

FABRICE X
(FRENCH PICK UP ARTIST)

How to sublimate your body language

*Everything you need to become as attractive
as actors and rock stars...*

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*"Body language is a very powerful tool.
We had body language before we had speech,
and 80% of what you understand in a conversation is read through the body, not the words."*

Deborah Bull

Warning

You will find in this ebook everything you need to sublimate your body language. You will also learn how to become more attractive, more confident, more relax (Zen) and more sexual (you will act like an alpha IE thanks to your attitude women will start seeing you as a gorgeous man even if you are not that gorgeous).

As a consequence, you will naturally become more interesting... at all levels : with women of course, but you will also appear more competent and essential at your workplace as well as in other numerous fields of daily life... So, all other equivalent criteria besides, by adopting the body language described in this book, you will become much more successful. Indeed, on average, people who have a confident, relaxed and sexual body language are more popular and more successful.

I tested and approved each information which appears in this ebook. And, moreover, my work is based on serious scientific researches. Nevertheless, you have to know that, when we speak about human and interpersonal communication, nothing is universal. Indeed, everyone has different expectations which vary according to experience of life, education, etc. The *game* (the science of seduction) is logically based on statistics : it is impossible to be sure to get a precise girl. But, just like it is possible to increase your chances to attract by adopting the behaviours which seduce most girls, it is possible to be sure to seduce a woman in a sample. So, if tomorrow I want to make love to a lovely blonde of 110lbs for 5ft7, I just have to increase my capital seduction (for example, by sublimating your body language - I will teach you how to do so in this book) and to approach enough blondes to be sure to seduce one.

Let us be realistic, statistically, some rakes are inevitable (even if current gurus try to persuade you otherwise by only sharing their successes) : we only can increase the number of girls approached and the probability to seduce. We can even say that it is the interest of the Game because it makes the science of seduction addicting, fascinating and full of surprises. Of course, we will talk about all this throughout the book.

**WHAT IS
THIS EBOOK
ABOUT
?
(FREE
PART)**

Introduction

*"60% of all human communication is nonverbal body language; 30% is your tone,
so that means 90% of what you're saying ain't coming out of your mouth."*

Hitch

How seduction, communication and body language are related

First of all, I remind you that seducing is the action of communicating some excitement, some desire or some attraction to a target... Now, James Borg¹ states that human communication consists of 93% body language, while only 7% of communication consists of words themselves. This is why body language is the most important concept in dating science. QED !

In summary

Seduction is a form of communication.

This communication of emotions consists of 93% body language.

Therefore, body language is the number one factor associated with attracting women.

¹ Business consultant and psychological coach, James Borg is specialised in the areas of interpersonal skills, management and business development.

Your body in seduction is like a rocker's guitar in a concert

Your body is like the guitar of a rock star : when you try to communicate with somebody, it's like if you were playing a song... You make people feel emotions. Of course, if your song is successful, a lot of people (including women and gay men) will be interested in it...

Now, what makes a hit song ?

- The quality of your instrument ? That is to say "your look" (awesome metaphor) ?

Honestly, it can be a factor. If Katy Perry was not so hot, I would probably not be interested either in her music or in her clips!

- The lyrics (the words in your mouth) ? This also have correlation but... you know, a lot of successful songs have horrible lyrics. Seriously, did you ever listen *Blurred Lines* ?

So, what is the most determining factor ? Quite simply... the music. Body language is your music. Learn how to make a great melody and you will become impossible to resist. This is why, in seduction, body language is the key. Thanks to it, me who is rather small, seduced tall girls (until 6ft1) and very beautiful (even a candidate for Miss France pageant.) This is why I'm sitting down here writing this ebook about the science of movement (I think it's my duty to share my research and experience).

What you will find in this ebook

In the next pages, I'm going to show you, explain and demonstrate "the how and the why" it works in all the domains of life (and particularly in seduction, of course). You will find everything you ever needed to improve quickly and efficiently your body language and become as attractive as actors and rock stars. We will work with photos, videos and movies.

So, do you want to learn how to convey sexual energy ?

To begin studying intelligently body language and seduction, we first have to identify exactly what we are talking about...

