



# Without Embarrassment

The Social Coward's Totally Fearless  
Seduction System

by Michael Pilinski  
[www.HighStatusMale.com](http://www.HighStatusMale.com)

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## Chapter 1 : Is Your Ego Roadkill Yet?

### ***Stop Trying to Get Lucky, Get Informed***

Okay I admit it... I stole that subheading from the radio promo of some gambling outfit that advocates its "stone-cold-lock" football handicapping service with this cute little moto. ***Stop trying to get lucky... get informed.*** I liked it because it pretty much describes the approach that men have been taking with women since we were no longer allowed to club them over the head or buy them from their fathers for two pigs and a bale of grain. *Getting lucky.* The whole notion of "getting lucky" sums up what little control most men have over the course of events when it comes to the game of seduction. Try some desperate gambit, roll the dice, and see if it works. And if you do actually "get lucky", it's altogether unclear just what the hell you did that was so wonderful... therefore you can't repeat it! Next time you try the exact same approach, you get rejected flat out.

Oh, I get it... I guess this time you were "unlucky".

Well, forget all that bullshit. *Without Embarrassment* is going to give you the techniques, knowledge and confidence that you need to overcome your life-damaging fear of rejection. You will learn some of the classiest methods imaginable to influence and seduce the kind of great looking girls that you've always fantasized about having. ***It will do this by teaching you precisely how to act – in both look, attitude and moves – like a High Status, Dominant Male.***

Dominant male? Absolutely. You will soon come to appreciate how *this* type of behavior is what women truly want to see in a man who has romantic desires on them.

Trained by biology and social convention to ruthlessly reject men who are perceived as occupying a low rung on the Male Dominance Scale, women control a contest where they set all the rules and understand with fine precision exactly

how the game of seduction should be played. Any man who can hold his own in this highly charged arena of combat will have captured her interest regardless of what he may lack in classically handsome physical attributes. Seduction is a game requiring masterful wits and an effortless sense of timing. You must learn to wield powerful psychological weapons with the delicacy of skating across the fragile surface of a soap bubble. One misstep, one clumsy comment, one impatient forced play and – pop – the chance for a successful seduction vanishes and is lost forever (at least with *that* particular woman).

***Getting 90% of the way there is a total fuck up.*** You need to have a better edge than that. Now you have one.

### ***BloodSport... Approaching and Seducing Women***

*BloodSport? Roadkill?* Sheesh...are you telling me that trying to meet and seduce women really all that dire? Isn't the grand game of wooing women supposed to be a light-hearted adventure taken on with playful humor and an air of restless good spirit?

Sure... but only if you don't suffer from **Severe Rejection Hyper-Sensitivity** like I used to. **SRHS** is a life-damaging psychological millstone around your neck which I had the sheer luck to discover has a very concrete underpinning in the way that you were treated by your primary caretakers (parents) as an adolescent. I'll discuss this problem in depth in Chapter 4 when I introduce you to the eye-opening concept of **toxic shame**... a malady that lies at the heart of a constellation of various neuroses and thought distortions – not just this double-damned "shyness".

Look, if you can suffer all the various "kicks to the teeth" that this maddening game of approaching and seducing women often creates – and just let it all slide off your back like water from a duck – then you might as well stop reading right now. This book isn't for you. You can probably make some headway with women here and there, now and again. *Without Embarrassment* is for the guy who is stopped dead in his tracks by the thought of having his advances rejected... who stands helpless at the moment of opportunity when a beautiful, available girl is nearby with his feet rooted to the floor in anxiety... his mouth paralyzed to utter a single word or his body produce a stray movement that might be judged ridiculous or somehow diminishing – whose mind has gone

white-hot blank in a haze of staggering **fear**.

You and I are kindred spirits. I'll bet you've been to the place that I just described. Maybe you've lived there all your life. I know the agony of this kind of self-imposed isolation, and the frustration of trying to overcome it, or even just understand it. The key to freedom, as you will soon see, is **knowledge**.

Face it, on a most fundamental level, the reason why you are afraid to open your mouth and say something to a woman in a social situation is that you simply don't know **exactly what** to say. You understand that you have to say something that deviates from the ordinary run-of-the-mill type of small talk BS that we all engage in with friends and co-workers... but *what*? You know that the basis for seduction is *speech* – that you have to talk to a woman in a certain precise sort of way in order to get her to feel or reciprocate some kind of attraction towards you, but just *what* are these magic words? What topics do they focus on? How are they presented? Does the delivery matter more than the actual content of what you say? And if it does, then what does the unspoken nature of that delivery say?

