



How to

GET BACK IN

THE GAME



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BADASS

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THE GAME

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A QUICK WORD OF INTRODUCTION

IF YOU'RE READING THIS BOOK, YOU'VE PROBABLY GONE THROUGH A BREAKUP OR A DIVORCE RECENTLY, and are having a hard time getting back on your feet. Maybe you broke up with her and are ready to meet new women, but you don't know how. Maybe she broke up with you and you're worried you'll be heartbroken and lonely forever. Whatever the case, this book has got you covered. And believe me, I understand how bad things can get.

Let me tell you a story about my friend Mike. He recently got divorced and was hit in the gut by the overwhelming vacuum of ending a relationship and being single for the first time in years.

Mike thought he was ready to be single again. Even as his marriage was slowly ending and he knew he was headed for a divorce, he had a relatively easy time flirting with women. He's a pretty good looking guy, pretty successful, and he saw what most guys in committed relationships see - lots of female attention. Chicks at bars smiled at him, waitresses flirted with him, younger women looked at him longingly. He envisioned himself as a suave older gentleman, like George Clooney or Robert Redford, and he figured his transition to bachelorhood would be nice and smooth.

He couldn't have been more wrong.

After his divorce Mike was hit in the face by the harsh reality that, in a relationship, you're only flirting for fun. Lots of women would talk with Mike and respond to his charm, and it went great because he didn't actually want anything from them. But as soon as he became single, and actually needed something, things changed.

It was all an illusion.

When he was ready to get back out there and meet new women, he put on a nice jacket and went to an upscale lounge. At first he barely even had the nerve to talk to any women, and when he finally did the interactions all fell flat. It took an enormous effort for him to even open his mouth, like his charming personality was suffocating under a heavy blanket of anxiety. Anxiety kept leaking out in his body language, his face and his overall demeanor. He gave off the vibe of a weak, non-self-confident little boy. The kinds of women who used to eyeball him from across the room now dismissed his approaches like an old geezer asking for change on the sidewalk. He wondered how he could have

HE GAVE OFF THE VIBE OF A WEAK, NON-SELF-CONFIDENT LITTLE BOY

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been so desirable while in a relationship, but as soon as he was actually available, no women actually wanted him. It wasn't fair.

From that point on he was forced to do what a lot of shy guys do – online dating. And just like for most guys, nothing happened for him. He went on a few dates, but nothing real ever materialized. The only women who responded to his messages were older divorcees he wasn't attracted to; women even older and more desperate than he was. In just a few short weeks, he had gone from his hot ex-wife to the bottom of the barrel, and it was humiliating.

Well, as the old saying goes, when it rains it pours. Soon after his divorce, he lost custody of his three kids, and could only see them on the weekends. One night, after drowning his sorrows at a bar, he made the poor decision to drive home and wound up with a DUI. A judge forced him to install a breathalyzer in his car. After that his business started to suffer. Within a matter of months, he had to file for bankruptcy. In a moment of desperation, he called his ex-wife, begging her to reconsider the divorce, to take him back, to let him come home.

Disgusted, she hung up on him.

Mike had failed himself. He was bankrupt, alone and depressed. Before, his wife would have listened to him and eased his stress. Now he had no one. He was in a financial hole. He felt the horrible guilt a father feels when he's no longer there for his kids every day. And on top of it all, he had to learn how to date again. He felt pathetic. Like a baby giraffe learning how to walk, forced all too soon into the lion's den of social interaction.

Eventually, as back-taxes, alimony and child-support bills kept coming, he just couldn't keep up. He couldn't make rent on his studio apartment anymore and was evicted. He needed somewhere to crash and called me.

It was the best call he could have made.

Mike stayed with me for a week to gather his wits and get back on his feet.

He needed a friend, and I sat with him and listened to his story. Within a matter of minutes, I could see exactly what his real problem was. It wasn't his lack of money, or his age, or looks. It was something much simpler, and much more fundamental: his mindset.

He was sitting there stressed out, feeling lonely and sorry for himself. And rightfully so, the guy's social life had been put through a garbage disposal. But his mistake was in thinking that he just didn't have it anymore, like his time for dating had passed him by. He felt that he just wasn't attractive to women anymore. He was telling himself what most guys in his position think – "I'm too old, too out of shape, I have no status" etc. All of those things could not have been further from the truth.

The truth is, men are appreciating assets; we get more attractive with age. We gain more life experience, more developed personalities and more value to society. The reason Mike couldn't see

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this is that he was severely out of practice in his social life. After so many years in a monogamous relationship, he just didn't know how to talk to people anymore, and he had no idea how to regain that ability. He was like a 90-pound weakling in the gym, unable to lift even the bar off the floor.

If he wanted to get back into the game, back to dating the kinds of high-quality women he knew he wanted, he didn't need more money, or more success, or some kind of extreme life make-over. He needed a workout plan.

I gave him that workout plan, and the next week he had five dates lined up, all with good-looking younger women. In the following pages, I'm going to lay out for you the exact plan I gave Mike.

If you've picked up this book then you've probably experienced the emptiness and confusion that comes with breaking off a relationship and transitioning back into life as a single man. The goal of this book is to get you back into practice talking to women, no matter how hopeless you may think your situation is right now. And since you've probably never realized how this works before, by the end of this process you are going to come out stronger and better than you've ever been in your life.

You, my friend, are about to become a true badass with women.

But first, let's talk about where you're at now, because there are a few things

I should warn you about, things you absolutely must not do if you want this process to work for you.

The Biggest Mistake Guys Make

The first big hurdle is deciding that you even want to get over your ex in the first place, but if you're reading this book, you've either already done that or you've at least made the decision to do so. I won't go into this in great detail, but if you're still mired in the sand-trap of a breakup, my good friend Dan Dennick tells you how to get out of it in his book 'Over Her Overnight', which I'll give you details on a bit later.

The next big hurdle comes once you really start moving on. Soon after a breakup, most guys realize the same thing: "Holy crap, I'm single. I can do whatever I want now." And usually a guy will go out, get drunk, hook up with some random girl, get really needy with that girl because he's not used to interacting with women anymore... then ruin that interaction and come running back to his ex.

When this happens your self-esteem gets punted like crazy. You had a girl. You left her. You went to another girl. You hooked up with her, got really needy right after that, moved too fast because you haven't been social in such a long time, fell flat on your face, and were left feeling worthless. At this point, most guys go back to their ex, thinking "I miss her, what we had was so much more meaningful than random hookups, I'm not going to find another girl better than her, I'm nothing without her..."

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They end up running back to her, saying “Oh please, please, please. I’m sorry. I’m sorry. Take me back.” And the worst thing that could possibly happen is that she actually takes you back, but usually she says no and you end up looking like a complete jackass. You become the psycho ex-boyfriend or psycho ex-husband...

A super needy, unattractive shadow of a man.

