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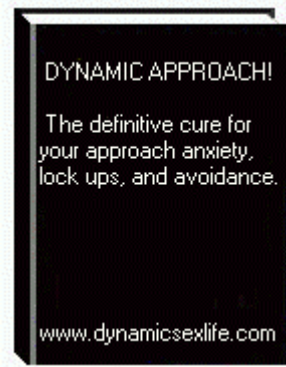
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Welcome to Gun's
DYNAMIC APPROACH!

The definitive cure for your approach anxiety lock ups and avoidance



Even with the success of my students who purchased dynamic sex life making me very proud I do not rest on my laurels. There is something missing. There is something that with my unique position of understanding the human mind I feel obligated to add on.

Something I have tackled hundreds upon hundreds of times and find as a common thread to maybe half of all failures with women is the inability to approach, lack of desire to approach, or mental lock ups that make men fear approaching women.

This manual will be the most common short checklist of problems and cures I have come to understand through my teaching of this to other men.

There are a few basic concepts about fear of approaching in the dynamic sex life e-book but this is a thorough checklist and guide to the number one cause of failure with women, not approaching, and how to overcome it.

Lets get started.

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KNOW YOUR ROLE.

Lets start basic.

Many men first and foremost do not understand their role in the mating game. Some dating gurus, many feminist media writers and authors, even women and men in your life may tell you that women select the men they have sex with.

This is true to an extent, but as we know, women RARELY approach men, and they in fact end up meeting their mates at work or school or parties through mutual acquaintances.

The INITIAL selection process is up to the man. YOU must make the first move and initiate the meeting with her.

To not do so ensures that you will in fact fail. The old cliché and truism, if you never try you surely will fail is the basis of this.

Regardless of anything you may have ever heard you can trust that, and even go watch sometime, men make the selection initially of their sexual partners.

As was talked about in dynamic sex life at great length, women prize masculinity because they lack of willpower and focus and determination, the traits of masculinity. This is how nature and biology keep us having sex.

You MUST know that approaching extremely beautiful women is ITSELF attractive, as so many men lack this demonstration of courage, dominance, will and masculinity. To understand this itself should be enough, “If I approach I am doing the only thing I can to take control of my sex life” and also “If I approach I am displaying something other men do not, hence a game plan itself isn’t as important to attracting her as the initial effort”.

Sometimes this understanding is not enough.

“GAME” PLAN.

Sometimes a guy simply cannot wrap his mind around the logic above. Sometimes a guy feels he must have a solid game plan before approaching.

This is good. LATER.

Later on when approaching has become an autopilot response a game plan is something to look at. In the initial stage simply approaching a woman, as in my first mission I send you out on in dynamic sex life, is the only goal. Conditioning yourself to approach and putting it on automatic is the only goal at first.

If one feels they **MUST** have some goal as in that mission simply say hello to her, introduce yourself and get her name, then get her phone number and move on. At this stage of the game the absolute most important aspect is getting approaching to not be any issue at all.

You see if you use too strong of a game plan in conjunction with anxiety the game plan will fail, you will then end up with the next problem:

DEAD MOTIVATION.

Having a game plan and executing it while flustered and confused during a hard battled approach attempt will cause that game plan to fail. The frame, the model you try to suck her in to, your dominance, your persistence your masculinity will all be weak. As we know people do not match the frames, models or go submissive to a weak demonstration such as this.

Your best game plans fail. Things begin to look hopeless and you feel the game plan itself was flawed. You begin to feel all game plans are flawed and you are doomed.

People will not do things that don't work or have proven to not produce results. Motivation does not come from wanting something or not wanting something motivation comes from producing results and enjoying them.

Hence you fail because of trying to do things all at once and end up with dead motivation because you have seen no results.

If you have simply been procrastinating and haven't approached any women yet, DO NOT try to execute a complex game plan in your first approaches. Get used to approaching women first and then advance slowly as in the missions of dynamic sex life.

If you have already fallen in to this rut, realize many many men are getting results with the game plans available and that you in fact weren't a failure, nor was the game plan, in fact you have just seen a lack of results and become dismayed.