I wrestled with these question endlessly in my forsaken youth, as I suspect you might have too (and might still be doing). One of the characteristics of us thoughtful, withdrawn (sexy) guys is that, besides being way too judgmental and hard on ourselves, we tend to **think too much**. Intellectualizing and ruminating are **thought addictions** that give us a shield behind which to hide our true selves. You'll see that once I show you exactly how the mental, physical and gamesmanship aspects of seduction are developed and deployed, your powers of the mind can then be turned to the more productive task of applying these technologies for each individual women that you encounter, *instead of trying to invent the whole damn technology right on the spot!*

That's where paralysis comes in. How can you be expected to suddenly invent a seduction routine when the opportunity sneaks up and presents itself to you when you're least expecting it? Who could possibly operate under that kind of pressure other than a professional actor who's skilled in improvisational techniques? Hell, even if you're in a bar or a nightclub and have the time to stand around and daydream as all the pretty women swirl around you, you still can't think of what to say! Your overly-critical mind just keeps rejecting one thing after another until you run out of ideas and go home frustrated again.

That's because you understand intuitively that you just can't say any old thing... you have to say the perfect thing or you'll just get rejected and laughed at as a hopeless idiot. And rejection must be avoided at all costs right?

So how do you avoid all this pain and agony? **Knowledge**. When you have a specific plan of action all worked out in your mind beforehand, which includes an idea of what exactly you should be saying in order to make the best impression possible (and thus diminish your likelihood of being rejected), your ability to **take action** skyrockets. That's because you can approach the task with the confidence of someone who knows what they're doing. **Knowledge and training breeds confidence in any kind of human endeavor**. Seducing women is no different than any other task in that respect. (And remember I'm all about avoiding rejection at all costs, so my training has to be extensive in order to cover all or most eventualities).

### ***Romantic Ratings***

We accept or reject people for their romantic potential based upon an internal criteria that we carry around with us deep in our brains. We have categories where we place people of the opposite sex and then grade them accordingly. In order to avoid rejection, we have to do, say, or be something that fits us into the *Acceptance* category and keeps us out of the other person's *Reject* category. We can't do this until we understand the major basis upon which the sexes grade, and they are vastly different for men and women :

**1) Men grade visually based on physical appearance.** This, of course, is universally understood... no big mystery here. There is some degree of personal variation on what every man finds precisely most attractive, but the majority of men will fall into a tolerance range that's centered around our culturally defined image of female beauty or prettiness. The better she looks (young, sexually mature, healthy enough for child bearing, etc. etc.) the more desirable she is. Very straightforward. *Personality* figures into the relationship quagmire later... for now I'm talking about the kind of initial attractions that are based solely upon snap first impressions.

Women understand all this of course and work diligently with make-up, hair styling and clothes to present an enticing visual appearance for men to admire (most of them, anyway). What's **less** well understood however is the criteria that

women use to grade men...

**2) Women grade men by gathering a sense of their position on the grand scale of male pecking order, known as the Male Dominance Scale.**

And the higher up you are perceived to be on this scale, the more attractive you will seem... often in spite of a surprising assortment of physical shortcomings. This principle is understood in a peripheral sort of way by most men, but it doesn't seem to make the same kind of powerful impression on us the way that most women intuitively understand the need to keep their visual appearance as good as they possibly can in order to remain attractive to men. We all know how this principle works in the extreme... that a Congressman, a Rock Star and a Rich Guy are more attractive to women (despite how they may look physically) than a janitor and a homeless bum. **But men for the most part don't perceive to what fine degree women can sense the subtleties of where men grade out on this all important "Male Scale".** Nor do they understand just how decisive their position is to a woman when she's trying to decide (even unconsciously) if a man is attractive to her in a romantic sense. I'll bet that most men probably think that their physical appearance is central to their attractiveness to women, when in fact their *attitude* is vastly more important. Why?...

**Because *attitude* exposes your rating on that all important Dominant Male Scale!**

This grading process takes into consideration your appearance (actually, your *packaging* in the form of how you dress and groom is most critical here) but is filled in primarily by how a woman senses your dominant behavior patterns. ***This stuff is absolutely critical to know and understand!*** I'll be delving into the topic of male dominance in great detail in Chapter 3, but for now just understand that if you think your situation is hopeless because you don't look like George Clooney or Ricky Martin, you're wrong. Dead wrong. **You can actually modify your attractiveness to women by how you behave and present yourself to her.**

***Without Embarrassment*** is a structured program of deliberate actions that allow you to interact with women in a seductive-romantic fashion while protecting your rejection sensitive ego at all costs. This is how my system is *designed* to function.

## ***Four Types of Attractiveness / Rejection Sensitivity***

First I'd like to discuss the structure of the physical-psychological makeup of most men from which their success or lack thereof with women can often be traced. This is really pretty common-sensical but I like to articulate the obvious in order to make sure that concepts later on have a clear basis for understanding:

- Category 1...**      **Attractive – In-sensitive to Rejection**  
The Best! This guy gets too much action... we hate him
- Category 2...**      **Attractive – Sensitive to Rejection**  
Still gets laid because women drag him out of his shell
- Category 3...**      **Unattractive – In-sensitive to Rejection**  
Can push through rejection to find his 5%er
- Category 4...**      **Unattractive – Sensitive to Rejection**  
Worst situation possible! Hermits Club Charter

Member

The first three categorizes I've described here probably don't include you, otherwise you wouldn't be bothering to read this book. So let's go through them quickly...