What is seduction ?

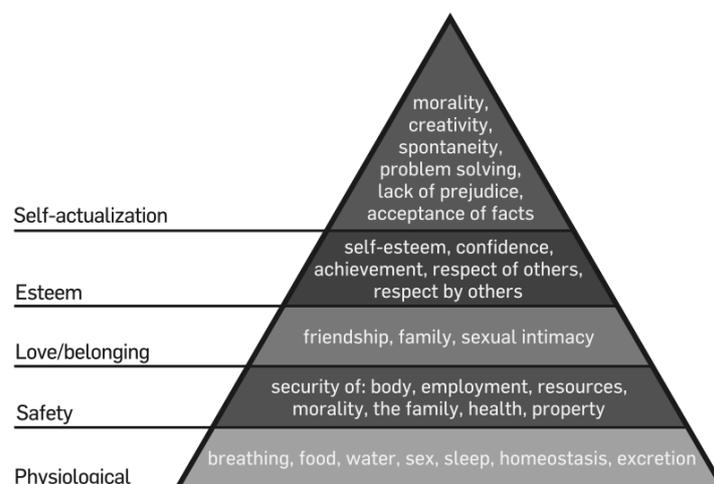
The word "seduction" stems from Latin and means literally "to lead astray"

Wikipedia

The positive connotation of seduction

Seduction is the process of deliberately induce to engage in sexual behaviour. As a result, the term may have a positive or negative connotation (for preachy people and kill-joys).

Seen positively, seduction is a synonym for the act of charming someone (male or female) by an appeal to the senses, often with the goal of reducing unfounded fears and leading to the sexual emancipation (mutual). The contemporary academic debate states that the morality of seduction depends on the long-term impacts on the individuals concerned, rather than the act itself, and does not correspond inevitably to all these negative definitions which can be read in dictionaries. I guess if you are reading this book, it's because you want to become happier, to have a better life²... not because you want to hurt women. This is the reason why I think the kind of seduction I'm gonna teach you in this book is totally moral.



² Maslow's hierarchy of needs is often portrayed in the shape of a pyramid with the largest, most fundamental levels of needs at the bottom and the need for self-actualization at the top. Mastering your body language will, at least, help you to fulfil the four first levels.

Science and seduction

Seduction as a phenomenon is not the subject of scientific interest (or they keep all their discoveries for them to bang the hottest women). But, although similar, more specific terms like transmission of genes (let me remind you that we only are on earth to survive and reproduce), short term mating, casual sex or mating strategies are used in evolutionary psychology³.

The Internet has lately given rise to open discussion on seduction and how to achieve it (but, unfortunately, the science did not become more exact). Symptomatic of this is the popularity of published books like *The Rules* for women and *The Game* for men. I guess this is the reason why you found out my stuff !

In summary

Being able to seduce is a question of survival.

The real study of seduction is based on evolutionary psychology.

Becoming a fulfilled man will help you in all the domains of your life.

³ For example, *The Evolution Of Desire: Strategies Of Human Mating* . Buss, D. (1996)

What is body language ?

"The most important thing in communication is hearing what isn't said."

Peter Drucker

Learn how to talk without using your mouth

Body language refers to various forms of non-verbal communication, wherein a person may reveal clues as to some unspoken intentions or feelings through their physical behaviour. These behaviours can include body posture, gestures, facial expressions, and eye movements. It is often as simple as "I have an erection" means " I am sexually excited". It is so basic that animals use body language as their main communication mechanism too.

Body language is typically a subconscious behaviour, difficult to control, just like you can with difficulty control the blood influx in your penis. So, body language may provide reliable clues as to the attitude or state of mind of a person. For example, it may indicate excitement, aggression, attentiveness, boredom or a relaxed state, pleasure, amusement...

Body language is significant to communication and interpersonal relations. It is, of course, relevant to management and leadership in business and also in places where it can be observed by many people. Although body language is non-verbal or non-spoken, it can reveal much about your feelings and meaning to others and how others reveal their feelings toward you. It can also be relevant to some outside of the workplace. Body language signals happen on both a conscious and unconscious level (it short-circuits conscious barriers of women and allows you to do it doggy style with those whom you would not have seduced by just your physical appearance), which is commonly helpful in dating, mating... I guess this is why this ebook exists. It is a tool which will help you a lot to transmit your genes to a good wife.

