



# **Seven Steps To Destroy Approach Anxiety In 30 Days!**

**From *PickUp 101***

[www.pickup101.com](http://www.pickup101.com)

**As Featured On**



*"That weekend in May changed my life, and I owe you and Sean big time. Since the workshop I have attracted 100's of girls, connected and dated about 20, and seduced 6 all the way to a sexual relationship. I love my life right now, and feel that every guy should experience this feeling."*

**Berny K. - Chicago IL**

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*“I’ve already put in to practice a lot of things I’ve learned from PickUp 101, and I KNOW it works. ”*



***James - Real Estate Developer, San Francisco CA***

## The Truth About Approaching Women

I'm going to share a dirty little secret that all men who are good with women know, but few will admit to.

No one starts out totally comfortable talking to strangers. But in order to become an attractive man and get the women you want, it's something you have to get good at.

Now there are a lot more Secrets of the Naturals for you to know, and you can learn all of them with Surefire Attraction Secrets: [pickup101.com/surefireattractionsecrets](http://pickup101.com/surefireattractionsecrets), but for now, let's focus on this first one.

In order to meet the girls of your dreams, you have to get comfortable talking to new people in everyday situations.

After all, in order to get good at anything, you need the fundamentals before you get the advanced skills.

So you're still challenged by the idea of talking to perfect strangers, and there's no easy way to get past it without adding more anxiety, right? What if you could reduce that anxiety bit by bit, day by day, and get a little bit cooler every single day?

Cool guys don't fear strangers. It's a cliché, but they really do see strangers just as friends that they haven't met yet. All it takes is a little initiative.

And it takes a plan. Any great endeavor requires some careful planning and some expert advice.

The experts at PickUp 101 have put the plan together for you. This is the same plan we used to become dating coaches, the same plan we give to our private clients. It has been tested by hundreds of men, and proven to make tremendous changes for men of all backgrounds. It's so good, it even comes with a guarantee.

**\*\* Follow this plan, and you will never suffer approach anxiety again \*\***

This workout routine can work for ANYONE who's spending more time thinking than doing. Now, it won't turn you into a perfect pickup guru overnight. It takes patience, commitment, and work.

But if you have the patience, if you can commit, and if you do the work, you will get happier and more social and more comfortable with girls than you could have ever imagined in just 30 days.

Not 30 years... Not 30 months... Just **30 days!**

Ready?

Wherever you are now in your life, you will become more social, more charismatic, more friendly, and more popular with women.

Let's get started.

*“A lot of people think that you can get all the ladies if you're good looking. The truth is what a woman finds attractive rarely has anything to do with what you physically look like. It's all about how you move, how you can read a woman, and how you react and interact with her.*

*A lot of the good looking guys SUCK at being with women, because they think "Ah I'm good looking, I don't need to do anything. I don't need to get in tune with her, I don't need to know what's going on" and that's complete crap!”*



**Shiva - Student at San Francisco State University**

## ***Three Secrets to Socializing***

Socializing and talking to women is not an intellectual skill. You can't just read a book and suddenly uncover the magic spell that charms everyone within the sound of your voice.

Charisma is developed in your body through experience. It is a physical skill.

In order to train yourself in any physical skill, you need to practice in safe environments and build up your skill set piece-by-piece by practicing the fundamentals.

Think of Michael Jordan shooting hundreds of jumpers a day. Or Jimi Hendrix playing blues riffs over and over. How about Olympic swimmer Michael Phelps churning out thousands of meters a day in the pool just grooving the same stroke?

Everyone who wants to improve at a physical skill needs to practice the basics every day.

There are some basics to talking to new women. There are also lots of advanced techniques you can use to handle more unusual situations. But without the fundamental skills, the advanced stuff won't work.

Tiger Woods doesn't spend time practicing hitting his driver off the fairway. He practices hitting his 5-iron so he has his swing ready for any new situation that calls for it.

These are the techniques to grooving your swing.

### **Technique 1.**

Do not go to any bars or clubs for the next month. At all. You may go to pubs with your friends, but no nightclubbing to pickup chicks.

## Technique 2.

Do take a 30-minute walk every day and do your special pickup workout while walking.

## Technique 3.

When in doubt, refer to Techniques 1 and 2.

That's it. Simple isn't it?

No tricks. No hypnosis. No mantras, meditating, or spells. Just two simple rules that anyone can follow.

You're a smart guy. You're probably asking yourself, "*how the hell am I going to meet girls if I never go to bars?*"

Remember, we are working here on the fundamentals first. I know some guys who think they are great with women, but are only able to work their magic in certain places at certain times, or only with the right combination of bourbon and beer.

