



A  
'MODERN MAN LIVING'  
GUIDE TO SEDUCTION  
- WHAT SHE SECRETLY WISH YOU KNEW -

BY SEAN ADAMS

**Does it ever occur to women that maybe a guy might like to have a plan...He's not sure that he could just walk up to you and you'd respond if he said: "I like you".**

**- Hitch**

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## INTRODUCTION

I am no seduction guru. And I don't go around picking up hot women and models. All I can really say is- I do have the knowledge and the understanding to apply these seduction principles to my life whenever I need to. I'm not wasting my time on all of the wrong arguments, or feeling insecure when a girl tests me, or even being hurt when I get rejected.

I see seduction as an ordinary part of life. All of our lives can be fitted into categories- and seduction is a tool which clears up your relationship category. You don't have to be confused by it all. You can just get on with it.

And a lot of guys play by the wrong rules. Also, they have their own inner issues which prevent them from taking on seduction. But one day- they will need these skills. Otherwise they will just get trapped into a relationship they do not want, with a woman who only wants them because she feels safe with a weaker male figure- she feels secure knowing she can control him.

But you want to be in control of what you want and what you can get.

Some guys can have these techniques naturally. If you ask them how they do it, they'll just say, "It's easy". Well, it's not easy if you play with the wrong rules. It'll be like playing tennis with a basketball.

And you are not a loser for wanting to learn seduction. Your mum would never tell you the right rules. She will tell you to be polite with women, show respect, buy her drinks, look after her. And yes, they are all valid- but they come AFTER you have sparked attraction and you are seen as a high value man.

### **A GUY NEEDS A PLAN TO GET THE GIRL HE WANTS**

I never used to believe that. I thought it was coercive to have a "plan". I believed all you needed was to be yourself and just have a conversation.

Fortunately, after a lot of confusion, I learned otherwise. Some guys out there are not so lucky.

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The 'Hitch' quote was spot on. A man can no longer go up to a woman and say, "I like you". He will only get a "Thank you" with a hidden thought of, "I bet he says that to all of the girls".

And anyway, why should that be enough? Her knickers do not fall off simply through saying you like her.

And the "Be yourself" thing...How do most guys achieve the "Be yourself" attitude with women?

Usually it is the DEFAULT way of doing things...

- *They give without asking for anything in return.*
- *They compliment without reason.*
- *They offer everything.*
- *They want to chase after a girl without her even attracting him.*

What we do not realise is we are working backwards. We are showing all of our protector and provider traits. But we don't realise women are independent nowadays, and we are part of a 6.7 BILLION race where there are an abundance of men out there for her to choose from.

It's ridiculous when you think about it like that. Even women feel it is ridiculous to believe his compliments are enough reason for her to go with him. And unless they learn how attraction works- they have no clue where they are going wrong. This leads to them getting frustrated with women for all the wrong reasons.

As you read this book, you will know we respond to evolutionary wiring, but we are living in a modern world with new rules. It is bound to create conflict.

Many of the men who believe the above method are feeding off of what women tell them to be true, when really- the real ways to seduce her are a secret.

Society wants to keep it a secret. It could be a feminine influence, but you will see why it has been kept a secret. Women have so many consequences they have to consider- and as a man, we have to understand them.

There are so many consequences for a woman by letting you seduce her. We cannot truly believe that going up to a girl and saying to her you find her attractive works....Reason? Because so many other guys living on the old rules keep trying it.

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And when they have said she is attractive and she “fell for it”, she ended up going through the worst consequences– being used, or being pregnant, or he fed her lies and she latched onto them etc.

My belief is always about living as a man in a modern world. We need to catch up to how things work. If you are still living on old rules– then you won't get anywhere.

So in this guide, you will learn how seduction should REALLY work. The method has been working for generations, yet today– our challenges are different.

This is not a guide on how to get a woman into bed. There is clearly a separation between the sexes– each must fit like ying and yang into their roles. But women are not your play toy for sex. Their emotions and desires are things you should take into consideration.

### SEDUCTION IS A BALANCE

Use it to your own gain whilst neglecting hers will only breed more insecurity in women.