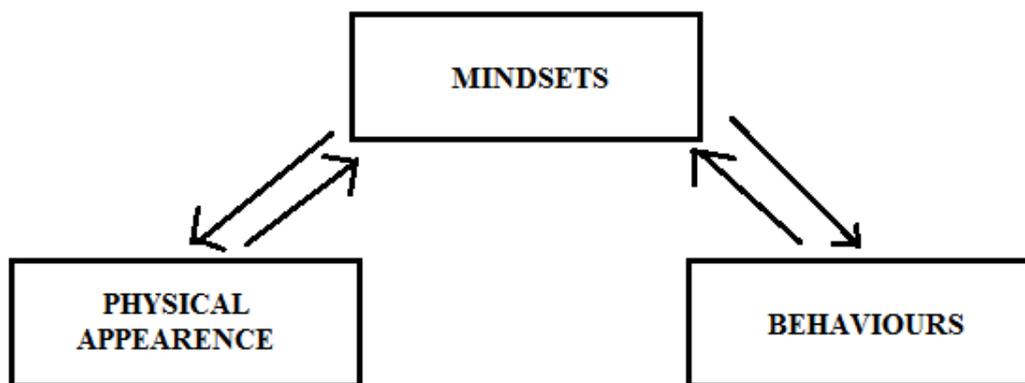
In seduction, the alpha male is the king of the oil

It is an obvious fact that women are looking for exceptional men (for example : powerful and self-assured). In other words, they are looking for alpha males. Yet, by noticing the inclinations of mating traditions present in nature, we can determine what are the identical alpha male concepts. **Fortunately, anyone can learn alpha male seduction attitudes to seduce ladies.**

And by "seducing ladies", I mean "becoming more and more confident (that is to say more alpha)... for real and in various domains" (yes, it is possible) ! From now, adopt the attitude of an alpha male and you will naturally become an alpha male. Not a fake one.

Three parameters to work on in order to become an alpha male

Here is the main idea : mindsets and behaviours are linked (mindsets and appearance too).



By adopting the state of mind detailed about in this book, you will naturally become an attractive man. Thanks to the famous psychological phenomenon called "association" (check Google if you don't believe me), you are going to take a heck of a shortcut !

In summary

Women are looking for alpha males.

You can act like an alpha and start seducing women RIGHT NOW.

Then, experiment and habit will help you to become more and more alpha... FOR REAL !

A better understanding of the phenomenon

"Fie, fie upon her!

There's language in her eye, her cheek, her lip,

Nay, her foot speaks; her wanton spirits look out

At every joint and motive of her body."

William Shakespeare

An universal language

The physical communication between people (and between people and animals) is an universal language. This is the reason why everybody is naturally capable of deciphering it. Unlike TV, no need for a decoder, just a book like this one, to put words on what you unconsciously know. This natural skill will help you a lot in seduction!

But, most of the guys have absolutely no idea what is going on in their body. They don't even know that the way they're moving or the way they're touching people reveals a lot on them. It is the heart of their dating problem. Their failures have nothing to do with the fact that they are small either fat or that they have a big nose (by the way, a good body language can lead to forget all your small defects) : we all have a different body and different issues but what really matters what is what we do with our body.

An alpha male's body is under his conscious control

You have to understand that if you don't have an awareness of your body, that if your body is not awake and on your conscious control, it will be very difficult for you to success in any domain (thereby, in seduction). Feel reassured, I will soon teach you how to get under your own total control !

Your sensual acuity (degree of sensitivity)

Sensual acuity is the ability to understand what is going on in others people body and into yours. What follows in this chapter will help you to develop your sensual acuity because you have to learn how to communicate better all your qualities... that is to say to become better at interpersonal communicating.

Remember : you have to control your state.

Basic rule : an alpha male has the control of himself.

Concretely, how can you take the control of your body ?