Go out and give it another shot knowing that you and your game plans will work, ONCE you have gotten the initial approaching of women on automatic so the anxiety or doubt isn't carried in to the frame you demonstrate.

I know this still may not have helped some of you, next we will get on to some deeper problems and cures.

FEAR OF FEAR.

This section is VERY common. Many men will find that they approach women and are caused anxiety by doing so. Suddenly they have a block mentally to approaching women and can't understand it.

It is as if they cannot will themselves to do it no matter what.

Human life has 2 basic meanings. Survival and avoiding of death are the 2 basic biological meanings.

When something brings us pleasure it kicks in as bringing us closer to survival, when something brings us pain it kicks in to mind that it is bringing us closer to death. This is why drugs, alcohol, and cigarettes are so hard to stop though we consciously know they are harmful they make us feel good. Our brain doesn't understand this.

Your mind at deep levels doesn't understand that this anxiety when approaching a woman is not a bad thing, it does not understand that it is in fact moving you towards pleasure. The mind simply processes it as "bad" "hurts" "uncomfortable" "death".

Hence you end up with a block. You go out you see the women; you feel no anxiety because you in fact have no intention of approaching anymore. You are not scared to approach, you simply know you won't based on the fact you have blocked the ability to do so. This can be quite comfortable. Yet this is not progressive and you know it.

The cure:

Willpower alone in a large sweeping manner will not be enough. Rather you will use "small wills".

Small wills is this. It may sound insulting but trust me it works. Think to yourself: when you see a woman

"move my leg take one step"

"that direction"

"ok moving now keep moving"

"near her"

"speak to her"

"say hello"

"say what's your name"

Do this and you will feel the anxiety rushing back in to you, EXCELLENT. This means you have overridden your minds “safety mechanisms” and it will get easier each time.

This may sound simple but will work and has worked for dozens of other guys.

Now on to more grizzly problems:

We're not worthy! We're not worthy!

This one here is a damn shame. A lot of guys really think they have no excuse to be approaching women. They feel that they don't have it all going for them so women wouldn't want anything to do with them.

"I live at home still"

"I am only 18"

"I don't have a car"

"I am not one of the best looking guys"

ECT ECT ECT.

How many of these excuses do you have!?????

I won't lie to you, yes you may not be ideal, but she doesn't NEED ideal. Women fuck some of the most unsavory losers out there. Really Really good looking women fuck some of the worst, because they have no other options for their sexual outlet as these are the men who happen to have the balls to approach them.

Yes right back to the old first understanding, women love sex and will get it regular based on their options. Men do the choosing, and you know what? The BEST looking, rich, intellectual, high status job guys refuse to approach women usually, they think it is beneath them often times, or at least say that but in truth are simply scared to do it for fear of rejection damaging their well polished ego.

YOU approaching is of much higher value to her sex drives fulfillment than some guy who drives a Lamborghini and used to be an underwear model who sits at the bar with his friends refusing to do any more than make eye contact.

Realize this next time you are in the field and think "but what will she think about me riding the bus!????"

Instead when you see a hot woman, realize as your first thought that "hmmm yeah all she wants to do is fuck, though she wouldn't say it, and may even resist it a bit, that's what she really wants"

The first thing you feel "sexual lust and desire".

Remember those 2 things if you remember only one part of this booklet. You must not begin to self-judge. You must feel sexual and must think of her sexually upon first sight of her.

I JUST DON'T CARE.

This one is very common and easy to fix. A ton of guys complain to me:

"I just don't care, I really don't feel any desire for them to even bother approaching".

Old advice but:

STOP MASTURBATING.

If you feel no sexual desire for a hot woman when you see her one of 2 things is going on. Perhaps your sexual drive is low because of masturbation too frequently.

OR you aren't socialized enough, being in public places is unfamiliar to you so much so that you cannot achieve the relaxation needed to get in to an aroused state.

Simple fix. Masturbate only once weekly, or preferably as in my approach mission not at all until you have achieved an automatic approaching style and sense of being.

Simply put beyond lack of biological sex drive, if you cannot enter the aroused state, or even have any desire at all when you see a hot chick you are either gay and don't realize it yet or need to get out and live more, so you can experience normal states around other people without feeling weird about it. Which brings us to:

THE HIVE!

