expect your ability to tuck it in to grow exponentially.

2) Start tanning:

Like my fat cousin Felipe always said, "The best way to loose weight fast is to tan!" And it is true.

You can look slicker if you have a tan and a belly than if you have just a belly and no tan.



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I usually tan out on the sun whenever I can (weekends) and tanning beds during winter. A single session may not produce the results you were hoping, so go two or three times before the weekend arrives. Hit the tanning saloon on Tuesday and Thursday, that way you'll be looking good for the rest of the weekend.

To speed up your tanning, get a tanning lotion specific for tanning beds; the outdoor ones don't work the same way. Just don't buy the tanning lotion on at the saloon (they have incredible mark-ups), any Walgreen's or K-Mart carry tanning lotions at a third of the price. Also, don't try to tan twice on the same day.

Also, to keep the tan, don't shower with scolding hot water after-wards, the colder the better. After the shower, a moisturizing cream may be necessary depending on



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your skin type. It will help keep your skin moist while allowing the tan to last longer.

Side note:

If you like to tan in tanning saloons a lot, remember this: Even though you are using an artificial method of tanning, you should try to emulate a realistic tan. This means that you may want to try to tan with sunglasses on every third session (to give just a hint of raccoon eyes, while not looking bad). You may also want to add lotion just to the upper parts of your cheeks, the areas that would get sun if you had tanned outdoors.

3) Jingles:

For many occasions, it is very helpful to have the cool rings, bracelets, watches, earring and necklaces. They can really add a lot to your look. Go to your favorite shopping mall and get whatever it is that will help you achieve the look you are going for. With \$50 you should be able to get two basic sets of jingles: A set with the biker-look and a set with the clubber/player look.

The set with the biker look is ideal for any grungy, rough or tough environment you may find yourself in: Rock and Rap concerts, biker bars, underground parties and after-



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hours. The jingles in this set are mostly made from steel and silver and usually have a black tarnish.



The clubber look will be appropriate for going to clubs, lounges, cocktail parties and classy events. Here the jingles will be finer, more expensive and more conspicuous.



How to Dress

Who you want

Who you are after is a tough question.

It is however needed to help you determine how to dress and where to go to find them.

But to make it simpler, we'll rephrase it: "Who do you want to sleep with tonight?" Here is a partial list of types of women out there:

High society diva

Traveling ladies

Escort girls/ strippers

Yuppie women

Divorced women

Club chick

Bar fly

Jock chick

College girl

Groupie chick

Trailer park chick

Notice how this list is arranged in order of income (or high to low maintenance).

Once you figure out what you are in the mood for tonight (it may be more than one type of woman), you will be able to determine how to dress and where to go.



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Remember, the chances of you hooking up with any of these types of women are equal: high society divas have just as much sex as club girls and trailer park chicks. At the same time, you may think, “well, gee, in that case I’ll just go screw around with high society divas, and maybe marry into money!” Not so fast: you should choose your women at around the same level or below that you are in now. If you live in a trailer park and you strive to talk to a high society diva, and she asks you to get her a glass of Moët and you tell her you don’t know what that is, your cover is blown. Even worse, she could state she wants to sleep at your pad tonight! I don’t want to be disheartening, but unless you are making it transparent that you are trailer park material and hoping that they have always fantasized about doing it on dirty sheets, your chances are pretty slim.

On the other hand, if you feel pretty comfortable around rich women, go for it, worse comes to worst you might have to spend some money to get a room at the local Holiday Inn. If she wants the Marriott, tell her you can’t afford it. What usually happens here is that they tend to spring for the room themselves! (This has happened several times to me before, last time, the chick paid \$260 for the best room, in cash!)

Once you have figured out what you want, you can then move on and figure out how to dress.



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How to dress

How to dress is an easy question: the best.

There is no reason for you not to be the best-dressed person at any social occasion. Dressing well helps you on several levels:

Confidence

When you wear your best, you feel your best. There is nothing that drags you to believe that you are inferior to anyone else in the room. When you feel your best, you act your best. You don't forget not to pick your nose. You let ladies go first when opening a door.

Looks

Women can recognize a well dress man much better than guys recognize women. Women live and breathe clothes, so it is built in to their daily operation to make assumptions about what type of person you are.

Their impressions and assumptions about you are always positive.

If you are well dressed, you are also:

Well off

Hygienic

Healthy

Professional

Clean

Well mannered



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Not a serial killer.

Their image:

Women since they were girls have always dreamt “ I want a tall dark and handsome man....”, well, you can’t do much about tall but you can fulfill the handsome need simply by always wearing your best at social occasions. They don’t want to be seen talking to some guy who could easily be confused with the neighborhood brick-layer.

You may think:

“But then I have to iron the shirt, dry clean the jacket the next day, polish the shoes before going out...”

No, you don’t have to do all that. I have streamlined my wardrobe to have only wrinkle-free shirts and pants.

Wearing my best clothes is just as hassle-free as wearing anything else. I don’t dry clean the jacket every day (once a month at most); the shoes are polished once month. The pants and shirts are washed together with the rest of the casual clothes.