First of all, sit comfortably in your chair. Then, close your eyes and focus on your breath. Start taking deep breath... again and again. Your breath is going down in your feet. Say "peek-a-boo" to all your body. Relax.

Connect to your ass, to your lower back, to your stomach, to your chest, your shoulders, your neck, your face. In other words, say "hey there" to all the parts of your body. You can mass all these zones if that helps you to feel more alive and awake.

To finish, open your eyes and look around. Do the same thing every time before you go to a club or on the field meeting people and interacting... I'm not kidding, you have to be and to stay in touch with your body all day (and all night) long.

Spatial awareness

You also need to acquire a spatial awareness. That is to say, you have to know your personal space and to learn how to expend it. Most people's personal space is small... and it's a bad thing because it is psychologically very difficult to shake hands or to interact with someone when your personal space is tiny !

Personal space is like a bubble of social standing around you. A bubble in three dimensions : left and right, forward and back, top and bottom.

The next step is to learn how to feel the size of this bubble and make it grow with alpha postures...

Alpha VS beta postures

Imagine that your head is connected to a string. Your arms are comfortably on your side. Your focus is on the horizon. This is a natural posture. This is THE natural posture of an alpha male. When you see someone in this position : you think he is comfortable, relax and so on... This is a very very good posture that communicates positives things about you (like James Bond in this picture).

The first exercise I want you to do is training yourself to adopt this natural alpha posture in front of a mirror (or to record the scene and watch yourself) as soon as possible ! Avoid training without watching how you actually look : you risk to do not perfectly adopt the posture and to be ridiculous. Begin as soon as possible and repeat the operation until it becomes your natural posture!



Avoid arched shoulders : looking down like this soccer player is not sexy.



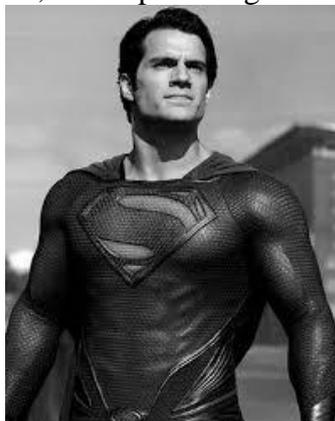
Beta posture.

Avoid directing hands inward : this model looks a little bit afraid.



It looks like he wants to hide. Obviously, this is not an alpha posture.

Straight back, head up : strong like Superman...



But this is too much to be realistic !

Like President Obama, "crossed arms" can make you appear insecure.



Which is not really alpha.

By contrast, "crossed arms" can make you appear more dominant and in control.



But, a basic rule is to stay arms and legs open when you want to seduce.

I will teach you why later.

"Hands on the hips" : Again, one posture is positive (in your opinion, which one ?) other is negative. But just like President Obama, Lionel Messi on the right and on the left is THE EXACT SAME PERSON. Only his posture changes but the feelings he conveys are totally opposite.



In summary

Your body language can make a huge difference in the way people judge you.

Through this book, you will learn how to increase your presence, and your relation to the space. In fact, you will get a very different feedback from women. The most positive feedback you've ever had !

It is both a mental and a physical process

*"Nothing can stop the man with the right mental attitude from achieving his goal :
nothing on earth can help the man with the wrong mental attitude."*

Thomas Jefferson

Seduction is not logical at all

Before we developed language, we were able to pick up signals from other people through the way they used body language. Today, body language is still the primal way of communicating. It is very instinctive. It is the easiest way to speak without interference to the primal instinctive mind of women. Therefore, it's not logical at all.

Seduction is communication, communication is body language...

Body language is anything communicating about you... outside of your words (thus your non-verbal communication). It includes posture, presence, expression, voice tone, touching and signals, gesture, movement, your smells... even your fashion and your accessories.

Attraction is not a choice

Did you ever heard this famous sentence : "attraction isn't a choice" (David De Angelo) ? What does it mean ? It means that attraction is not a logical process. At least, not logical in the sense most of the guys think it should be. I would even say, the truth is that logical things kill emotions (and emotions are priceless in seduction because they are the basis of attraction...)