I’ve done it too. I’ve run back and started begging, and every single little thing I did, every point of contact I had with my ex, dug me deeper into a hole. It got worse and worse. So if any of this is ringing a bell for you, the best thing to do, and I implore you to do this, is to shut up and stop hanging onto her. Your friends have probably told you this already (and you may or may not have listened) but it’s a universal truth about breaking up like a man and you need to accept it right now.

The Decision

It’s really important that you follow the steps in this book in the exact order in which I lay them out. If you skip a step, you are not going to get the results you want. If you follow the steps exactly, in a short amount of time you will be back in the game, better than you were before you met your ex, and dating more attractive, cooler, more to-the-core-better-for-you women than you ever have before in your life.

The first thing you have to do is to make a decision, right now, at this very moment. No matter what you do, if you don’t make this decision, the information you get from me will not work. You will be wasting your time. You will get halfway through the process, and you’ll start to see that the results I explain are not the results you have. So, get serious and make this decision right now:

FROM NOW ON YOU WILL ONLY DATE WOMEN THAT ARE BETTER THAN YOUR EX.

I’m not talking about hook-ups here. You’re single now and you can have as many polyamorous, no-strings-attached relationships as you want (I actually have a system for this which I might explain a bit later). What I mean is, if you’re going to be exclusive with a girl, you can only get exclusive with her if she is better than your ex in every way you can think of. That’s really, really important.

A lot of guys get into new relationships with a girl who’s not better than the last one, just different. After a breakup, you may enter a mindset of scarcity or fear. You feel that you don’t have a lot of options. You crave that sexual and emotional validation that you’re missing from the last girl, and you over-react to the first new girl who shows you any affection. If you’ve ever known (or been) someone who seemed to never be single, always bouncing from one relationship to the next, always repeating

NO MATTER WHAT YOU DO, IF YOU DON’T MAKE THIS DECISION, THE INFORMATION YOU GET FROM ME WILL NOT WORK. YOU WILL BE WASTING YOUR TIME.

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the same mistakes and drama with each one, this is probably why. People like that tend to repeat the same problem over and over again, and most of them never realize that they themselves are the problem, not the person they're dating. They also tend to attract people with similar issues.

The scary thing is, from that mindset of scarcity, if you decide to be with a less-than-ideal girlfriend, you can actually lie to yourself about how good she is for you... for the rest of your life. Many people do this. They will get into a relationship that's bad and invest a bunch of time and emotion into it, and since they don't want to break up and go through that pain all over again, they end up getting married and then resenting that person for the next 50 years. In my opinion, that's a fate worse than death; living a life with somebody you don't really care about, wanting her to be somebody else the whole time.

You don't want that for yourself. You don't want to be someone who settled. I don't want that for you either. And the truth is, if you know you need to get back into the game then you understand you still have some growing to do (we all do, really). Don't short-circuit that growth process by immediately settling for a mediocre new girlfriend.

So right now, you have a decision to make. A decision to step up from your last relationship, and for the rest of your life to continually date better and better women until you finally end up with your ideal partner. Imagine your best interaction, or the best part of your last relationship, and put that in your mind's eye. That's the bar, my friend. Don't settle for anything less than the bar. Every single time I've broken up with a girl (or gotten dumped) I've made this decision, and it forced me to take my social life to the next level and improved my life dramatically.

So between you and me, if you've made this decision you can continue reading. If you haven't made this decision, stop reading this book and don't continue until you can look in the mirror and say with 100% confidence:

FROM NOW ON I WILL ONLY DATE WOMEN THAT ARE BETTER THAN MY EX.

I cannot overstate how important this is. It took me a long time to learn this, and my dating life became really complicated and dramatic because I'd let this go. I don't want you to have to go through that, because you don't have time to figure this out through trial and error. So, if you've made that decision, awesome, let's move forward.

You need to know exactly how to get back on your feet fast, otherwise you'll be letting a lot of opportunities pass by while you're stuck in your rut, sitting around moping. Remember, the one thing we're always running out of is our time on the planet Earth. We have unlimited resources for everything else, but time is the only thing we're running out of every second of every day. So you cannot, you must

**YOU DON'T WANT TO BE
SOMEONE WHO SETTLED.**

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not waste time. You have to get this handled now and get back into the game. BUT... you don't want to get back into it so fast that you skip over some really crucial steps.

In the following chapters, I'm going to give you those crucial steps. If you don't follow them, if you just leave this to chance, it will typically take you half the time of your last relationship to move on. That means if you were together for 6 years, it will probably take 3 years to get over her. But that's only if you don't do what I'm about to tell you. I'm going to tell you how to get you back on your feet as fast as humanly possible, without having to ignore or recreate the same problems, and to actually better yourself in the process and get you to the next level in your life.

This book explains a step-by-step process you can follow that is guaranteed to get you back in the game. It can be done quickly or over a long period of time, at whatever pace is most comfortable for you. This system is based on concepts that I go over in my other trainings, one of which I'm about to go over in very fine detail. This is the process I've put myself through every single time I've gone through a breakup.

And every guy I've taught to do this has been back in the game within a matter of weeks.

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CONCEPT NUMBER ONE THE SOCIAL MUSCLE

THE FIRST CONCEPT I WANT TO INTRODUCE is the idea of the social muscle. This idea occurred to me when I was trying find a cure for approach anxiety, which is what you feel when you see an attractive girl you want to talk to, but you're afraid and you hesitate. Anybody who applied my process was able to get over their approach anxiety and get rid of that fear, and the idea of the social muscle became a baseline for a lot of things that I teach.

Whenever we have social interaction with somebody, we are using a certain cerebral function called the simulation brain. It's one of the functions that separates us from all the other upright-walking primates and makes us the dominant species on Earth. It allows us to project a scenario; to imagine something happening in the future. It also allows us to have the very complex social interactions and relationships that define us as human beings. In evolutionary terms, this is a very young ability and it's really under-developed, just like some of the under-developed muscles we may have in our bodies. So, the social muscle is a very young part of our brain that we need to constantly upkeep and exercise.

Looking at your ability to use your simulation brain as a muscle, the first thing you have to realize is that if you haven't been socially interacting at a high level in a while, your social muscle is going to be very weak. Imagine you haven't worked out in the gym for 3 years. You haven't done anything but sit still and watch TV. Now imagine going into a gym, putting 200 pounds on a bar, and trying to bench-press it. You probably won't even have the strength to lift the bar, much less the added weight. You certainly will not be able to hold that 200 pounds up, period. It will fall and you will get hurt.

The social version of this is going out immediately after a breakup and overdoing it. Newly single guys go crazy trying to talk to the hottest women they can possibly find, and they usually get completely blown out. They get rejected over and over and over again because they're not used to social interaction anymore. Instead of this killing your physical body, it kills your self-esteem.

If you're fresh out of a relationship, you're going to have to accept that you're not as strong as you used to be. Trying to pretend like your social muscle is as capable as it once was will actually kill your confidence and won't give you the strength to continue moving forward. You've got to be smart and

WHENEVER WE HAVE SOCIAL INTERACTION WITH SOMEBODY, WE ARE USING A CERTAIN CEREBRAL FUNCTION CALLED THE SIMULATION BRAIN.