That's not what you want. You want to be comfortable and confident talking to cute girls everywhere you see them. A real ladies' man doesn't need the right set of circumstances any more than Tiger Woods needs perfect conditions on the course.

Matter of fact, the real pros do best when there's a challenge!

These techniques will get you started. Now let's get to the real heart of the program: your pickup workout.

You've never done a workout like this before. Get ready to walk and talk your way to more coolness.

## ***The Seven Steps Workout Regimen***

### **1) 30-minute walk**

- Rain or shine, EVERY DAY.

### **2) Walk in a place where there are people about**

- Find a park, a street with shops on it, a mall, anywhere that people can be found. In many older European cities, they still have town squares where people congregate every day. That's what you are looking for.
- Wherever you live, there is some kind of town square. Find it and get to know it.
- Enjoy your walk.

### **3) When walking, smile**

- Force yourself to smile if you have to. You will feel silly. Don't try to do it for all 30 minutes. Just do it as much as you can.
- If you have trouble smiling, tell yourself a joke, like "Chuck Norris doesn't need pickup lines. Chuck Norris just says 'NOW.'" "
- Bob your head a little and repeat to yourself, just under your breath, "I feel like a goofball."

### **4) When walking past people, smile and say "Hello" to at least one person**

- What matters is that YOU smile and YOU say "Hello."
- It does NOT matter if they say "Hello" back or even look up. You are not looking for a reaction from them. You are developing your ability to be friendly and social.

### **5) The first woman you see on your walk, stop and greet her with a smile and "Hello."**

- Introduce yourself politely and ask her name.
- When she tells you her name, listen.
- Repeat her name back to her so you remember it.

- Tell her you like to walk every day and have conversations with friendly-looking people because you are quite shy, and learning how to be social and enjoy small talk.

## 6) Once you say that, you are free to go.

- You do not need to say anything else.
- But you are also free to stay and talk. You may just find you enjoy it!

## 7) Get home and keep a checklist of the things you did.

- One check for walking for 30 minutes.
- One check for everyone you greeted with a hello.
- One check for every woman you stopped and chatted with.

Now for the secret 8<sup>th</sup> step. This is the one that really counts.

When you see you have three checks, celebrate! Go to your favorite pub and watch the game with your buds. Order your favorite food. Give yourself a high-five. Whatever. But make sure you celebrate doing it.

Part of being a cool guy, the kind of guy who is good with women, is learning to brag a little and celebrate the things you do well as opposed to constantly criticizing yourself for things you need to work on. You get no credit from women for being your own worst critic. There's nothing sexy about being a stern judge of your own shortcomings.

Remember, you're doing this to *have fun*. So do NOT forget to have fun when you've accomplished your goal. Don't minimize it. Don't get down on yourself for not doing more. You are pushing your comfort zone every single day by going out and meeting new women... **you are doing what most men would never dream of having the stones to do.**

So be proud of yourself! Enjoy it, because there's more work to do.

## **What to Say**

When you are walking and talking, just have normal conversations. Don't worry about being impressive or entertaining or anything else.

Your whole purpose here to to engage new people in conversations for as long as you enjoy them. Your comfort matters more than anything else. If you find yourself worried about what to say, fall back on the old questions that we all use.

*“Where are you from?”*

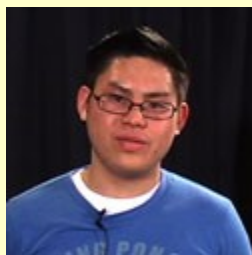
*“What are you up to today?”*

*“Nice day, isn't it?”*

Sure, they sound lame, but that's the point. You want to be able to talk to people about NOTHING so you never worry again about having something to say.

If you're really stuck, have a conversation about how you have trouble having conversations. You should be totally honest and sincere. And if she joins the conversation, that's great. Keep talking. If she has something to do that prevents her from talking, that's fine as well. Wish her a good day and move on.

*“My favorite thing was realizing it's not that hard, and it's small stuff that you can do it really quick. It's almost instantaneous. You need to practice a little bit, but for the most part it's almost instantaneous in your life.”*



***Jeremy - Manager, Sacramento CA***

## ***What Happens Next?***

When you adopt new daily habits for any physical skill, your body adjusts and re-calibrates to expect this new behavior.

All the years you spent not smiling, not greeting people, and not having conversations with strangers conditioned your BODY to shy away from others. This combined with a lifetime of admonitions from well-meaning people to avoid rejection conditioned the expectation in you that talking to strangers, especially attractive female strangers, will lead to disaster.

And rejection.

But the truth is that **most people are genuinely friendly**. Even people who are shy desire contact with others, and want to smile and enjoy themselves.

Most people are polite and well-mannered enough to engage in conversations.