Yet, emotions are essential for a woman to be sexually receptive to you. If you try to logically talk to women and forget thinking to your body language, you are missing an amazing opportunity to communicate your values, your charm and to deeply connect with her. **The morality : do not miss any opportunity to build attraction (and especially not your body language...)**

Body language is both a mental and a physical process...

If you are timid or shy, your body will naturally communicate those values which are not really attractive and YOU will become less attractive. The attractive values that you want to communicate (because you want to communicate to women that you are an alpha who has wonderful genes) are rather things like a high status, cockiness, a big cock and even a little bit of arrogance...

Survive and do it doggy style

In the street at night, what happens to your senses ? Your senses are mobilized for recognizing a potential danger and being able to react... Because you're afraid, you have an awareness of what people are doing around you. For example, if somebody does not reveal his arms when he is coming to you, will you trust him ? Or will you prepare a potential defence ? Because we are on earth to survive and reproduce, body language is also a wonderful survival tool... which can make a huge difference in your life (or death).

Another example : if you are talking to someone who is avoiding eye contact with you, what could you legally think ? That this person is not honest, that this girl is uncomfortable with you... By the way, this is obviously not something you want to communicate to a hot and smart girl...

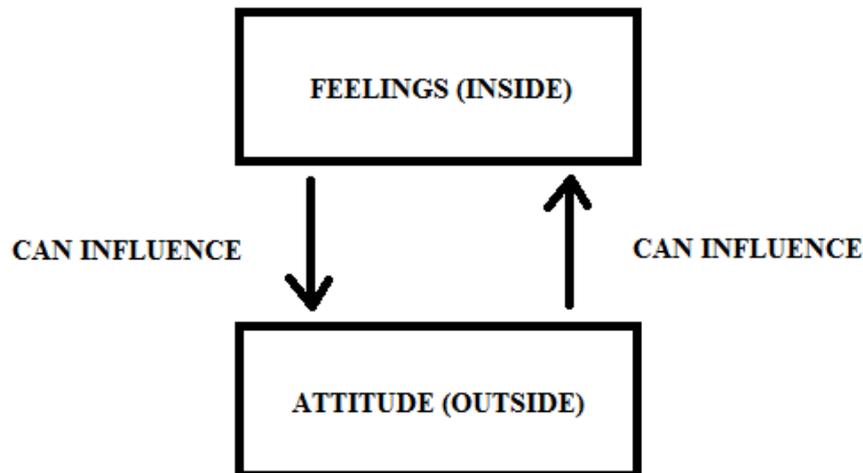
Body language reflects what is going on inside but you can learn control

When you see a beautiful woman, you can become nervous inside, and it is reflected outside. But, if you learn to control yourself and adopt a natural posture even when your heart is beating beating BEATING more and more, you will become way more attractive (and effective with women). Remember : **women at ease with themselves look for strong and imperturbable men** (girls with problems look for men with problems).

I know, it is very difficult to detach an internal experience from an external experience... but let's try. Sit comfortably in your chair. Let your arms down... how do you feel in the inside ? Weak ? Crap ? Small ? Adopt now the natural posture (like James Bond). How that makes you feel ? I guess bigger or more powerful...

You know... **at least 75% of being successful is believing you can be successful !** Then, think accordingly.

Here is another key : now that you are aware of the importance of body language, you can easily notice what your body is doing and change that... this simple thing can really change your mood !!! Yet, what you convey depends on your state of mind.



If one day, you feel bad or something : you can change your focus. Instead of focusing inside, take points of focus outside around you (remember the three dimensions : forward and back, left and right, top and bottom).

And never forget, if your words are saying one thing and your body something else... **the truth is always communicated through the body.**

In summary

The communication thought body language is not logical at all.

This is the reason why, most guys think women make crazy choices when they choose a lover.

Women at ease with themselves look for strong and imperturbable men (alpha males).

It is hard to detach an internal experience from an external one but you have to learn control.

The way you move can influence your mood. And *vice versa*.

The truth is always communicated through the body.

How and why do women interpret body language ?