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gradually work this muscle back up. You need a workout plan.

And just like a workout plan at the gym, you've got to have a series of increasing 'weights' that will allow you to build up your muscle as fast as possible, without over-working it and burning out. If you try too hard too soon, you will burn out and feel worthless. You'll get depressed. You'll get increasingly worse anxiety and end up feeling worse than you did when you started, which is what most guys do. They end up ruining their interactions with every single woman because they didn't start out where they knew they belonged.

The reason guys have a really hard time with approach anxiety and have a really hard time at bars, especially, is that they're going out to try and attract women, and so all they do is talk to women. This is great if you've gone through this workout process already, and you're operating at the peak of your social strength. But if you haven't, and you go to a bar just to talk to hot women, you won't succeed because you don't have the necessary foundation in your mind. The simulation part of your brain hasn't been strengthened yet to the point where you can handle that heavy lifting.

Approaching and attracting a super-hot chick is the social equivalent of trying to bench 200 pounds. Most people can do that if they work out enough. It's not impossible. But if you're too weak and you go straight into the gym to lift 200 pounds, you're going to hurt yourself and you'll burn yourself out. You'll give up. And in this situation, "giving up" looks like: running back to your ex, settling for a mediocre new girl, or accepting that you'll be lonely and sad forever.

I'm going to give you a workout routine for your social muscle that's going to get you strong again. Actually, it's likely that you'll wind up much stronger than you were before. I'm also going to give you an exercise that accelerates your success, like "social steroids", so to speak. It will give you an unfair advantage over every other guy you meet. We'll get to this plan in the next chapter, but before you read that I want to explain what's going on in your brain as you go through this process. It's actually very similar to creating roads.

Check this out: in the US, most of the roads that existed before freeways were built from old cow paths. Cows would walk naturally on a certain path, following rivers and gulleys - the path of least resistance - and over time they created thin trails that people started traveling with horses and buggies. Eventually, when we needed roads, we just paved over these cow paths. The funny thing is, they're super winding, weird, inefficient roads that go swerving all over the place because the cows originally followed the path of least resistance.

When we built highway systems in the US, we realized they needed to be much more direct, so we got an aerial view of the terrain, drew a straight line, and plowed through everything in the way. We

YOU'VE GOT TO BE SMART AND GRADUALLY BUILD THIS MUSCLE BACK UP. YOU NEED A WORKOUT PLAN.

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went over mountains, dynamited tunnels through hills, built bridges over rivers (instead of following them), etc.

This is exactly what's going on in your brain when you learn things.

When you exercise your social muscle you are not building muscle tissue, you are forming connections in your brain called neuropathways. These are paths and highways that transfer information between your simulation brain and the senses with which you perceive the world. Most guys have neuropathways that are really winding, that follow the river - the path of least resistance - and that's why most guys don't have the ability that I do to step up in social situations and have total confidence and control. What we're doing with this social workout plan is re-routing your neuropathways in a way that transforms them from cow paths to super-highways. This is how good (or bad) habits are formed.

The more you act to reinforce these pathways, the easier it becomes for you to socialize. The best part: your neuropathways also control your emotions, so the wider and stronger they become, the less negative responses or weird feelings you'll get in social situations. It's like adding lanes to a freeway. The wider it gets, the more information and power can shoot back and forth along the neuropathway.

By the end of this process, your neuropathways will be built up to the capacity of 12-lane freeways, and once they exist, those pathways don't go away. Ever. So, at any point in life if you let your social muscle get weak again (just like if you don't work out for a while) you will still have something called muscle memory. You build this muscle up one time, and for the rest of your life it will become easier and easier to warm it up and get it strong. But of course, the first time is the most difficult, so you've got to submit to this plan fully. Commit to following through.

You can do this process as fast or as slow as you need to, just be honest with yourself about how much social activity you can handle at once. I highly suggest that you spread it out over a few weeks so that you don't get totally burnt out, but in the past I have condensed it down to one day. It's an intense day, I wake up at 6 am and finish at 2 am, but if you can handle that kind of intensity then by all means, take a crack at it. You are the only one who knows how much you can handle, so use your own good judgment.

NOTE: even if you aren't just out of a breakup, but you do experience approach anxiety, this process will help you get over it. Just figure out where you are in the process currently and start from there.

This process will have you talking to different types of people, in different kinds of ways, over and over again until you get to the point where you can accomplish something every time you approach a certain kind of person. I only have one real rule for this: Do not jump ahead unless you've successfully completed the step before it. Period. If you jump ahead before you're ready, your results will suck.

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I'M GOING TO BREAK IT UP INTO THREE MAJOR SECTIONS:

1. Talking to women during the daytime
2. Talking to women at nighttime
3. Killing approach anxiety - the "social steroids"

I've made a lot of mistakes in the past by not going through this process in this order, and a lot of guys I've seen have made the same mistake. In fact, a lot of the professionals that I know aren't even aware of this concept. Having worked through this system and fine-tuned it over the years, I can definitively say that if you go through each one of these stages and you come out the other side of this, you'll be better with women than 99% of guys in the world.

Ready? Cool, let's begin.

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PROCESS LEVEL ONE: DAYTIME

I'VE BROKEN THIS PROCESS UP INTO DAYTIME AND NIGHTTIME because during the daytime your social muscle has a lower level of defense, and so does everyone else's. You want to be able to use your social muscle no matter what the difficulty level is, and at nighttime there are more defenses, which is why we start during the day.

During the day, we feel like we can't hide as much and so we feel the desire and need to be more direct. It's not just us as men, everyone feels this way. This changes our dynamic completely whenever we interact with people. Women are expecting something different during the daytime than they are expecting at nighttime. As you go through these stages this will become obvious.

1. Reading in a public place

The first thing you're going to be doing is getting out into a public place and exposing yourself to social interaction. Take a book and go to a public place and read it. Don't read it in your house by yourself. Preferably something like Dan Dennick's book, *Over Her Overnight*, so you can actually start to get back in the game while you're still getting over your ex. Go to a popular, well-trafficked place like a public park or a coffee shop. I mean, every single town in the U.S. pretty much has a Starbucks, right? I don't care if you hate coffee, just go to one and put yourself in a situation where you realize other people are interacting around you. This is going to expose your social muscle to interaction again, sort of like walking into a gym and doing some jumping jacks.

You'll want to be thinking to yourself, "alright, I'm just warming up my muscle here. I'm just reminding myself that blood flows to this part of my body and I need to start paying attention to it. I need to start sending extra blood there and extra oxygen." Your body naturally does that whenever you get ready to work out, and this is no different.

Just by being there and reading, you're getting used to interacting with people, even if you're not talking to them. You're just getting accustomed to them being around. Once you're able to sit in a public place and read and you feel totally comfortable and normal, like you're part of the environment, move on to the next step.