If you have a strong sense of your own reality– yes, women will follow you, but she will ENJOY following you.

Forget what society tells you, and do not feel guilty for seduction.

Bee's dance. Lions Roar. Peacocks spread. Men compete.

Seduction is always happening, so learn how to do it effectively.



## PART ONE: SEE THE MATRIX

Seduction has a very negative connotation. I mean, even the dictionary definition is 'to entice someone astray'. But when seducing the opposite sex, we have to understand that seduction MUST be used in order to make things happen. It plays an important role in human culture. Well, in any culture I should imagine.



If we never tried to seduce and “entice the opposite sex astray”, then both men and women would be at a stand off. Women would be thinking, “Why hasn’t he swept me off my feet yet?”, and men would be thinking, “Month subscription of porn. Very nice. How much?”

Seduction is bad! Seduction is naughty! ...Ugh, what poppycock.

How would any race continue without somebody being seduced?

Obviously when two people first meet it is hard to know whether they are compatible or not. So if either want to have sex– it requires action...it requires seduction. Typically, it should be the man who takes the lead to make something happen. The women will be merely suggestive to encourage his actions in a subtle way.

## THE MAIN CONFLICT WITH SEDUCTION

Who is gaining from seduction? The reason why there has been such a clash about the subject is because women seem to get the bad end of the deal. Women want more than just sex. They want a long term partner who will love them. The man is simply out for sex (initially).

So if he manages to seduce her to do the bad thing, the man can easily leave while the woman feels used as he goes his separate way.

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This is why women had to flip the script. They were constantly getting the bad end of the deal. And as pregnancy and babies can often be the result of some nookie– it leaves the women in quite a predicament.

And thus, society encouraged women not to give in so easily to men's manipulation.

### "HE'S ONLY OUT FOR ONE THING"

Nobody can blame women for that ideology. There have been many seducers throughout history who have fed women a web of lies just to satisfy their lust. But if women held on to the ideology, then there would be a stale mate. The struggle to seduce would become more and more difficult.

There had to become a balance.

## THE CHANGE OVER

Fortunately, women don't latch on to the notion so tightly. It wasn't so long ago when a new wave of female sexual expression came. Women were allowed to say they like sex, and they were allowed to enjoy it. They have more play things upstairs than Toys 'R' Us. And because of the pill and contraception's– they can have sex without any repercussions.

And that is a position we live in today– women enjoy sex (I'll explain later). However, the emotional aftermath has still not reached a clear cut point.

Men have tried to compensate

for it by being more affectionate with women. They would respect a woman and become 'the nice guy'. He would do whatever he could to prove that he is a man worthy of making her happy and be there for her.



But once again, men began to realise that being the nice guy did not work. In the same way that women once felt used and worthless– men began to feel the same way. He would do all that he could for her, only to find that his feelings were not matched.

Guys created a community to learn seduction– Pick Up Artists. They were the frustrated ones who had the balls to admit defeat and learn attraction from scratch. They wanted to understand it.

There are so many conflicting messages about how a guy should be.

### **WOMEN SAY THEY WANT ONE THING, BUT THEY RESPOND TO ANOTHER**

Some wires were clearly being crossed.

And these crossed wires go on all the damn time. So you can see why seduction is so difficult. We are seeing the world through the wrong lens.

So the first part of learning seduction is to....

## UNDERSTAND WHAT IS REALLY GOING ON WITH MEN AND WOMEN

It would drive you crazy to try and understand all the back n' forth fiasco and conflicts. So to understand how to spark intimacy with a woman you have to:

### **FORGET EVERYTHING YOU HAVE BEEN TOLD**

It's a generalisation for you to do that, but you can't risk being polluted with all the naff ideas out there. So forget what your mum told you. Forget what your girl friend told you in your teens before she left you. Forget what you see in romance films. You should probably forget what your dad told you too if he ever took the time out for it.

Forget it all– because 90% of the beliefs about seduction are fiction. You are always encouraged to be the nice and respectful guy. But as you have probably learned throughout your short but colourful life– that is not the case.

