

A SPECIAL REPORT
FOR PUMA SKILLS:

The Top 10 Idiotic Mistakes That Are Keeping Hot Willing Women Out Of Your Bed

And The Ridiculously Easy Steps You Can
Take To Avoid Them, Starting Right Now

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About Me

My name is Bill Preston, and I never thought I would be teaching other guys how to be good with women, let alone running the largest PUA Forum on the Internet. A few years ago, I was just OK with women and was coming off a divorce and at best was awkward when it came to meeting and attracting women.

But one day I just became sick of not having the results I wanted and I dedicated myself to fixing this part of my life. I started reading and buying all the material I could get my hands on. I started hanging out with guys who were good with women, and I actually became friends with a small group of guys in New York who were just crushing it with women.

Not only did I learn everything from them, I actually started contributing to the material and soon they were actually teaching some of my ideas and concepts at their boot-camps.

Fast forward to today and I am in a great relationship and feel that it is my turn to give back to guys who are in the position I was once in. Looking back, I not only know exactly how it feels to struggle with this part of your life, but I also know the exact steps to achieve the lasting success that we are all seeking with women.

So, with that said - let me present to you:

The Top 10 Idiotic Mistakes That Are Keeping Hot Willing Women Out Of Your Bed... And How To Avoid Them.

Mistake 1

Being Needy.

OK this is listed as number 1 for a reason. Nothing just kills attraction more than a guy who is needy and attention seeking. If you are always seeking validation from women, you are making the cardinal sin of dating. Women do not like guys who need validation. If you've ever asked a woman "do you like me?" or "how am I doing?" then you are needy. This can also take the shape of continually asking a woman if everything is alright, or making sure she is happy all the time. Don't do that, it doesn't make her like you, in fact it will make a woman resent you.

Also being a wuss falls into this category. You should not be afraid to stand up for what you believe in, even if it makes her mad at you. If you do this, not only will she get over it quickly, her overall admiration and attraction will increase as a result. It is pretty counterintuitive, but it is true.

So starting right now stand up for yourself, start thinking about what is good for you, and concentrate less on what makes her happy. As funny as it sounds, the more you do this - the more women will like you.

Mistake 2

Being Boring.

Women don't like boring guys. That is a fact. So get a life. Start hiking or join a volleyball league. Maybe learn to play the guitar. The best thing to do is actually get out of your house and even your neighborhood and travel. Traveling is the single best thing you can do to become more interesting and less boring.

Do fun things with women instead of just a boring dinner date. Maybe go exploring in the city looking for the best dive bar on a Sunday and have a girl be your companion on this adventure. Make it very clear your intention is to just have fun and she is welcome to join you.

Or take her to a sporting event. Now this is kinda complicated so let me try to explain it. You want to treat her like a guy in the way that you just enjoy the game, and have fun. You don't want to treat her like you are on a date. But, and here is the subtle key to this. You need to flirt with her and make sure she knows that she is MUCH more than just a friend. The reason why you need to do this is because you don't want her to feel like it is normal date where you are being some boring guy taking care of her. Instead you are this fun guy who goes to baseball games and has a great time at them and she is along for the ride. And a part of this is you are flirting with her, but not as her boyfriend, just as a sexual guy who finds her attractive.

That combination is golden and will separate you from all the other guys who she is 'dating'.

Mistake 3

Lacking Conversational Skills.

Not being able to have interesting conversations with women that generate attraction. Conversations are like a river and many times you can just float along and enjoy the conversation and it will just come naturally. But other times, the conversation will not be as easy flowing and you will need to take control of it and lead it in a direction that is interesting and engaging for the woman you are talking to.

You need to have one or two interesting stories from your life that you can share that will engage her and demonstrate something NOT boring about you.

Also you need some go to questions to ask. I really like to ask a woman: “If you could only eat one food for the rest of your life, and it would be nutritionally complete no matter what it was, what would you choose. And don’t say cake because after three days of only cake you will hate it”.

Now this always gets a fun reaction from women. And it opens the door for a great conversation where you can tease them and just have a good time. And it is NOT boring. Be sure to have your own answer in mind to make it even more genuine. I would always answer “cheese” because it is my favorite food and there are many varieties and it always tastes good with wine. From there you can talk about how fun it is to go to specialty stores that sell various cheeses and spending sunday afternoon drinking wine and trying new cheeses.

See how having a somewhat canned question can instantly transition into other conversations? For me, I always have around 7 different questions that I like to ask, that are all very open ended and can generate conversations that last anywhere from five minutes to over an hour.