This is one I've seen a few times that devastates a guy's ability to approach.

A certain sense of or even blatant fear that:

"If I get rejected other women will see it, other women wont want me after that!"

NO, bullshit, this is not true.

First of all people are off in their own worlds when out and about, especially at parties and clubs and bars.

Second if you are approaching lone women on the street as you should be initially to get on autopilot approaching no one will be watching that you would end up approaching again anyways.

Finally people are not, and women are not connected at some bizarre level that judges you as a collective. Lets put it this way, if a rich famous good looking movie star walked up to some nasty fat girl in a bar and said hello, she then said "ick get out of here you loser", some other girl would not say "oh wow she rejected him that means he sucks" and then reject him also.

Women tend to take guys as they find them, if you are really approaching women and interacting with them regular you have or will discover this yourself.

DEAD STATE.

This problem with approaching comes from one of two things.

Drinking and drugging too hard while attempting or pre planning approaches.

OR

Being out way too much at parties and clubs and bars and never having had approached any women.

I call it dead state because a guy goes out planning and wanting to approach women, thinking “THIS is the NIGHT!”

Guy gets in the place and sees hot women, thinks “damn I should approach” then just doesn’t.

As mentioned above one needs to have thoughts and a feeling/state of mind of positive nature rather than negative to see the relevance of his approach.

Some have NO thought and NO feeling. Simply they are too drugged up, or have been going out too long without approaching ever. It has become a deep set in behavior pattern to not do anything.

If you are confused about what I am talking about this is called a wall- flower. Not because of shyness though, but simply being so over socialized and set in their behavior patterns that they just stand there and take the place in and talk to some friends or such.

They realize the women are there, and that they want them, but they don’t think it and especially don’t feel it.

If this is you, you will know it by thinking back to the last times you seen hot women and didn’t approach. If you cant remember an inner dialogue or feeling, just inaction then its probably you. The good news is, this is a better place to come from than a negative set of thoughts and feelings of anxiety, the bad news is breaking out of the state will be incredibly hard and situational.

Hang out with a new set of friends, or go to a new environment, or new city, perhaps go ALONE to force yourself to interact and be more alert. BEST of all again get out of the bars or clubs. Go out middle of the day, alone, sober to a department store with the goal of approaching a woman in mind. You then may start to feel the anxiety or negative thoughts, which is actually good, cause this then means you are starting to feel SOMETHING which is better than nothing.

HATER ALERT!

I apologize I don't mean to go hip-hop on you here, ok shaken off, your fearless rocker and roller is back.

A lot of guys hate women. I hear this one all the time:

"I don't feel like even approaching women I cant stand them all I want to do is fuck em anyways"

This is a tough one to crack, as it is all in the individuals mind. My best advice is this: get the fuck away from bars and strip clubs and dance parties and clubs etc. Also try to only watch action and adventure shows on television and avoid hip-hop and r&b music by women.

You are probably seeing the UGLY side of all people far too often in these clubs and bars because the people are drunk and obnoxious. Watching romantic comedies you see the "men are dogs" feminist author side of things, or the pandering gay writers take on how straight men suck. Listening to any female take on men in their music is always the ugly side also cause they are told to "write about their pain".

Go watch terminator and Seinfeld or Indiana Jones and mash. Watch things and get entertainment from things that are not all "fruit culture".

Trust me if I watched soap operas and daytime talk shows for a week I wouldn't wanna approach women either and would have a bad taste in my mouth for em.

Then realize

As I have said many times: Once alone, just you and the girl or even with close friends you would find a world inside of her, ideas, thoughts, contemplations and passions. You see the worst side of people socially very often don't let that jade you to humans, or especially the most social of creatures, women, in general. Realize that each person has a lot to offer, you just have to give them a chance to let it out and show it to you.

OUT!

Well we have come to the end of this little supplemental guide. I keep it short and to the point with the most common of problems I have seen. Remember I am always just an email away if you have even more specific problems, or even better contact me about live Internet chat, which I really enjoy, maybe too much! Never hesitate to ask for help with this, we all, the best of us yelled “TECHNICAL SUPPORT!” at some point. This shit can be hard and confusing ask for help if you need it please.

Gun.