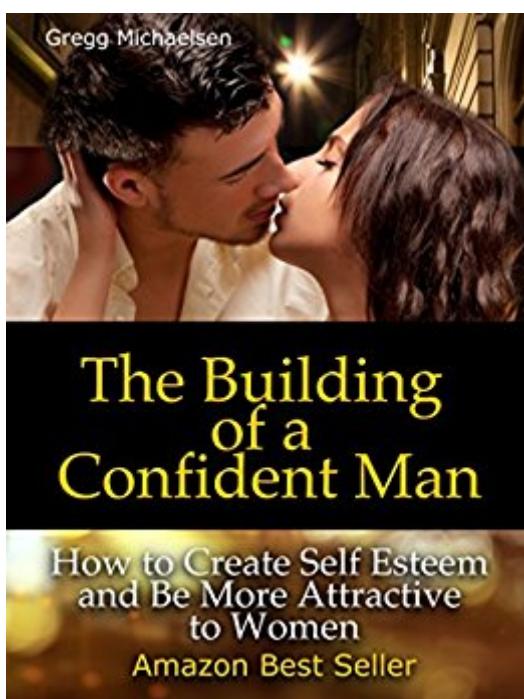


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# The Building Of A Confident Man: How To Create Self Esteem And Become More Attractive To Women (Dating And Relationship Advice For Men: Keys To Seduction Book 1)



## Synopsis

The Building of a Confident Man: How to Create Self Esteem and Become More Attractive to WomenFinally! A self confidence for men guide for the average guy to CRUSH the shyness and anxiety that comes with approaching women by raising self esteem. Do you lack the self esteem to pick up and attract women? Are you frustrated that you have no self confidence to ask out that gorgeous co worker?Hi I'm Gregg and write Best Sellers!Attracting Women Revolves Around One Dominant Building Block → ConfidenceLEARN MY SINGLE MOST AMAZING TIP TO DOUBLE YOUR CONFIDENCE IN JUST 2 HOURS - CHAPTER 10Confidence is GOLD. Women lust for men with high self esteem. So how do we gain these illusive traits?We Become a High Value Man Through Love and Respect of OurselvesFinding your dream and pursuing it like a honey badger helps you become a high value man. Most men let life dictate their next move. The Building of a Confident Man will change this. Your life will explode with opportunities and the BENEFIT?WOMEN!What if you could raise your confidence by ten points? This might make the difference of asking for a girl's number.Twenty points? This could have you approaching a girl mid-day.Thirty points or more? This could have you ruling the night in South Beach!Building self esteem and confidence is a slow, gradual process. But given the proper tools, confidence builds and will domino. Negative thoughts flow out of the mind and the positive ones set in.What if you had a simple self esteem workbook that could erase the years of negativity that's been thrown at you? A complete set of exercises that could shift your thoughts?Now you do!The self love for men book is geared towards confidence with women but will have a profound effect on your personal life too. My readers have had superb results with this book - YOU will too.Success with Women Starts with Our Inner GameThe Building of a Confident Man digs deep into the male psyche. This self esteem workbook quiets ourselves and prepares our minds to accept change using techniques like:AffirmationsGoal setting theoryDesensitizationPassage meditationCreating a game plan to instill empowering beliefs dailyChanging your mindset from beta to alphaDeleting self defeating behavior through displacementDeveloping personal transformation skills for mate seekingExamining why our physical health boosts self esteemNo matter your looks. No matter your age. The Building of a Confident Man will pave the way for approaching, meeting, attracting and dating quality women when and where you desire. This new found self confidence will spill over into all areas of your life and have you making new and fresh choices. Hit the buy button right now!Start Succeeding With Women!Stop hindering your path to success. The building blocks are already inside you to become the confident man you aspire to be. Join Gregg and empower yourself with the secrets to self confidence and attraction. The solution is in front of you, it's now up to you.About The AuthorGregg

Michaelsen, Boston's top dating coach who turns the average guy into Superman, delivers once again. He has several #1 Best Sellers in the dating advice genre. Let's Take a Journey!