To that point never ask her yes or no type questions, always ask questions that require a longer explanation.

Also avoid boring topics such as her career or her political or religious views. You are not interviewing her, you are trying to engage her.

Mistake 4

Not Flirting & Escalating The Sexual Tension.

In other words, ending up in the dreaded 'friends zone'. To quote a good friend of mine, "guys are the gas, girls are the brakes". As a man, it is your job to make it clear that you are a sexual creature and you are interested in women in a sexual way. Now this does not mean being a weirdo or being grabby or touching women when they are not interested in you.

You need to learn how to convey sexual attraction and interest via subtle touching in a non-sexual way and by flirting with her whenever possible. Remember, flirting is almost identical to teasing but in a fun, never mean or hurtful way.

I think probably the biggest mistakes guys make with women is not being flirty enough. Cure this part of your game and you will see results, I guarantee it.

I mean how many guys do you know who flirt continuously with women who are not successful with women and dating? Thinking of all the guys I know who have this part of their life figured out, all of them are masters at flirting.

Also, you need to be prepared to take the initiative when presented to you. If you see a girl smile at you, that is her way of saying "HEY YOU, COME TALK TO ME!" So if you don't go talk to her, you are effectively rejecting her. Now if you ask me, I think any guy who rejects an attractive woman like this is just plain crazy.

So stop doing that. If a girl smiles at you or does anything subtle that makes it clear she is attracted or interested in you, take action and go talk to her.

Also, remember you are not her 'friend', so quit trying to solve all her problems. It is OK to support her and help her make decisions and encourage her to take action, but it is not your job to solve her problems. If you do, you are actually doing her a huge disservice and she will eventually resent you for it.

Mistake 5

Being Stuck In Your Own Head.

This is a real bad one. If you find yourself thinking about what you are going to do or say next, then you are NOT going to make a good impression with women. Try to be in the moment. That is why it is key to have a few stories and questions (that again are interesting and not boring) prepared to ask if the conversation starts to fizzle out.

Another thing to keep in mind is it is OK to have a lull in the conversation. Don't feel that it is your job to fill that empty space with your voice.

A great way to get out of your own head is to engage her in an activity that I love to do which is watching other people. So while you are talking, lean in slightly and discretely point out another couple and ask for example: "What do you think their story is? It looks to me that they are maybe on a first date. See how he is trying to keep her attention and she is somewhat aloof? Man that never works. (wink)"

This type of 'game' helps both of you relax and not concentrate as much on your own actions, but actually allows you to be partners watching and commenting on other people. This type of pair bonding goes a long way towards establishing rapport.

Mistake 6

Trying Too Hard.

Instead of being laid back and outcome independent, many guys are so focused on results that they end up trying too hard. Women can sense that and it is a total turn off. So stop trying to make her laugh, or trying to get any sort of reaction from her.

Don't worry if you are acting cool enough or if you are the best looking guy in the room. Be comfortable in your own skin and become more relaxed and engaged with her, without needing her approval.

Seeking her approval won't work and just makes you look like a needy wuss.

So quit worrying about what other people think of you and what you are doing. Do what you enjoy, have fun and see who wants to have fun with you.

The only thing to keep in mind on this one, it's OK to be somewhat aloof and even indifferent to people's reactions, but it is never OK to be mean or hurtful. That is not attractive and women do not like to be with guys who demonstrate this behavior.

Mistake 7

Taking Value Instead Of Giving Value.

Correcting this one will have an immediate impact on your game.

Whenever you go places, try to make sure everyone is having a good time. This does not mean to be needy, it means to instead be giving of yourself. Be a gentleman. Open doors for women. Be polite. Help people if they need it.

Don't make fun of people if it is something they can not change about themselves. That's not cool or funny.

If you are in a group, try to make sure everyone is having a good time (without being a needy wuss). An example of this is if you are out with a group of people and one of the members looks bored (let's say it is a girl in the group who maybe isn't as attractive as the other girls and isn't getting any attention from anyone) go ahead and try to bring fun to their night. Maybe take her out on the dance floor, or play a fun game with her or otherwise flirt and engage with her.

Now she may not be your ideal date, but other people will notice how cool you are for bringing value and genuinely trying to be the guy who is making sure everyone is having a good time. Don't be surprised if the hotter girls notice this and start vying for your attention.

In summary, be a gentleman. That should be a no brainer.