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2. Talking to guys your age

The next step is going out during the daytime to talk to other guys who are your age. No matter what age you are, just go to a place where there are people standing around, not doing much. Coffee shops are ideal for this (as a matter of fact, coffee shops are ideal for every step of this process that takes place during the daytime). Now, you don't have to sit down with them and have a heart-to-heart conversation. The goal is just to talk with them until you can make spontaneous jokes. Not jokes like, "Hey, did you hear about the priest and rabbi who walked into a bar?" Just something brief, light and kind of funny.

EXAMPLES:

1. Joke about something funny they're wearing, ask where they got it
2. "Somebody give that man a cookie."
3. "Paging Captain obvious..."
4. "It's ok, I'm a limo driver!"

Remember, it's just a brief joke or a comment on something around you, something situational and light-hearted. Pro tip - quoting pop-culture, i.e. funny movies and tv shows, is a great way to inject some quick humor into a situation, especially with guys your age who will understand the reference.

Let me tell you why this is important in the first place, because there is a lot of psychology behind being able to walk up to a guy and make a joke with him. The main reason is that it's getting you introduced to the idea of banter, which is an entire stage of interaction you need to understand. There are two types of people who both desire and need light-hearted banter in the very beginning of an interaction: guys your age, and attractive women. That light-hearted banter is what allows them to let down their guard around you, and open themselves up to the interaction. It's disarming.

What you're doing in this stage is practicing how to disarm people with banter. Now if it takes you a month to do this, then it takes you a month to do it. That's how it is. Because if you can't make jokes with guys as soon as start talking, there's no way in hell you'll be able to do it with a hot woman.

When you can banter with guys your age consistently, i.e. 3, 4, 5 in a row without having a negative response, then move on to the next step.

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3. Talking to unattractive women

The next step is talking to unattractive women, and in this stage you want to be going directly into rapport. This means having more serious conversations, and getting to know someone on a more meaningful level than banter/surface-level joking. You actually now want to skip banter altogether, because otherwise you'll be building attraction, and if this is a woman you're not attracted to then those are the wrong kinds of signals to be sending.

EXAMPLES:

1. "Hey, I saw you reading this book, how is it?"
2. "Hey, I really like that jacket, where did you get it?"
3. "Hey, I'm kind of curious if you go to school here, I'm thinking about going. How's the law program?"

These are all simple rapport-based questions. Just like banter, rapport is another crucial phase in social interaction that you need to get a feel for, and you'll have an easy time doing this right away with unattractive women. However, doing this right away with attractive women is actually a terrible thing to do. Let me explain why that's the case.

Have you ever seen (or been) a guy who met an attractive girl and immediately started talking about commonalities? You may confuse common interests with attraction, and guys who do this all the time are doing what's called supplicating. They try as hard as they can to find some commonality with a hot girl, that's all the interaction ever consists of, and somehow they're expecting her to think, "Oh my God, wow, we have so much in common. Let's have sex now and then date each other." But that doesn't happen, does it?

Really attractive women have way more romantic options than unattractive women, and they need ways to filter those options, so they're not as open to every guy they meet. Not right off the bat. They need a lot more fun, light-hearted banter before they decide they're attracted to you, and so they're typically not going to jump straight into rapport.

You can skip that with more unattractive women, because they will typically be open to rapport right away. The mistake most guys make is always jumping straight into rapport with everybody, and since they receive positive responses from unattractive women when they do this, they think attractive women will react in the same way. They don't, dude.

Anyways, you need to get a feel for the stage of rapport, specifically with women, so this is what you're going to work on until you can easily have these kinds of conversations. So whenever you can consistently build rapport with unattractive women, you're ready for the next step.

But it's not talking to attractive women. Not yet.

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4. Talking to elderly people

The fourth step in this process is talking to really old people. I know that sounds kind of out of place, so let me explain. The reason you want to talk to really old people is because they're some of the hardest people to find something extremely interesting about. And that's a shame, because they usually have amazing stories and incredibly interesting experiences from their lives, but most of us don't look at them and see that. We typically tend to dismiss older folks as people who get in the way, who drive slow or walk slow or are clueless. We do not look at them as the amazing wells of knowledge and experience that they are, and when you shift your mindset in that way you'll find that older people are super, super interesting. They have lived way longer than we have, how could they not be?!

You have to learn to look past your immediate assumption about someone and find something interesting about them. One of the most powerful tools in becoming really, really good with women is the ability to find something interesting in everyone you meet.

This is really, really, really important. Over the course of this system you are creating a belief for yourself that you are the kind of guy who approaches everybody that you think is interesting, period. And that means old people, young people, unattractive people, guys, girls, etc... it doesn't matter. You need to approach everybody that you're curious about.

Really good looking women get really tired of men being interested in them just because of their looks. When you do eventually talk to a hot girl, it's important that you're not thinking, "ah, she's hot, that's why I'm interested." You have to be thinking, "she's hot... but what else is there?" It's on you to find something different, something unique about her.

So you're going to build this skill-set by going up to really old people and finding the thing that's interesting about them, because for most people that's going to be really hard. Find something about them you are genuinely interested in and talk with them about it for a few minutes. If you can't do that yet, you need to keep trying until you can.

When you can walk up to an old person, find that interesting thing about them, and repeat that over and over again consistently, then you're ready to move on to Step 5. And that, of course, is talking to attractive women during the daytime.

**REALLY GOOD LOOKING
WOMEN GET REALLY
TIRED OF MEN BEING
INTERESTED IN THEM
JUST BECAUSE OF THEIR
LOOKS.**

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5. Talking to attractive women

Your goal for talking to attractive women during the daytime is to be able to talk and joke light-heartedly for 5 minutes in the beginning of the interaction. This is getting back to banter, which you've already been introduced to in step 2. Remember that with really attractive women you want to begin with banter because its disarming, and attractive women will have the highest tendency to be guarded around a guy they don't know approaching them during the day. Banter is essentially content-free conversation, and it's a major trigger of attraction. Once you can do it consistently, you're ready to move on.

EXAMPLES:

1. "Wow, you are really enjoying that cup of coffee, calm down!"
2. "I'm going to the bathroom, don't even think about stealing my stuff missy"
3. "Wow, you're getting a lot of good groceries, I usually just get wine, cheese and sriracha. Wanna trade?"
4. "You're crazy, I can't even talk to you anymore..."

Most guys I know are not at this level yet. They're not at a level where they can walk up to a woman who's really attractive, during the daytime, and just joke around with her for 5 minutes. Which is all you need to do at this stage. If you want to split after 5 minutes, you can. If it's going well, I highly recommend you stick around and keep talking to her, but understand that is above and beyond your goal for this stage. At this point in the process you don't have to do anything but joke around for 5 minutes and be light-hearted. If you can't do that, then you need to take a step back and keep talking to really old people. If you can do that, you're ready to move on to the nighttime phases.