*"Being a woman is a terribly difficult task,
since it consists principally in dealing with men."*

Joseph Conrad

Why women are naturally better than men at reading body language

Babies don't have words to communicate. So, women have to understand through the tone of baby cries (if they want to eat, to be consoled or a spanking). Of this skill depends the survival of the humanity. This is one of the main reasons why women are better than men at reading body language.

The world is different for women

A lot of guys will never understand how do the world is for women. But it is important to see through their eyes if you want to really understand them and be able to effectively communicate with women...

For example, we are physically bigger than them. Did you ever realize how this is intimidating ? How about if you don't understand your touch ? I know a guy who broke the pelvis of a girl by fucking her too hard. This is a reason why they want a man in control. Furthermore, an increase of pregnancy for women exists (condoms are not infallible). This is why, concerning lovers, they have to be very selective. Fortunately for most of us, it is based on alpha characteristics and not really on our physical appearance (you do not need to be as hot as Ian Somerhalder to reproduce).

If you now know that you can lie about your confidence and most of those "attractive characteristics" : women know it too ! It is therefore essential for a women to read what is really going on in your mind. This is the reason why you can get rejected before you open your mouth. This is also the reason why shit tests exist.

Shit tests

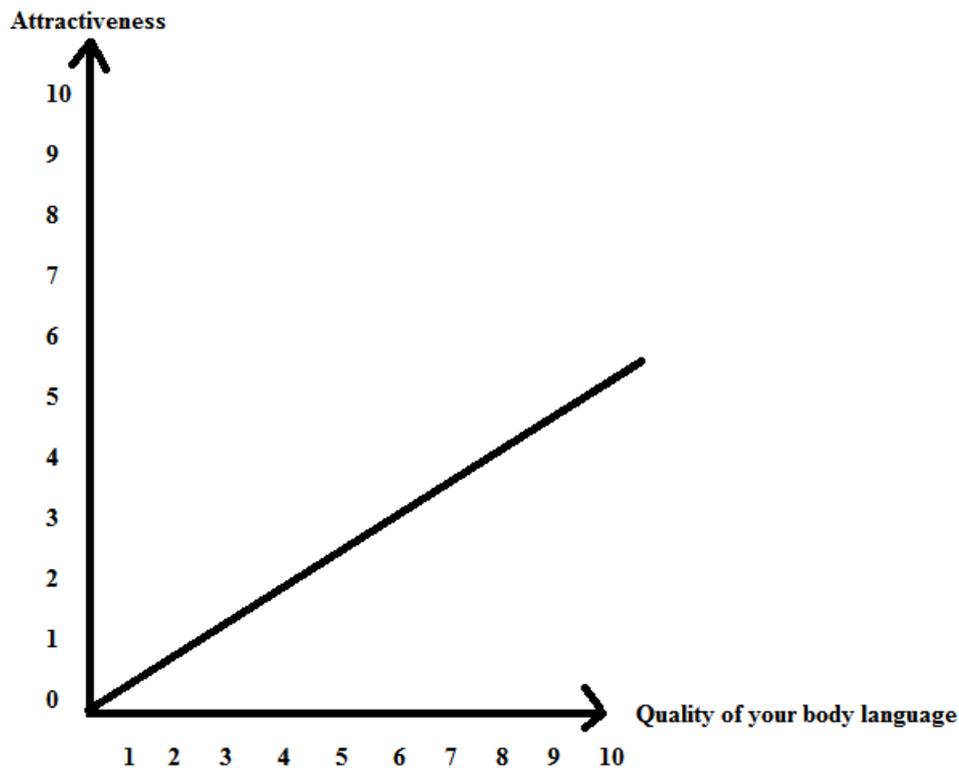
A shit test is what a girl throws your way to see how you handle it. Fail and you're no longer a sexual option, pass and it improves your high status. In other words, you go in with outer game, they throw it in your face to see if your inner game handle it when caught off (that is to say, if your behaviour is consistent with what you think). We will develop this topic later.