Of course, there are several ways to be well dressed for each occasion. You don’t want be wearing the same sport coat to heavy metal concerts or barbecues.

The best way to figure out what you need to get the best clothes is to skim through GQ type magazines and figure out what is fashionable this year. Then go shop at



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cheaper than brand-name stores for those same colors and cuts.

All you need is one kick-ass set of clothes for:

- 1) *Classy events (like a gallery opening or piano lounge)*
- 2) *Summer day events (barbecues, ball games)*
- 3) *Clubbing (ultra trendy clothes for clubs and high class parties)*
- 4) *Week night (neighborhood watering holes)*

Also, after having spent \$7000 on clothes in the last 6 years, I've come to the conclusion everyone arrives at age of 5:

"It is better to have one kick ass set of social clothes than to have 6 average sets."

I know we all know this, but it is here for reinforcement. You can wear the one set of kick-ass clothes every-time you go out and look different with a few variations (different shirt, different shoes, no jacket etc), and still look fabulous. But with an average set of clothes, you'll never look better than average.

Plus, when you buy from famous designers, you are not only buying a hip look; you are also buying quality. You can expect a Dolce&Gabana suit to last several years without a single thread being undone. Plus, when you spend lot of money on a piece, you treat it better.

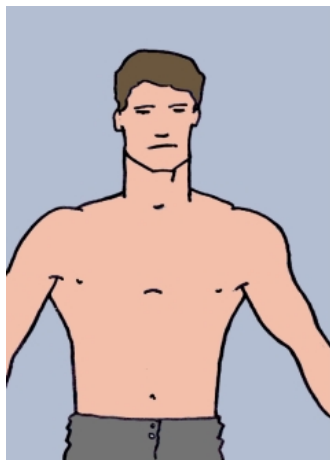


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If you are the type that got in line twice when God was giving out fat (like me), you might want to only wear dark or black shirts, T-shirts and sweaters. You can visually lose 10 pounds this way.

There are ways to look great in all these occasions. Check out the ads from GQ, Rollingstone, Playboy and Vibe and you'll get a good idea about what the next fashion cues will be.

Side note:



How to look good at the beach:

*Who is stronger between these two? **



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This summer, you can make yourself look tougher and stronger by carrying a backpack next time you go to the beach or park. The straps will help better define your pectorals, making them seem wider. Great for cycling, roller-blading, out door events and concerts.

*They are both the same figure.



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Your pockets

Here is a list of stuff you might want to consider having in your pocket whenever you go out to hit the scene. You don't have to carry it all, but a lot may come in handy should you start to get lucky.

What I do is leave my sport coats and lucky jackets ready with a set of most of this stuff. I buy 5 packs of gum, get 5 business cards, get 5 sample bottles of cologne etc and spread them out over the jackets, so that I'm good to go.

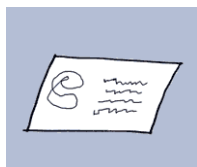


Chewing gum

Makes the white of your teeth show while chewing, kind of like smiling.

Breath spray

Pretty obvious but everyone forgets.



Business Card



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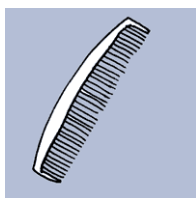
Makes them feel more secure about you. You may want to give it to her, even if she is coming over to your place. Helps them know that you have a job and that they can find you should they need to.



Cologne, perfume, eau-de-toilette

Women's noses are keener than ours are. Not only does it make you smell good, but also hints at the fact that you took a shower before going out.

"Just like everyone has a look, everyone needs a smell"



Comb

Depending on your hairstyle, a 4" comb fits anywhere, even in your wallet.



Condoms

"You never know when and where you might get lucky"

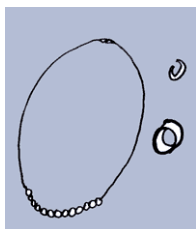


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Handkerchief

“You never know when and where you might get messy”



Jingles

Depending on the scene you are hitting, it may be necessary. In others, it may help you look cooler than the rest. What's more, you can always wrap some great story or conversation opener around one of these. “I got it when I was in Cairo”



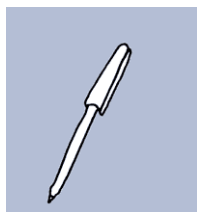
Lighter

Even if you don't smoke, you should have one handy. If you see a chick pulling a cigarette out of the box or looking for her lighter, you'll be there. Then after she thanks you for the light, you can extend your hand out and curl it like a bowl and tell her that she can ash in your hand. If



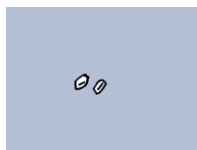
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she doesn't get the joke, move on.



Pen

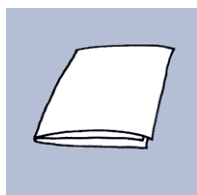
NEVER leave home without one. Not only is it a key instrument in getting chick's number, but it's great for protection against the evils that lurk at night.



Viagra

If you need it, then:

"You never know when you might get flacid"



Leather wallet

If you are over 18, it's time to think about getting a real wallet, not the kind that fold in three, is made of nylon and got the "Lakers" logo on the front. A real leather wallet.