This whole process can seem time-consuming, but it really doesn't have to take that long. Imagine that you broke up with your ex. It was a long time coming, you're not really caught up on her too much, but you just wanted this information anyway. Here's what you might do: spend 5 minutes reading in a public place until you know you're comfortable. Go up and joke with guys your age, and if you can do that immediately with no rust, move on and ask light rapport-questions to unattractive girls. If that's too easy, then talk with an interesting old person, and after that move on quickly to bantering with attractive girls. This could literally take 20 minutes.

But you have to be honest with yourself.

If you're not comfortable at any one of these steps, you have to sit there until you are. This is very crucial. If you lie to yourself about it and just push through to the other side, you're not going to be happy, and you're certainly not going to develop the social stamina you need for going out and meeting people at night.

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PROCESS LEVEL TWO: NIGHTTIME

SO LEVEL TWO IN THIS PROCESS IS ALL ABOUT NIGHTTIME. This is also where Mario encounters fireball-spitting flowers. People generally have a much different mindset at night. We associate nighttime with quiet, safe vulnerability, meaning that we feel secluded and comforted by darkness. We can be alone in a dark place and not have as many people looking at us or judging us, simply because no one can see us very well.

One of the best examples of quiet vulnerability is sex. It's an extremely vulnerable act, and no one else can really see it. We're almost hiding during sex at nighttime. We feel safe with letting ourselves become vulnerable. That's one of the reasons people typically seek out sex at night, because we know that we can hide things about ourselves and not have to feel over-exposed.

1. Go to a bar with a friend and just talk to each other

The first step here is to go into a bar with a friend of yours and don't talk to anybody but your friend. That's it. Just go into a bar and sit there talking together. Your goal is to be comfortable in the bar. If you can do that, with no awkwardness, not feeling out-of-place, just sitting with your friend and not talking to anyone else, then move on to the next step.

2. Go to a bar with a friend and banter with other guys

Once you feel comfortable being at the bar with your friend, you're going to start talking only to other guys. Maybe during your conversation with your friend, you'll turn around to a guy and make a quick joke. To move on to the next step, you want to be able to consistently banter with other guys at the bar, and since you've already been doing this a lot during the daytime you shouldn't have to think too much about what to say. It should come very naturally for you to just turn around, make a quick joke, and turn around again. Most guys don't do this when they go to bars, because most guys are completely fixated on "spitting game at chicks."

This is why most guys suck at talking to women.

Most guys think, "Why would I talk to guys? I want to talk to hot chicks." Of course you do. So do I. So does everybody. But if you don't already have an easy time doing that, if you're ever stuck

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wondering what to say/how to flirt/how to build attraction, realize that you can easily develop that ability by talking to guys first. It's a low-pressure, low-anxiety way to develop your bantering skills, and it's going to make your life 10 times easier a few steps down the road. It's also very crucial to developing the belief that you talk to everyone, and you'll see why that's so important in a minute.

It's hard for a lot of guys to accept that they need to complete this step, but it's very necessary and I've had to do the same thing. I did not skip this. And I now have a really easy time talking to women. So you're going to talk to guys, makes jokes with them and with your friend, and that's it. You can make the entire night out of that, or just part of an evening, whatever you want.

3. Go to a bar by yourself and don't talk to anyone

The next step is kind of a big leap. This is where a lot of guys get tripped up. Go to a bar by yourself and don't talk to anybody. Just have a good time hanging out. Your goal is to get into the atmosphere of a bar, really acclimate to that environment. When I first did this I would just sit at a bar drinking, imagining I was the broken-down, washed-up hero in a movie. Don't get drunk, but sit and enjoy the environment. You can talk to the bartender. You can just sit and think about stuff. You can just order water if you want to. Watch the game, play the jukebox, spin in circles, whatever makes you feel at home there. Stay there until you feel completely comfortable, not weird or out of place. You are just a guy at the bar.

If you feel comfortable doing something beyond that, go for it, but it's not required for passing this step. If you go to a bar by yourself and you feel comfortable in five minutes, then spend the rest of your time on the next step.

4. Go to a bar by yourself and only talk to guys

Once you're comfortable in the bar by yourself, the next step is going to be talking to guys. Just like talking to guys your age during the daytime and making jokes, you want to be able to be lighthearted and banter with guys when you're at the bar. Bantering with guys should be very easy for you by now. That's it, very simple.

EXAMPLES:

1. Comment on a game that's playing
2. Joke about something that happened in the neighborhood or in the news
3. Laugh about how crazy and silly women are

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5. Go to a bar by yourself and only talk to guys and unattractive girls

Once you're comfortable bantering with guys, start picking up the pace. Now you're going to be talking with guys and unattractive girls at the bar. Remember, when talking with girls you don't find attractive, you can skip the banter phase and jump straight into rapport. When you're comfortable doing that in a bar, it's time to move on to the final step.

EXAMPLES:

1. "Hey, you guys look fun, how do you all know each other?"
2. "Welcome to (bar name), glad you made it."
3. "Happy Friday, cheers!"

6. Go to a bar and talk to everyone – including attractive women

Whenever you are comfortable talking to guys and unattractive women, it's time to get to where you've really wanted to be – talking to attractive women. Important note: you are not going to stop talking to everyone you've been interacting with before, you are just adding one more layer to your comfort zone. Another important note: your ability to banter and have fun, playful conversations, which you have been working on throughout this whole process, is going to pay-off massively at this point.

EXAMPLES:

1. "Did you come over here just to flirt with me?"
2. "I didn't want to do this in front of your friends... but we are so through"
3. "I can tell just by looking at you that you're trouble"

At this point, you should feel comfortable walking into a bar and talking to guys, unattractive girls, and attractive girls... all in equal amount. The "equal amount" part is really, really important. You are now talking to everybody at the bar, and at this point your brain is going to create and submit a belief. And that belief, which we have been building up over the course of this entire process, is:

I am the kind of guy who talks to everyone I'm interested in.

At this point you will be speaking pretty well and you'll feel like the life of the party. You will hook up a lot of chicks because of this. You are going to have lots of phone numbers, lots of dating options,

**I AM THE KIND OF
GUY WHO TALKS
TO EVERYONE I'M
INTERESTED IN.**

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and you are going to get really great internal feedback which will continually strengthen this new belief you have formed. It's a very powerful process. The more you succeed, the stronger your belief becomes, until you reach a point where you never even question it anymore, because it's become a part of who you are. And, if you ever take a break and find that your belief is weakening, that your social muscle is losing its strength, you can simply go through this process again and work it back up in a fraction of the time.

Now, you can stop there if you want to, and you'll be just fine. Or, you can ramp it up to the next level.

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AN UNFAIR ADVANTAGE SOCIAL STEROIDS

IF YOU WANT THE “STEROIDS” THAT WILL GIVE YOU AN UNFAIR ADVANTAGE over the rest of the guys out there, here is what you do: Throughout the day, every time you see an attractive woman, approach her.