## CHANGE YOUR PERCEPTION OF WOMEN

What you want to achieve in the beginning is to SEE WOMEN DIFFERENTLY.

This does not mean hating on women. This is simply UNDERSTANDING NATURE– The evolutionary nature that has kept it all going.

So here are a few things you need to come to grips with. And as you progress through this mini course, you will put together the pieces that confirm these beginning perceptions.

A few suggestions that you might want to read and check out:

[‘The Red Queen’ by Matt Ridley](#)

[‘The Mating Mind’ by Geoffrey Miller](#)

[‘Sperm Wars’ by Robin Baker](#)

[‘My Secret Garden’ by Nancy Friday](#)

They are books about sexual evolution, our biological and animal instincts, and female fantasy.

You have to go to the core to understand male-to-female relationships because society has messed it all up for us. You’re being lured into the nice guy fallacy where you are communicating ALL of the wrong things.

And you can’t ask women what really works for them because they too have been led to confusion. You will only get a reel of manufactured responses. “A guy who respects me...who will look after me...who makes me laugh” All plausible, but still– a man would not be able to get what he wants by following those rules.

So here are some new beliefs you should follow as you read through this book:

## 1. THERE IS USUALLY AUTOMATIC TENSION BETWEEN THE SEXES

I mean a flirtatious tension. We are all constantly checking others out to assess their value and attractiveness. It doesn't mean we pursue anything, but it does mean we subconsciously seek it out.

It's especially true when a guy and a girl are left alone in a room. Sometimes it is automatically assumed they will find something in common and become closer. There is a tension as to whether you should keep things safe and respectful, or whether you want to flirt as you check out each others signals.

This tension is just there for us. And you have to ask yourself, why is it there? Why do we all subconsciously feel we have to check out other people's attractiveness and value? And why can it sometimes feel uncomfortable being left alone with the opposite sex?

Some people are obviously more receptive to these feelings than others- but it's difficult to ignore the feelings.

## 2. SEDUCTION IS A NATURAL PROCESS.

We are a species, and every species has a mating ritual. It's not learnt at a seduction school. It is not altered by "What will they think? Will I get rejected?" thoughts. It is purely down to NATURAL INSTINCT.

We have this innate instinct in our own species, which is probably why we have the tension mentioned in #1. But we do have a consciousness, so we cannot always act on our own primal instincts. Doing so would cause all kinds of crap. You'd probably be spreading your seed in every female going- not wise.

So we do have to harness our instinctive nature for the sake



of society and emotions. That's okay, as long as you respect the boundaries of other peoples personal freedom.

### 3. WOMEN WANT (AND EXPECT) TO BE SEDUCED, AND THEY ENJOY SEX

Everybody wants more of a good thing. And every women mentions she wants to be swept off of her feet.

Yes, women want to be seduced– but only by the ones who do it right

The selective few are the ones who UNDERSTAND how it all works. She probably has guys in abundance checking her out and constantly trying it on with her, so she can afford to be very selective.

But once the attractive guy who gets it comes along– she will do everything she can to align with him. Why? Because, yes, there are many guys out there...but a high percentage of them seduce in the wrong way...if you can even call it 'seduce'.

If you read Nancy Friday, you will read about female fantasies from genuine women. It unearths the libido many women feel they have to suppress. All women feel a social pressure to uphold to a pristine and pure image. No girl wants to be known as a slut by her social peers. And these are often the fantasies women want to play out in the bedroom. They want to take on the forbidden as a role in the bedroom– like the helpless rape victim, or the shy girl wanting to be really slutty etc.

Her libido is like the wind– just because you cannot see it, doesn't mean it isn't there.

### 4. WOMEN SEDUCE US WITH THEIR ATTENTION TO APPEARANCE

In PART TWO, you will understand how attraction works. As for this part, you have to understand that men are not the only ones who seduce.

Why does every girl LOVE to dance? Why does every girl LOVE to take pictures? Why does every girl LOVE to go shopping?

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They are all unconscious habits of women who want to display themselves the best they can, so that potential suitors will spot them and want to seduce them.

It's a catch-22 for women. They want potential suitors to find them appealing and attractive, but as they are doing it, all the wrong guys might show up. But is that enough to stop a woman from doing it? Hell no!