The first impression is almost decisive in dating

Women scan people in the room and the first impression is almost decisive. All this rapid cognition thing is working against you... or in your favour if you have a good body language. Very quickly, women say if they have good or bad emotions to you (and you do more or less consciously the same thing). When it comes to attractiveness : nice guys, needy guys, boring guys, awkward guys and low status guys are gonna be rejected mercilessly by hot and smart women. Indeed, if they feel uncomfortable in your presence, or if you bore them, or if they are ashamed to be seen with you, they will push you away ! And it is true even if you are cuter than her, because that's not the issue. Moreover, why would you approach a girl with lower value than you if you were a strong and confident man? It is a vicious circle : a work on yourself upstream must be done to improve your dating life on the length-term.

Body language can do, at least, half work for you

With women, a good body language can, at least, do half work for you. That makes a huge difference. Working on your body language is, therefore, the best way to start with the average. And the first thing to do is to avoid common signals of fear, neediness, boredom and awkwardness (like the speed of movements)... It kills most of woman's attraction for you !



Basic rule : before learning how to create sexual tension, you have to learn how to do not break this tension between you and a woman (sometimes, women are naturally attracted... even before you try to pick them up.)

The main ways to eradicate any attraction is to feel (or to show that you feel) :

- needy ;
- insecure about yourself ;
- weak ;
- desperate ;
- clingy ;
- like a man who always seeks approval ;
- like a man who begs her sexual favours.

A good idea to improve your dating life is working on projecting sexuality without saying anything at all about it. Using your body language, not your mouth, you can turn her on... without making her feel that she needs to show you how strong her bitchshield is.

We will talk about all this in details latter ! And a lot of other stuff... the best is coming !

In summary

Women are way better than men at reading body language.

The first thing to do is to avoid common signals of fear, neediness, boredom and awkwardness.

Working on your body language is the best way to seduce women.

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- Feel relaxed and sexual*
- Where to sit down during a date*
- This guy's so easy to talk to, it's as if I've known him for decades*
- Forbidden topics*
- Her place or your place ?*

Conclusion.....109

- You will become happy in a way you've never felt before*
- Do not always try to say the correct thing to a woman*
- Don't forget that, you too, you can say "no"*
- Always be willing to walk away*
- The technique is simple and effective*

Appendices :

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- Explicitly sexual advances are socially disapproved*
- A way to increase tension and test intention*
- Rules and boundaries*
- Cultural aspects*
- Flirting behaviors*

Online dating.....117

- Awesome girls can be met online*
- You do not take online dating seriously*
- Pictures*
- He is good with women*
- Some women will be interested enough to message you*
- Awkward moments*
- Low risk and prizing sentences*
- You will probably have to message the hottest girls*

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Find out :

- How seduction works... and why !
- How to have a sexual aura, like actors and rock stars.
- How you can become more charming. How the process of attraction works.
- THIS facial expression which makes everybody more attractive (men and women).
- The best way to touch women. & how to really enforce compliance.
- How to build some complicity and deeply connect with people, in particular women.
- Why women are instinctively better at reading body language than men.
- How your body language can save your life & the importance of the first impression.
- Numerous postures, attitudes and reactions which turn women on.
- How to become more dominant but remain approachable.
- How to answer to women who do not *a priori* look receptive to your charm.
- All the signals of interest and disinterest unconsciously emitted by women.
- How to be recognized by her as an alpha.
- How to seduce, whatever you say. How to everytime have a good attitude.
- How to get an indestructible *inner game* (mental strength) .
- How to read the body language like Patrick Jane ;).
- How to avoid the mistakes which prevent 95 % of men from getting laid as much as that they deserve it. Be sure you do make those mistakes !
- How to shift the rules of the game (Unlike normally, WOMEN will try to seduce you).
- Why she will want to assume and fulfil her sexual desires with you (especially doggy style).
- How it is possible to get laid in less than 10 minutes with beautiful women.
- And much more : because you will get the mindset of a successful interaction with the fair sex... you will become independent of all the manuals of seduction!!!

You want the rest ? Read the book (190 pages) here =>

<http://www.diaryfrenhpua.com/howtosublimatyourbodylanguage.html>

See you soon : Check out my articles and my other ebooks on my blog...

<http://www.diaryfrenhpua.com>