Like most simple concepts, this is wickedly powerful. Approach every attractive woman you see. If you’ve made it through this entire process, it will be fun for you to do this.

Most professional dating coaches will tell you to do this, and only this, as a way of overcoming approach anxiety. They will tell you to go approach 100 girls, and just plow through your fear until you get to a point where you’re confident. And you can do that if you want, but you’re going to have to deal with A LOT of rejection if you take that path. If you have a really thick skin and you’re willing to go through that rejection until it works for you, then go for it. But most guys are not willing or able to do that, because it hurts pretty badly.

Don’t get me wrong, I would never try to discourage you from going out there, facing your fears like a man, and approaching a hot girl you’re interested in. I want you to be the kind of guy who can do that, and absolutely rock it. I just know that starting from scratch, with a very weak social muscle, is not the easiest or most organic way to get there. There’s a better way dude!

It’s not smart to swim upstream. Salmon swim upstream. Tuna, on the other hand, find the current that’s going in the direction they want and they ride with it. I learned this from some of the smartest and most successful business-people I know. Salmon never make money. Tuna get rich.

The fastest, easiest and most effective way to go about meeting and attracting women is to be a Tuna; to swim with the current, not against it. To build up your social muscle and gradually expand your comfort zone until everything is laughably easy for you. Going against the grain may eventually change your life because it will be really stressful, but it won’t get you there any faster. In all likelihood it will take you a lot longer to get where you want to be and it will be a lot more painful.

Instead, if you first go through the process in the last two chapters, when you approach an attractive

**THROUGHOUT THE DAY,
EVERY TIME YOU SEE AN
ATTRACTIVE WOMAN,
APPROACH HER**

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woman your brain won't be thinking: "you are running up to this chick because she's hot, what if she rejects you, what if it's awkward" Instead, it will automatically think: "Oh! Another interesting person, just like all the hundreds of interesting people I've been talking all week." It won't throw up any kind of red flag or trigger any kind of fear. You will, effectively, eliminate your approach anxiety.

You won't have to worry about feeling nervous walking up to hot women anymore. You will have no hesitation, you will have no stuttering, you will have no "what do I say" kind of worries. All of that will be taken care of, and not because you memorized some lines to say (that never really works). You will have something much more powerful - real experience that your brain can draw on. Everything that worked from your previous interactions will be stored in your memory banks and readily accessible through your well-developed neuropathways. Your social muscle will be operating at its peak strength.

You will have to maintain that fitness level, and if you take time off and go for months without doing any of these social behaviors you will have to re-do some of this process to work it back up. But it won't take much time since you now have social muscle memory. Once you've gone through this process once, the faster you can go through it the next time; the easier it gets to go from 0 to 60 and get back in the game. And it will be that way for the rest of your life.

Now, if you're anything like a lot of the guys to whom I've taught this system, you may be thinking that a lot of the behaviors I just described are not things that you would do. If you're thinking that, guess what - you're right. These are not things you would normally do, and that's the point.

Wyatt Woodsmall, a master of NLP and Tony Robbin's long-time mentor, once told me: in order to master a new skill, you have to become "not you". That perfectly sums up the changes you're going to experience as you go through this process. You're going to be reinventing yourself from "old you" to "new you". That guy you keep telling yourself you're not, the guy who walks up to women he doesn't know, gets phone numbers and goes on dates with hot women... you know, THAT guy? You are going to become him. Keep that in mind because it's one of the most important and powerful keys to success, in any area of life, that I have ever learned.

**YOU WILL, EFFECTIVELY,
ELIMINATE YOUR
APPROACH ANXIETY.**

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MOVING ON TESTS YOU MAY FACE

IN THE DAYS AND WEEKS AFTER A BREAKUP YOU'RE GOING TO EXPERIENCE SOME **DIFFICULT EMOTIONS** related to your ex. In your mind, you need to associate these emotions with "old you". "New you" is definitely moving on, but there may still be days when you find your resolve wavering, and "old you" speaks up. Maybe you start hunting for clues about her life. Is she enjoying being single or hating it? Who are those guys she's with in her latest Facebook photos? Why do I feel this awful twinge in my stomach when a mutual friend mentions her name? Is she dating someone else? Is she moving on? Is she happy or heartbroken? Does she still love me?

Did I win?

STOP. These are the thoughts of "old you", and if you're going to move on and get back into the game, you have to derail this negative train of thought or it will control your emotions forever. Easier said than done, I know, but I promise you the more you throw yourself into the system in this book, the easier it will be for you to stop thinking about her and put your focus where it needs to be - on yourself.

The good news is, you're reading this book because you're committed to moving on, and the more effort you put into that, the faster those negative emotions will diminish. They will rapidly be replaced in your mind with new, positive mental associations. Not to mention a LOT of new women to take her place.

But of course, life has a way of putting obstacles in your way. As you follow the process I've laid out here for re-building your social life, a few common ex-related events might pop up at unexpected moments that can totally wreck your progress.

Consider them tests. If and when they happen, you need to be able to pass them.

Believe me, it sucks to get emotionally blindsided by seeing your ex with a new guy, or - even more insidiously - having her call you in a moment of need and try to creep back into your mind (and bed). But you know what sucks even worse? Waking up months from now and realizing you're in the same predicament you're in right now, and you still haven't moved on.

If you find yourself in any of the following situations, it is very important to remember that the guy she used to be with was "old you". "New you" is a happy, social, high-value man who doesn't indulge in negativity, pettiness or drama. And "new you" is 100% committed to moving on and getting back into the game.

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Running into your ex:

OLD YOU

1. Sees it as a chance for a long, drawn-out, emotional conversation
2. Rehashes old arguments
3. Seeks clarification on the breakup
4. Probes for clues about her social life
5. Tries to act totally unaffected and cool
6. Misses her
7. Hates her
8. Talks about new girls he's dating
9. Tries to show that he has "won" the breakup
10. Leaves her on a sour note

NEW YOU

1. Keeps the interaction brief and pleasant
2. Doesn't rehash old drama
3. If she brings up old drama, resists the urge to indulge in it
4. Talks about the fun, awesome things he has going on in his life, without mentioning new girls or bragging
5. Gives the impression that breaking up was the right move, and he is happy with the outcome
6. Understands this could be a bittersweet moment for one of you, or both of you, and is ok with that
7. Leaves her on an upbeat, classy note

Imagine one year from now you run into her randomly and chat for five minutes. She's with her girlfriends and they ask about you afterwards. If you did this right, she's not going to say "that was my psycho ex-boyfriend." She's going to smile proudly, and say "that was this cool guy I used to date."

IF YOU DID THIS RIGHT, SHE'S NOT GOING TO SAY "THAT WAS MY PSYCHO EX-BOYFRIEND." SHE'S GOING TO SMILE PROUDLY AND SAY "THAT WAS THIS COOL GUY I USED TO DATE."