It's their way of seduction. The way she moves on the dance floor...the way she chooses the right dress to show off the right curves or push up her boobs etc. I've had the unfortunate experience of trying on a pair of high heels. Why anybody would want to wear them more than once baffles me, unless there is something deeper going on.

Pay attention to the detail a woman goes through to look good. Whether she is competing with other females to stand out more, or maybe just to feel good...it doesn't matter. It all comes down to an unconscious strategy to attract, which then leads to seduction.

So do not apologise for trying to seduce a woman. If you seduce her in the right way, she will feel absolutely amazing that she has been noticed. It'll be like Johnny Depp has literally come up to her and said, "I like your dress".

## 5. ALWAYS REACH A MUTUAL UNDERSTANDING

Men want sex, women want relationships...and women also want sex. But because of social status, a woman does not want to be perceived as a slut. She has to appear to have high moral standards, even though she may be craving for it inside.

Her social appeal far outweighs her desire to have sex (in most cases). Women may even want a cheeky flirt with a guy, as long as her boyfriend doesn't see it happening.

But you do not want to be the guy who can manipulate her feelings about these, just so long as YOU get what you want. You have to respect what she wants.

After all, girls will constantly tell you, "Just because I'm going into your bedroom, it doesn't mean we are going to have sex". She will always try to defend her

reputation and social image. She will say no in many ways, but this is the art of a seducer– you gain the ability to gauge when she genuinely doesn't want anything.

Also, as you learn the techniques, yes you will be able to manipulate the situation– But it doesn't mean that you should. If you are telling her you love her and adore her, just to make her melt in your arms as you carry her to the bedroom, but in the back of your mind you know you will be gone in the morning– that is unfair manipulation.

Be honest from the get go. Integrity goes a long way for somebody who learns the natural way of seduction.

Ross Jeffries said it best, "Always leave a woman better than when you found her".

She is not your conquest.

## 6. YOU ARE ALLOWED TO SEDUCE

My granddad once offered me this advice:

### **IF YOU DON'T FUCK HER, SOMEBODY ELSE WILL**

He didn't have much tact. But he also means– if you do not make the move to seduce her, no doubt some other guy will. It is a continual thing that will always go on.

She wants to be seduced. She seduces you by her external appearance. It's natural, and seduction HAS to happen otherwise nobody will go with anybody. No naughty time.

All the above make you realise that YOU ARE allowed to seduce women. You should not apologise for it or feel bad. She asks for it, and you want it. Our nature would not have gotten this far if we all stood at the far ends of the dance floor.

The only lines to stay in between are using these techniques with respect and maintain your honesty and integrity. At least that way seduction can be a pleasure, both for you AND for her.

The flirting, the teasing, the tension, and the unpredictability– they are all actions and feelings which feel good when you are having them done to you by somebody

you are attracted to. You can make her feel good by giving her attention in all of the right ways.

Saying, "You're beautiful" by itself doesn't cut it anymore. You have to have an overall sexual and attractive attitude about you. Without it, it just doesn't work.

## ONE MORE THING

### FORGET LOGIC

Look at how far logic would get you if you took the idea of, 'If she says she wants that in a guy, then being it means she will want me' – you will get nowhere.

You can't define how to seduce the opposite sex by logic alone. You have to read between the lines. As I said earlier, a woman will never tell you directly what she wants from you.

With that in mind – the seduction path is never really defined for you. You will not get exact answers. But as you practice the techniques with these new perceptions in mind – your instinct and awareness will improve, giving you much more confidence in knowing when she is receptive and when to pull away.

Next...

**ATTRACTION – UNDERSTAND WHAT WOMEN WANT IN A MAN.**

## SUMMARY

It took a while for women to be able to admit they enjoy sex. With contraception, women were allowed to be a bit more aloof because it prevented the consequence of being tied down with children. They can be as promiscuous as men, Or can they?

Women have a lot of consequences with sex– she has her reputation to worry about, and the aftermath. Men only want sex, so it requires a man to work towards a balance.

Men seduce to get sex, but women do not want to be easy to give it because of social perceptions and morals.

