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# Models: Attract Women Through Honesty

## MODELS



**ATTRACT WOMEN  
THROUGH HONESTY**

MARK MANSON



## Synopsis

Models is the first book ever written on seduction as an emotional process rather than a logical one, a process of connecting with women rather than impressing them. It's the most mature and honest guide on how a man can attract women without faking behavior, without lying and without emulating others. A game-changer. Inside, you'll learn: The root behavior that causes all female attraction. Why typical dating advice and pick up theory is counter-productive in the long-run. How to overcome nervousness and anxiety around attractive women. How any man can make himself appear attractive with a little time and effort. The three keys to keeping conversations with women interesting and engaging. How to discover the beliefs and attitudes that are sabotaging your success with women. How to develop a genuine and joyful sense of humor. And much more...

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## Book Information

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## Customer Reviews

I would like to start with: Each review here has it's merits. The good ones AND the bad ones. Prepare for a lot of text. Firstly about the Author: The book was written by Mark Manson. From what I gather, he's a traveler and has helped men around the globe with psychological, sexual and 'connection' issues with women. He owns and runs the website [...] and has a few products there. The Book: The underlying theme I personally felt was about "investing in yourself" and being 'honest'. Having read a few PUA books, I felt this was its strong point. The book goes through a few parts, I may need to put a disclaimer here but this is how I felt about the book: 1. You are first

introduced to the author and go through a few stories. One did hit the nail on the head with me. Mark then goes through different types of men and women.<sup>2</sup> You are then introduced to the theme of 'investing in yourself' - by investing in yourself, you reduce your 'neediness' and hence in turn become more 'attractive'. The principle is by actually having a voice, being who you want to be - you will actually find women who you want to be around, and more importantly you will most likely stand out around the crowd.<sup>3</sup> Mark then goes through his 3 key principles to achieve this: Honest Living, Honest Action and Honest Communication. By living who YOU want to be, by doing things that express who YOU are and by communicating YOUR honest thoughts - you will in turn become 'attractive'. The parts that resonated with me:<sup>1</sup>. Don't fear rejection<sup>2</sup>. The more people you meet in life (through rejection) can only lead to meeting more people that you want to actually be with.<sup>3</sup>. 'Demographics' - go to places where you will most likely find people you want to be with.<sup>4</sup>. Express who you are and be proud of it.<sup>5</sup>. Know your intentions - go out with those intentions.<sup>6</sup>. You don't need openers. Just be yourself - 'My name is \_\_\_\_\_' works just fine.<sup>7</sup>. Polarize people as soon as you can (shift them from attracted / not attracted ) There are other gems in the book I'm sure. After filtering in through all the reviews and comments I felt that I needed to write this review for those who are on the fence. What to EXPECT:<sup>1</sup>. A 'guide' to approaching women through honesty<sup>2</sup>. A way to meet people you will most likely enjoy to be with in the future.<sup>3</sup>. Build some confidence - get out there boy ;) <sup>4</sup>. I want to state number 1 again: honesty is the key theme here.<sup>5</sup>. Arguably a 'long term solution' & Arguably a more mature one? What NOT to EXPECT:<sup>1</sup>. This is not holy grail of knowledge, some of it is obvious. Hence why some reviews stated they knew most of this stuff. If you are living a great life (job etc), you are clear in your opinions and intentions, and you can communicate well don't bother with this book. You already got it =) <sup>2</sup>. You won't get pick up lines, theories or openers.<sup>3</sup>. You will not learn how to become the ultimate player - if that is your intention - there are great PUA options out there.<sup>4</sup>. You will not attract ALL women - you will increase your chances to attract women that are more likely to be attracted in the 'real' you.<sup>5</sup>. Numbers game. He hates it - so if you want to sleep with lots and lots of women and already doing so - read something else. Like I said - plenty of PUA books that tackle that. Why is it NOT 5 stars? <sup>1</sup>. You will note reviews on are very directed to how Mark has 'an agenda' in this book. I felt this agenda was that he is a bit 'against' Pick Up Artists (who don't use honesty - through tricks and things that clearly aren't who they are). Many times he will reflect on how PUAs don't use honesty and hence you won't find people for the long term. He did however state this in the book description. I don't like it when an author needs to constantly validate his method against PUAs. Just once is fine, not consistently. I also respect some PUAs I know and they are as direct as they can be - they aren't all

about tricks.2. My grammar is bad - but I am very certain this book was not proof read. It's messy and a bit over the place in terms of actual text. If you read the book, you will understand I am very strict to this sense only because he reads quite a bit of literature - he should also appreciate that paying readers expect a book that has been proof read.3. It was not concise, when at many times it could have been. Again - I pitch this as a problem since he teaches us to be concise. I personally liked the book - would of given it 3.5/5 (I'm going to round up here). I think its down to earth and very personal. You will see swear words, you will read Mark's stories, and you will find a gem that reminds you that you are unique. In a nutshell - it's a lifestyle book. I'm confident after reading this book I will not attract all the women in the world. I will however, find (possibly sleep with) more women that I personally want to be with. This is my personal goal though, and I prefer it this way. Hope this helps. @pasteurtran

This book is not a collection of lines, routines and tactics that you perform and hope that you can hide your boring true self and come across as prince charming. This is a book about transforming your identity inside-out. The author starts with the psychology of what actually attracts women. Next, you are given solid advice and how-to instructions on how you can be that attractive man and attract women that are not only hot but are the ones you actually like. This book has literally been changing my life. I finished the book in a couple of days and have already gotten dates and more from following the advice. And the best part - I do not have to put on an act and feel that I am lying to get in a girl's pants. I can be myself and feel happy in the knowledge that the girls I attract are attracted to the real me, and not some fake over-blown image.

I've always been a realist. I've learned that dogma is rarely (if ever) the complete truth. I've also been taught dogma my entire life like "women are money grubbing whores" along with other colorful adjectives, and it never really sat with me; felt like a piece of the puzzle was missing. With Extremist Feminism and MGTOW movements streaking across mainstream media, I started to become a bit cynical as it relates to women, in spite of my realism but then I bought this book. This author has truly opened my eyes to a few things: 1. Women are attracted to particular qualities in men (explaining why some poor men sleep with a lot of women while some rich men don't) 2. The truth behind dogmatic statements like "California Women are such b\*tches" (statistically it's much more likely that something is wrong with you than the thousands upon thousands of women in your area. This defect is attracting a particular kind of woman.) 3. The fact that dating, approaching and flirting is hard work and will be uncomfortable in A LOT of instances (PUA books make it seem like dating

and sleeping with women is something easy and you are somehow less of a man for finding these activities even remotely anxiety inducing.)4. That a woman's intuition is an actual thing and a powerful tool (if you say and do the right things without true honesty and vulnerability, she WILL pick up on it and she WILL kick you out of her life... quickly)5. Rejection isn't a bad thing (Rejection stops you from wasting your time with someone who isn't into you. She isn't going to magically wake up one day and see that you're the man of her dreams; or more realistically, that occurrence is so rare, count it as impossible and move on from rejection.)This book showed me the truth behind dating, or at least a good portion of it. My only gripe is that in hindsight, I think Manson could've emphasized the importance of discipline (which we can define as the willingness to accept discomfort) to the dating process more directly. He kinda orbited around the issue in my opinion but I got the jist by the end of the book. Great read if you want to improve your chances with women.

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