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Hearing about (or seeing) your ex dating another guy:

OLD YOU

1. Wallows in sadness and self-pity
2. Flies into a fit of rage
3. Uses drugs or alcohol to numb the pain
4. Searches for photos of them online
5. Thinks about getting a new girl in order to turn the tables
6. Fantasizes about hurting the other guy
7. Becomes consumed by jealousy
8. Plots ways to get her back

NEW YOU

1. Does not wallow in jealousy but understands that it's a natural emotion and lets it happen, then pass
2. Understands that jealousy is an aphrodisiac—it is making her seem more desirable than she actually is
3. Cuts off any point of contact that could bring him more painful information like this
4. Remembers his decision to only date women better than her
5. Immediately directs his focus back to himself, and the process of getting back into the game

Jealousy is a terrible, noxious, poisonous emotion, and it has a tendency to feed on itself and distort reality. If you find yourself getting punched in the face by its green fist of rage, it's vital that you remove yourself from anything that might trigger it or make it worse. If you see her out with another guy, go somewhere else where you won't see them. If you hear about her with a new guy, force yourself to think "that's great, I hope he's good for her," and then immediately cut off those thoughts.

The best way to do this? Get out of your head and put yourself into a social situation. Go talk to some happy, upbeat, fun people. Just like a quick shower, run or workout can make your body feel better, a quick social workout will get your emotions back to where they need to be. I've done this many, many times. Trust me, it works. It's also excellent preventative medicine - the harder you work at the process in this book, the less you will feel jealousy and pain when ex-related thoughts occur.

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Your ex trying to get you back

OLD YOU

1. Takes her back
2. Forgives things he should not forgive
3. Needs her approval more than his own
4. Enjoys being in a position of power over her, and uses it to his advantage
5. Let's this develop into an on-again, off-again relationship limbo that never truly satisfies anyone and prevents both parties from moving on in a healthy way
6. Thinks she is different. That she is THE ONE.

NEW YOU

1. Does not entertain the possibility of getting back together
2. Makes it clear that the breakup was final
3. Is understanding of her emotions but firm in his resolve
4. Remembers his decision to only date women better than her
5. Understands that she is not THE ONE, and opens his mind to the idea that as long as he keeps growing, there's always someone better
6. Is so committed to the process of bettering himself that he can only move forward, never backward

I'm a dating coach and relationship expert, and guys ask me the same question all the time - how do I get my ex back? The true answer is, you don't want her back, but most guys don't want to hear that. If you're reading this book, though, then you are one of the few men smart enough to understand that answer. As you immerse yourself in this social development process, you are going to become a much better, more attractive version of yourself. And, if your ex catches wind of this, it's only natural that she might entertain thoughts of working her way back into your life.

Sometimes it's as obvious as a phone call or a letter. Sometimes it's as subtle as 'liking' something you posted on facebook, or 'spontaneously' showing up at a social event you're attending. If that happens, it's your responsibility to recognize what's going on and keep that door shut in as classy and understanding of a way as you can.

And let's be perfectly honest here, 'staying friends' is not an option you want to keep on the table. That's just code for "sticking around in your life and subtly affecting all of your romantic decisions." Look at it this way - if there is any chance for the two of you to get back together in the future, it will only be possible if you both have completely moved on, and can start over from a totally clean slate. So the sooner you get the slate cleaned, the better.

**THAT'S JUST CODE FOR
"STICKING AROUND IN
YOUR LIFE AND SUBTLY
AFFECTING ALL OF YOUR
ROMANTIC DECISIONS."**

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WRAPPING UP CONCLUSION

THE MOST IMPORTANT THINGS WE HAVE IN THIS LIFE ARE OUR **RELATIONSHIPS WITH EACH OTHER**, and when a relationship ends, nobody wants to feel like it was a waste. You want to appreciate it, remember it fondly, and most importantly, learn and grow from it. After completing the plan in this book, it is my hope that you'll realize you're capable of more than you had with your last relationship. You are capable of so much more, there's no question about that.

As you go through the steps in this system you are going to be making tons of friends. Everyone you meet - from the unattractive girls, to the guys, to even the old people - is going to become a valuable addition to your social circle. And of course, you're going to be meeting tons of fun, gorgeous, exciting, to-the-core-better-for-you women. This system is going to do more for you than just move you past your ex. It's going to transform your entire life.

Remember, if you're ever faced with self-doubt, fear, jealousy, or any other negative emotions that hold you back from what you really want, you can distance yourself and gain valuable perspective by attributing those feelings to the "old you." The "old you"... he made some mistakes. And if you're not careful, he's going to keep making them.

THOSE MISTAKES MIGHT LOOK LIKE:

1. Burning out your social muscle too fast and running back to the comfort of your ex
2. Hooking up with a new girl right away and getting way too needy and/or repeating the same errors and drama as your last relationship
3. Never growing past the breakup and having to settle for a mediocre relationship for the rest of your life

The "new you" anticipates these pitfalls, and he's a better man for it. He talks to everyone he's interested in. He makes friends everywhere he goes. He approaches women he's attracted to without hesitation or fear.

The "new you" is kind of a badass.

THIS SYSTEM IS GOING TO DO MORE FOR YOU THAN JUST MOVE YOU PAST YOUR EX. IT'S GOING TO TRANSFORM YOUR ENTIRE LIFE.

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Remember your decision:

FROM NOW ON YOU WILL ONLY DATE GIRLS THAT ARE BETTER THAN YOUR EX.

The “new you” is hell-bent on taking those words and making them reality.

Let’s recap the process you’ll be going through in order to truly live that decision; the steps you’ve just learned that will get you past your breakup or divorce and back into the game faster than you ever thought possible:

1. The system (AKA the social muscle workout plan)

DAYTIME

1. Reading in a public place
2. Talking to guys your age – practice banter
3. Talking to unattractive women – practice rapport
4. Talking to old people – find something interesting
5. Talking to attractive women – banter and flirt

NIGHTTIME

1. Go to a bar with a friend and just talk to each other
2. Go to a bar with a friend and talk to other guys
3. Go to a bar by yourself and don’t talk to anyone
4. Go to a bar by yourself and talk to guys
5. Go to a bar by yourself and talk to guys and unattractive women
6. Go to a bar by yourself and talk to everyone equally – including attractive women

AN UNFAIR ADVANTAGE

The social steroids that will crush your approach anxiety and give you an unfair advantage over every other guy out there – every day, approach every single woman you’re attracted to, period. Simple, effective, ridiculously powerful... and really freaking easy once you graduate from the system.

2. The tests you may face, and how “new you” will pass them:

1. Running into your ex – don’t indulge drama, keep it brief and positive.
2. Seeing your ex with another guy – don’t indulge jealousy, cut off negative thoughts by immersing yourself in the system.
3. Having your ex try to get you back – recognize it and remain firm in your decision. Understand that there is no going backwards.

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If you have completed this process and can pass all of these tests... then congratulations brother.

You are officially back in the game.