There are too many mixed messages about what women find attractive– so forget everything you have been told. Start from the beginning...

1. THERE IS USUALLY AUTOMATIC TENSION BETWEEN THE SEXES
2. SEDUCTION IS A NATURAL PROCESS
3. WOMEN WANT (AND EXPECT) TO BE SEDUCED, AND THEY ENJOY SEX.
4. WOMEN SEDUCE US WITH THEIR ATTENTION TO APPEARANCE
5. ALWAYS REACH A MUTUAL UNDERSTANDING
6. YOU ARE ALLOWED TO SEDUCE

To understand how attraction works– forget logic. Nobody like the mass media or women will tell you how it really should be.

## PART TWO: UNDERSTANDING ATTRACTION

We need to understand how attraction works. We can't turn to society or women for the genuine answers. It's filled with confusion and red herrings. The best way to understand attraction is to first look at our own responses, and then apply it to evolution to see how it all fits together.

### WHAT ATTRACTS A MAN TO A WOMAN?

We know the obvious answers. Every magazine and media publication knows the answers too. But also, forget your own personal preferences for a moment. It doesn't matter if you prefer blondes over brunettes; bitches with attitude or cute and shy girls– we are looking at our core, the one that has been able to make our ancestors mate each other even when we had no such thing as language.

**For evolutionary attraction– Imagine a world without language.**

And the things we are immediately drawn to are:

- *Youth*
- *Beauty*
- *Curves and Slenderness*
- *Breasts*

Beauty is a category that includes her smile, her facial features and her overall appearance including skin and hair. Put it all together and you have nothing but external switches that attract us.

This is not to say personality plays a big part. But we would not know about a person's personality without language.

And what do all of these add up to?

- *She is healthy and vibrant*
- *Ability to have children*
- *She has a higher success rate of raising the child*

It's true, we don't look at a beautiful women and think, "Damn! Oh she is going to be SO good at having my baby. I want her".

It's instinctive and out of our control.

Think about it. A guys first thoughts when noticing a woman are all about her appearance and how 'sexy' she looks. He hardly ever thinks, "I wonder if she can make me laugh".

### TRY THIS...

Put your hand flat out on the table. Look down at your index finger, and tell it to move. Just internally say, "Move". Can you do it?

I'm assuming you won't be able to do it. With our body and our psychology we can't WILL things to happen. You can't choose what or when you get an erection. People may joke about our manhood is independent of us- but it does feel like that at times.

This little test proves to you there is something deeper going on. You can't move your finger by giving it a command. You don't even have to think about it. It is just done naturally.

### NATURAL ATTRACTION

Apply this principle to attraction. You cannot control it- it just happens naturally and we respond to it.

This is at the deepest level of us, and there have been many layer additions as we have progressed and evolved- But the core still remains the same. Unless there is going to be a HUGE genetic mutation, like the small ones which have already happened to introduce homosexuality to humans as it changes their internal chemistry, then this is how it's going to be.

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You can't argue with instinct. We were never shown what to feel attracted to. We



never went to attraction school which said, "You will be attracted to X, Y and Z".

And we shouldn't be so naïve and closed minded to think it only applies to men. Women have these responses too which they cannot control. And the mistakes men typically make are down to social influence.

A lot of us also go on the same rational thinking– if I show I'm attracted to her, then she will be attracted to me.

That's stupid. That is like thinking if I say I love somebody, they will automatically love me back.

Attraction is a feeling, and it needs to be triggered.

So we need to trim away the social influence (talked more about in Resistance and Interrupts) and notice what goes on at a woman's core.

## WHAT WOMEN RESPOND TO

Remember– women do not consciously think about this, just as you don't think about liking her because she is healthy enough to have children. It just happens for her. She will get turned on or she will get urges to act on her impulses.

So what are they? Put simply, they are:

### **VALUE AND STATUS**

Keep on thinking back to a world without words and a social structure. It was all down to survival, and a woman could not survive on her own...

*(Note how women still have a big fear of being alone. Even in a big world with a huge population, that fear can still overwhelm her. And the older she gets, the more*