Mistake 8

Poor Fashion Sense & Personal Hygiene

I just don't understand this one. There is nothing worse than a guy with bad hygiene, especially since it is so easy to fix. Brush your teeth after every meal and before you go anywhere. Always floss to remove the filth stuck between your teeth (not flossing is a huge contributor to bad breath).

Always wear clean clothes, use deodorant and shower every morning, after anything physical and before you go out.

Wear deodorant and find a nice cologne. A great way to find a good cologne is to go to the mall with a woman and have her smell various colognes on you. The combination of your body and the cologne makes everyone smell a little bit different, so what smells good on someone else may not smell as good on you, so get some feedback.

I am bald so I try to keep my head well shaved, but if you have hair then try to get good haircuts and invest in some good hair product.

Don't use too much, but wear enough to make your hair style look good and not greasy or messy.

Trim any unwanted hair off your body. If you have nose or ear hair (you would be surprised that women notice this), then trim it as neither is attractive. If you are not sure if you have this, grab a mirror or ask a friend.

Lastly, don't bite your fingernails and keep them well manicured.

Women notice the little things like this, and the little things ALL make a difference in whether she is attracted to you.

Now let's talk about fashion.

There is no excuse for not having good fashion sense. It is so much easier to fix than most guys realize. All it takes is a tiny bit of effort.

Start off by noticing what 'attractive' guys are wearing. Then copy their fashion style. Maybe they are wearing a certain cut of jeans (I prefer boot-cut), or they are wearing a certain type of shirt (again, I like long sleeve button ups with a larger than average collar).

Pick up a leading mens magazine and check out the styles that look the best to you and copy them.

If you see someone wearing something cool, go up and ask them what kind of jeans they are or where they got their shoes. It may feel awkward at first, but if you can't approach and talk to a guy, it is going to be that much harder to talk to women.

Another tactic is to go into a mens store and ask for advice on what is "in" or what the sales persons' favorite items are. That always works for me.

Lastly, remember that fit is everything. A \$12 shirt that fits perfectly is ALWAYS going to look better than a \$200 shirt that fits poorly.

Mistake 9

Focusing On Just One Woman

We refer to this as having ‘oneitis’. Focusing on just one woman when you are casually dating is a huge mistake and will sabotage all other aspects of your game. This is usually so insidious that you don’t even realize that you are doing it.

As much as you might feel that SHE IS THE ONE, the reality of the situation is that she is probably not the one and you need to be dating other people. In fact, in the unlikely event that she turns out to be the one, you will have a MUCH more likely probability of her being attracted to you if you have an active dating life and are dating other women.

Dating other women ALWAYS makes you more desirable and will keep you from making many of the mistakes outlined above that ruin attraction. Plus if you have multiple women in your life, you are much less likely to put up with second class behavior. It is easy to ‘break up’ with someone when you are dating more than one person.

One thing to note, never do this dishonestly. I am not advocating lying or deceiving women in any shape or form. As an adult, you can be upfront with women and let them know early on that you are dating multiple people until you find the person that is perfect for you.

Most adult women will understand this (and maybe work that much harder to be the perfect one for you).

Mistake 10

Not Taking Action.

The worst thing you can do is just sit back, accept the way things are and not actively work to improve this part of your life. If you just sit around and wait for things to get better, or for you to magically become more social, the sad reality is that day will never come. Do you think sitting on the couch and thinking or reading about getting in shape will ever get you rock hard abs?

Hell no it won't. Hitting the gym and getting in shape will.

What about just sitting at home and reading about how to get women?

That will help to some extent, but ONLY if you are consistently leaving your house and taking part in social situations and pushing your own comfort level.

Think you will get better with women if you go to a crowded bar and sit in the corner and talk to your friends, hoping that a girl will magically realize what a great guy you are? Again, that may happen occasionally, but if you are like me - occasional and inconsistent results are not vary satisfying.

In Closing

Now that you know “The 10 Idiotic Mistakes That Are Keeping Hot Willing Women Out Of Your Bed”, you have no excuse but to STOP making these mistakes. If you do this, I personally guarantee that you will have more success with women and dating.

If you want ALL of my secrets to meeting, attracting and dating some of the hottest women, then you should check out my new product The Vibe.

Get it here: [The Vibe](#)

In this product, I reveal everything from how to get out of your own head, how to eliminate approach anxiety, up to my fool-proof methods to get women attracted to you. It has more content and more depth and is a comprehensive guide to solving this part of your life.

I share my (up to this point) secret ‘openers’, conversations, games and ways to get phone numbers that have an almost zero chance of rejection.

Your friend,

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