You will now be meeting women everywhere you go, day and night. Bars, nightclubs, parties, coffee shops, farmers markets, grocery stores, shopping malls, in school, at work, next to you on airplanes, across from you on the bus, walking towards you on the sidewalk... literally anywhere and everywhere you go in life.

A world of possibilities is about to open up for you, one that most guys never even knew existed. You are about to experience what it feels like to be truly free in your dating life, to have the power to be with whomever you choose and enjoy total control over your own happiness.

As I mentioned in the beginning of this book, I only teach guys who are 100% committed to doing whatever it takes to achieve this level of success. If you've read this book, made the effort to get through this entire process and come out the other side, you are definitely one of those guys, so congrats man. You should feel like you have the world at your fingertips.

Usually, guys that I teach who reach this point, who continue meeting people and exploring their newfound social power, realize that they now have a whole new list of questions. The kinds of questions that come from meeting tons of hot women (a quality problem to have, trust me).

QUESTIONS LIKE:

1. How do I handle competition from other guys?
2. How do I advance my interactions from flirting to sex, a relationship and beyond?
3. When do I go for the kiss?
4. How do I get out of the friend zone with a girl I've known for a while and never made a move on?
5. Can I date multiple women without being dishonest, hurting feelings or creating any drama?
6. How do I attract the kind of gorgeous woman I really want, my perfect 10, and keep her?

**A WORLD OF
POSSIBILITIES IS ABOUT
TO OPEN UP FOR YOU,
ONE THAT MOST GUYS
NEVER EVEN KNEW
EXISTED.**

If that's not you, if this isn't ringing a bell, no worries man. You will do just fine with what you've already learned. The information in this book is more than enough to change your life and get you the kind of success with women you've always wanted.

But if that does sound like you, if you're not satisfied just yet and are starting to ask those kinds of questions, then you're probably ready for the next level. I've been teaching guys like you how to reach

How to GET BACK IN THE GAME

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the next level for almost 10 years now, and let me tell you, you are asking the right things. Now, you and I have a lot more to talk about. More than I can cover in the scope of this book, which is why I'm giving you complimentary access to one of my video trainings that you can check out here:

[Video] What The Media Is HIDING About What Women Really Want

Within the first 5 seconds, I guarantee you'll be thinking "WTF???"

But then...

A light bulb is going to go off, and this will change how you talk to women forever.

IN THIS PRESENTATION I'M GOING TO TEACH YOU:

1. The biggest secret women are hiding about what turns them on
2. Subtle changes to your body language that will make women subconsciously want to approach you
3. The #1 thing you MUST understand if you're serious about creating instant attraction with your "type" of woman, no matter how hot she is.
4. The ultimate "equalizer", which will let you beat out guys who are taller, wealthier, better looking or even more well-endowed than you are.

What you will learn in this video will give you total control over your interactions. "Getting lucky" will no longer be a part of your vocabulary, because everything good that happens to you will occur by your design. There's a lot more to the presentation, and I don't really have the space here to do it justice, so I'll leave it to you to check it out for yourself.

Again, this is only for guys who are 100% serious about fulfilling their goals with women and who are willing to do whatever it takes to make their dreams reality. If you would rather feel safe and comfortable your entire life, this is probably not for you. And that's ok man, there's nothing wrong with that. I'd just rather get that out there up front, because I don't want to waste your time, or mine.

So, if you think you're ready, check out the presentation and I'll show you just how deep this rabbit hole goes. See for yourself what I mean:

[NSFW Video] How They've Had Us Fooled For Years

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I'd like to leave you with one last thought. It's a commonly held belief that "knowledge is power." But that's not quite true. Knowledge is not power. You've just read a book about how to get back into the game after a breakup. You are now full of knowledge. But immediately after reading this book, are you over your breakup and back in the game? No. You're only back in the game when you apply the knowledge you've just learned, so the truth is that application is power. Let's face it, you got this book to actually change your life, not read a bunch of interesting stuff, right?

As you go through this process - actually, as you go through your entire life - don't ever forget that.

Power comes from taking action.

So carpe diem badassium, my friend. Go forth and seize a badass day.

Welcome to the next level.

All the best,

A stylized, handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the bottom.

JOSHUA PELLICER

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**P.S. DID YOU KNOW? YOU HAVE ACCESS TO SEVERAL BONUS OFFERS THAT CAME WITH THIS BOOK.
CHECK THEM OUT BELOW:**

1. The 'Get Back Into The Game' pocket guide - a reference companion to the system described in this book. Take it out with you and keep track of your progress as you rock each one of the steps.
2. A Video Presentation from my good friend Dan Dennick on how to get over an ex-girlfriend in DAYS (not weeks or months). This will teach you:
 1. How to handle those last few "awkward" relationship conversations
 2. 4 signs that she is "leading you on" or "being nice" that most guys mistake for her still wanting to be with you...
 3. 7 "mind hacks" to help you stop thinking about her, no matter how central she was to your life before the break up...
 4. And a TON more.

If you're still struggling with the actual breakup process, you owe it to yourself to check this out. Because honestly, you can't get back into the game until you're actually over her and ready to move forward!

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DON'T HAVE ACCESS BECAUSE YOU STOLE THIS MANUAL?

READ BELOW: WHAT I HAVE TO SAY ABOUT THIS IS NOT WHAT YOU'D EXPECT...

I know this might sound weird coming from an author, but I understand that you had a good reason for stealing this manual. Maybe it's because you're hard up for money? Maybe it's because you wanted to check it out to make sure it was worth the investment? Or Maybe it was because the video that I made to explain what is in this program is too long and you got pissed so you left and downloaded it somewhere else? I dunno... And the truth is, I don't care why you did it. I'm glad that you have this information in your hands because it's going to change your life.

However: You need to know that this is only a small part of what I teach. There are over \$1,000 worth of other products making up my entire system and they are FREE to anyone who buys my main program, the Tao Attraction System. You'll need those products if you want to be able to use this process smoothly. Those components are the missing pieces that fill in the gaps this manual leaves open. You just finished reading the entire process and my guess is that you have a lot of questions. Well... if you want those questions answered, you'll need to invest in this program. I promise it'll change your life forever if you do!

You can make it right by clicking here and spending the small investment to unlock the rest of this program and become part of the member's area so you can ask all of the questions that pop into your head about women until the end of time. That means that at every single crossroad, where you'd normally screw up because you don't know what to do, you'll have the chance to hit the pause button and ask the experts what you should say and do to get things back on track for good. Consider this your way of donating and supporting me because you believe in what I teach and you want to help me change the world. And, of course, you'll get something awesome for your donation! You'll get ongoing coaching with women for the rest of your life, some powerful - and necessary - bonus products to help you become the ultimate badass with women, and the opportunity to be a major part of an ongoing movement to help the rest of the guys out there "take their balls back" and reclaim their masculinity. If you got anything useful out of this manual so far, it'd be a very inspiring move for you to go legit with this and really dive into the real content in your members-only area.

P.S. In case you missed those links above, here it is again:

[The Complete Tao Attraction System](#)