You need to give yourself new habits so you can start to experience new results that change your perception.

Many men have nightmare scenarios they expect to come true when they approach attractive women. We've all seen the movie scenes... the pretty girl yells, or turns, or throws a drink in your face.

The problem with these scenarios is they have NO basis in reality.

Women do not want to be rude to you, especially if you are genuinely friendly, genuinely good-intentioned, and not trying to trick her.

I've approached thousands of women in my life in all kinds of crazy situations, and I have never once had a woman yell at me, run away, or throw a drink in my face.

## ***The Real Results***

When you talk to one woman a day for 30 days, you start to gather real experiences to counter the nightmare scenario. You are prepared for the worst, but you've never even considered the best.

Re-enforcement breeds good habits. Positive results lead to more positive results. The only way you will be able to strike a death blow to the anxiety that prevents you from talking to women is by practicing and taking action.

The last step to the system is to keep track of everything you do. You want achievable goals and measurable results. Use the following chart and notes section to keep track of the work you have done, and see how far you get over thirty days. Once you reach the end of your thirty days, you will find that the nervousness you used to feel paralyzing you at the thought of approaching women has shrunk right down to the size of a cute little troll doll.

And it will always be with you, but hell, it's only a cute little troll doll! Nothing to be afraid of there, is there?

Now get out and start walking! And don't forget to tell us all about your results at:

[blog.pickup101.com](http://blog.pickup101.com)

*"Gents,*

*What PickUp 101 is telling you is Gold !!! Why am I telling you this ? Well because I have done exactly what they have said and made a lot of progress."*

*- Curran, UK*

## ***Tracking Your Progress Chart***

| <b>Day</b> | <b>30 Min Walk</b> | <b>Hello</b> | <b>Conversation</b> |
|------------|--------------------|--------------|---------------------|
| 1          |                    |              |                     |
| 2          |                    |              |                     |
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| 29         |                    |              |                     |
| 30         |                    |              |                     |

## ***Notes and Lessons Learned***

Now that you've been keeping track, make sure to jot down things you are learning about approaching every day. Are you finding that women respond more positively when you are having a good day and smiling easily? Make a note. Do you do better in the morning than at night? Note it! Whatever you find out, jot it down so you can review later.

### **Notes:**

## The Next Step...

Once you are comfortable being a social guy and talking to women, then you need to learn how to generate attraction.

The #1 tool for attraction is BANTER, but it's not something you can easily learn in print so we created an audio home study program called Surefire Attraction Secrets.

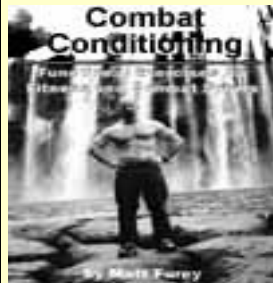
It has the core skills of attraction we teach in our workshops, which includes How to Start a Conversation, Banter, and Storytelling.

4 hours of audio on 4 CD's for only \$78.

Use the link below to go to the order page so you can order your copy now...

## [Surefire Attraction Secrets](#)

*“Lance Mason turned my friend's life around with his system. If you're in the "game" for meeting the love of your life, he can help you, too.”*



***Matt Furey - Author of Combat Conditioning***

## About PickUp 101

*“Pickup 101 has some of the most innovative and powerful ways I've ever seen to build attraction with a woman FAST... and connect with her on a DEEP EMOTIONAL LEVEL.”*

**-David DeAngelo** [www.DoubleYourDating.com](http://www.DoubleYourDating.com)

*“One of the few pick-up businesses with integrity.”*

**-Neil Strauss ('Style')** Author of the NY Times best selling book "The Game"

PickUp 101 is known around the world as experts in dating and relationships, and daily over 26,000 men look to PickUp 101 for advice about women.

PickUp 101 has been featured in USA Today, San Francisco Magazine, Razor Magazine, Xpress Magazine and on CNBC's On The Money.

Senior Instructors from PickUp 101 have been featured guests on radio shows across the USA and Canada including Seks With Emily, the Armstrong & Getty Show, Jeff & Jerry Show, Duffy's Dossier, and the Morning Drive Show in Toronto.

PickUp 101 has also been featured in two documentary films, one in current release "Social Proof" and one still in production slated for release early 2007.

The innovative workshops, Art of Attraction & Art of Rapport, are available in major cities across the USA & Canada, Europe, the United Kingdom, and Australia.

Using Lance Mason's unique Active Learning training system, their workshops provide immediate results by bringing out the unique style and personality of each individual attendee.

PickUp 101 has intensive 3-day workshops relating to bar game and attraction, day game and rapport, and even advanced seduction and relationship management techniques.

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