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Watch

A social watch can add \$\$\$ to your look. If they are too expensive, consider getting a fake TAG HEUER or some other classy brand watch. Anything except Rolex, no one will believe you. Otherwise, anything that looks classy and doesn't have LCD read-out is great.



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Your Room

Most of this stuff may seem obvious but they are all stuff you need for your room. You can't create the "right" ambience with a fluorescent light and an F-16 poster.

A "dirty laundry stench" room will totally cock-block your chances of getting laid.

Similarly, having to run around look for stuff she may need before, during or after sex is a complete turn-off.

You went this far and got the chick to come back, you don't want to flush it all down the toilet just because you weren't prepared for her. Most of this stuff is the type of kind you buy once in a full moon. A good lube bottle can last many months.

"When you fail to prepare, you prepare to fail." - Roosevelt



Small Fridge



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You got your chick back in your room. Everything's going perfect, you are making out like no tomorrow and you just know that with the momentum, sex is imminent.

Then, she asks for a beer/Coke/water/wine what-have-you. During the time it takes you to go to the kitchen, pick something and come back, she will have reestablished her judgment, she will check her watch and realize that it's too late for this, and that she is about to go to bed with someone she never met before.

Now, if you got a little fridge fully stocked with the basics, when she asks for something, you reach over with one hand while playing with her breast with the other.

Other things you should have. They are all worth getting since they don't get used up so quickly:

Chocolate syrup,

Marshmallow or whip-cream

Honey



Your bed

If you don't have a double, queen or king sized bed, get one. But even more important than a nice big bed is nice clean sheets! Before hitting the bars on a mission to get laid, make sure you put on fresh linens and whip out the silk pillows (or whatever you have reserved for impress-



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ing chicks).

It doesn't matter whether you got leopard skin print polyester or cotton or silk. It has to feel good and has to smell clean. Don't forget her pillow.



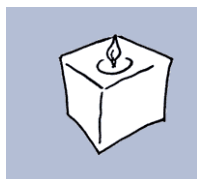
Extra pillows and cushions

Lots of them. This is not to make your room look like a Crate&Barrel ad. Pillows are a necessary prop for all women during sex. With them, you can get women in all those hard-get-into positions you see on the web. A must for crazy sex.



Ashtray

Even if you don't smoke. If they do, they'll need it, and you shouldn't have to go search for one at 3 am.



Candles

Get a FEW big candles. Not just one.

Candles add that extra something to the sex atmo-



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sphere, making it seem less cold than with the lights on and less scary than with the lights off.

They allow things to remain intimate while letting both partners have a visual experience. Their light makes you two look warmer.

But don't get the scented ones; if you have sex for three hours, your room will smell like a vanilla factory. Leave the scent to the inscents.



Boom box

If your computer crashes while playing all those MP3's you downloaded, you'll need one of these. You don't want to spend even a minute trying to fix your machine.



Condoms

Lots of them. The last thing you want is to have to turn down free sex just because you ran out of condoms. (I know you are smart enough not to have unprotected sex)

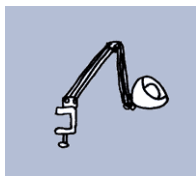


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Incense

Whatever smell you like. At a dozen for a buck, you can't go wrong.



Indirect lamp

When you two get there and before leaving, you don't want to turn on your main light and reveal your mess or dirt or lack of organization; it just won't count in your favor. What do you do? Turn on some indirect lamp, facing away from you two, so that your visibility is sufficient to get things ready (find that Portishead CD), pillows, drinks, get those candles lit, etc.



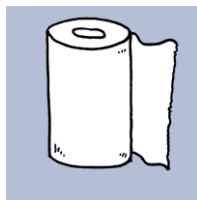
Sex lube

For \$10 you can get a large bottle of the stuff, and it lasts several months to a year. Great for lots of things,



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including massages.



Paper towels

For the mess you two are gonna make, hopefully.

Sex music

Sex music is the type of music you can listen to during sex.

But Anthony, I technically listen to anything during sex. Yes and no. Technically, yes, you can listen to tape with bus engine noises for all I care. But sex music is the type of music that enhances the sexual experience. Sex music is not porn music or some hardcore type techno. Sex music is something you and your girl can get down to and make love to. I love hip-hop, but it doesn't help one bit to set the mood for love/sex. Sex music should set the pace yet not be too loud. It should serve as a catalyst to getting things in motion without anyone wanting to turn back. Sex music can not be listened to while driving. It relaxes the body yet stimulates the underpants. It may have lyrics but they don't have to be listened to. It should... fuck it. Here are some of the band that produce the best sex music out there.

Once you hear you'll understand:



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Portishead

Sade

D'Angelo

R. Kelly

Djavan (Brazilian)

Nitin Sawhney (British)

Marvin Gaye

Al Green

The list could go on, but with these should be a start.

I recommend Portishead the most. I even give Portishead CDs out to friends on their birthdays. Djavan can add an international dimension to your taste in music. Chicks will be impressed.