## **Book Information**

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## **Customer Reviews**

I'm not a big fan of most dating books, because most of them are full of crap (excuse me, regurgitated content drawn from stereotypes that don't apply in most cases). "The Building of a Confident Man", however, was actually a pretty interesting book that had some good tips and advice. The strongest (and best) part of the book in my opinion is its concept and approach. Most books and magazines on dating advice, that I have come across, focus only trying to get readers to fit into a "mold" of what they believe might be appealing to women. This book focuses providing the advice and inspiration to be more of yourself when you are looking for that significant other. In short, this book offers advice for you to look and feel more confident in pursuing your dreams so that you can find the woman that belongs in the dream too. One quote from the beginning beautifully displays this: "Women are attracted to men that make them feel good about themselves". This book is definitely a good start for understanding that and taking the first steps to making that

happen. Another thing was interesting was some of the interesting side trips that the book takes. I did not expect to see like the "passage" meditation, affirmations, and desensitization techniques. It was interesting to read and therefore something that made the book unique. That being said, the book has some shortcomings. For one thing, the language style is very relaxed (the kind you would find in an online article), compared to other "advice" books that try to sound more professional. (Either way, the advice is pretty good.) There are some sections of the book that seem rather common-sense; however when you put it all together in the way the author does you get a sense of the dating advice. I would have liked to see some changes in the organization. Some of the content could have been combined and more divided into further sections (like one focusing on the "internal" (Chapters 6-9) and another on the "external" game (Chapters 10-12) and the "dating" game itself (Chapters 8 and 13). Some areas could have used more unique content (Chapter 10). In either case, if you are looking for a book to help you gain a little more confidence or inspiration on the dating trail, this is a book to consider. It's unique, it's different, and it's for real life.

One thing I've noticed about most dating manuals is they all seem very similar. They tend to rehash the same observations and techniques without outlining a specific program to implement changes. This book is totally different. It's the first of a four book series intended to help the average guy methodically build from the inside out and achieve success. The author, Gregg Michaelsen, establishes right away this is a marathon and not a sprint. He draws a powerful analogy between scaling Mount Everest and going from a dud to a stud. Like conquering a formidable mountain, the author explains that if you try and move too fast up the hill you'll fail. So you have to take baby steps, one at a time to achieve success. He then begins to outline a program that will get you there - and by creating a four book series he allows time for you to make that journey. Whereas other dating books go right for the prize (getting women) almost this entire first book instead focuses on how to better you. The key to the whole deal, he explains is self-confidence (and self-esteem.) He shows that in order to generate success with women you have to first build that success inside yourself. So he truly delivers on the title of the book. He then outlines a program. Each chapter focuses on a different aspect of building confidence in yourself. First he shows you common mistakes guys make with women so you can begin to avoid them. Then interestingly moving forward he delves deep into the metaphysical, demonstrating how meditation, desensitization and other mind control techniques can benefit you. In other chapters he gets more practical in regards to improving your appearance, your home and your basic interactions with women. One of my favorite chapters is called "Beta to Alpha" where Gregg explains that women are drawn to powerful alpha

men (and why.) It's clear why confidence then is so important to the equation. At the end of the book he gives you very simple advice on how to begin talking to women in a way that isn't daunting. In this way, he leaves you wanting more which is the point of the book series - to move at a comfortable pace and slowly build up your abilities over time. I'm guessing each of the four books will work in the same way, building on one another, chapter by chapter, until before you know it you've arrived at your destination at the top of the proverbial mountain. Another thing I like a lot is the quotes at the heading of each chapter. They're inspirational sayings from very powerful people throughout history (Bruce Lee, Vince Lombardi, Buddha) who shed light on the processes described in the book. This is a must read in the world of dating books. It is totally unique and it delivers on what it promises and then some, which is very rarely the case in this genre. I can't wait to read the rest of the books in the series.

I knew about Gregg's blog and spent a lot of time on Keys to Seduction, but it wasn't until a few days ago that I decided to give one of his books a try. For anyone who has just been hanging out and reading the stuff on his site, I would highly recommend grabbing one of his books, starting with this one. It's not just the content that he covers, but his approach. I like that he jumps right into the content with a 4 Quick Steps guide chapter. Later on he talks about everything from fashion tips to maintaining your bachelor pad (hilarious by the way, and unfortunately everything he mentioned applied to me!) Obviously the most important idea of the book is confidence. Yes, plenty of dating books address this topic. Actually that's the reason I never bought a dating book until this one, I figured I knew what they were about before I even opened them up. But Gregg isn't general here. He not only goes into why confidence matters, but he gives you a playbook of sorts, a way to slowly build off of the information you get from each chapter. It's not just "this is how it is, so get out there and start dating!" Not at all. He works you into it. He makes it a process and he makes that process fun. So yeah. Just wanted to share my thoughts on this. I guess I could have jumped onto a dating website or something, but that never really appealed to me. I wanted to meet girls in the real world, and this book is helping me get there. Hence the five star review! My only regret is that it didn't go into more detail on a few of the topics (that last chapter on dating comes to mind, and chapter 9 also (Beta to Alpha). However that won't affect my five star because he's got two other books in his series and he jumps into even more detail with those.

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