**Category 1 is the best situation to be in – a guy who's *physically attractive* to women and *insensitive* to what little rejection he might pick up along the way.** What can you say about a guy like this, except that he's got it too fuckin' easy? His experience with women is pretty much incomprehensible to the rest of us mortals. Bastard.

**Category 2 describes a guy who's good looking and *attractive* to women, but has been handicapped by a shy nature for whatever reason and is highly *sensitive to being rejected* by them.** He still makes out okay though because he can play the game of seduction *passively*. So long as he doesn't act too withdrawn or weird, women will push themselves at him because of his physical attractiveness... the women he knows as friends will set him up with their girlfriends, etc. This guy probably doesn't need any help, but *could* actually move up closer to the first category by studying the methods in *Without Embarrassment*

and putting them to good use.

**Category 3 is getting closer to home. Here's a guy who *doesn't have the great looks to attract women, but he shucks off rejection like a duck sheds water.*** So he can at least get laid now and then, if only because he knows how to bull his way through loads of rejection until he finally scores. She probably won't be the prom queen, but that's alright. A Cat 3 guy can definitely make his life easier and start getting more decent looking women by following the advice in *Without Embarrassment*. At the very least, he won't have to make himself suffer through so much rejection between scores. In fact, combined with his natural insensitivity to rejection, he may find himself with too many women on his hands! Why? Because his **boldness** happens to be a *very powerful dominant male signal* that goes light-years in canceling out the fact that he won't be mistaken for Brad Pitt anytime soon.

Which brings me to the **Category 4 man... *unattractive to women and highly sensitive to rejection.*** Yeesh! This is by far the **worst** way to find yourself after you've already gone through the agony of a nerdy adolescence, only to arrive at what you'd hoped would be a more enlightened adulthood. **Not so, because you carry the roots of your problems buried deep within your unconscious mind.** I know because your humble author here was a Cat 4 schlep all his life until he finally figured it all out.

This situation is the absolute *pits* because -- besides the fact that you have no natural physical attractiveness to give you any sort of edge with women -- your crippling fear of rejection makes it impossible for you to interact in a positive manner anyway. Your too-keen perception of how others may be regarding you only serves to drive you deeper into a cycle of withdrawal that tightens your social noose ever more securely. You are on a glideslope to becoming isolated, alone and increasingly seen as *strange*. **Deadly!**

I can show you how to slip this trap before it's too late. At times it may seem like more training than you can handle... but that's too bad. You've got a lot of catching up to do, so let's get started.

## ***My Sad and Pathetic Story***

*I'm 5'6", unathletic, and have a nasty lisp to my voice. Women find me unattractive and unacceptable as a potential mate. They laugh at guys like me...*

This is basically how I thought about myself for **years** – from adolescence to adulthood -- in the deepest core of my being. I'm talking about my unconscious mind, where fundamental statements such as these which describe your sense of identity (or at least, certain aspects of it) are held ***un-critically as the truth***, and are then used by your conscious mind to form the basis of a set of internal rules that guide all of your essential behaviors and reactions to other people. Holding this specific sort of woe-is-me belief in the very core of your unconscious mind where it's *accepted as absolute truth* is particularly life-damaging because it ***lays down the stench of the weak, rejected male all over you***. Even before you've ever actually been rejected by the very first girl you may've approached in high school for a date or a dance, you've already been rejected. The first person to have already rejected you, is YOU. And boy, does it show!

*At all costs you must remove this stink of rejection from your being or women will smell it a mile away and happily join in on the social embargo which you yourself have already begun.*

If there's one concept that I'm going to pound relentlessly into your skull at every opportunity all throughout this book, it's the notion of **male dominant status**. If this sounds like some S&M shit that you'd find in one of your sick Mr. SpankyTime porno videos, I assure you it isn't. I never fully understood just how absolutely monumental the whole male dominant status thing was to women when it comes to the process they use in their minds to sort out men. With surprising speed, women will categorize men into *three* distinct groups:

A ) men from whom they would *accept* romantic overtures, and ultimately consider falling in love with, or at least fucking...

B ) men who, no matter what, could *never* be regarded as anything more than mere friends, and...

C ) men who completely *repulse* them for some reason (physical, social, character factor, biological, etc.)

The key issue here is **speed**... women can make this judgement about your romantic potential in a highly temperamental, almost capricious way. They seem to know within mere moments of meeting you which "pile" you belong in. That's why it's essential that you immediately make the **correct first impression** or you are forever banished to non-romantic "FriendsLand" where you simply cannot recover. Okay, *sometimes* you can recover, but it takes a Herculean effort. Why not learn to do things right the first time and save yourself the hassle of always trying to heal a blown opportunity? As you will discover, this notion of having to always remain light on your feet in an emotional-intellectual sense cannot be over-emphasized.

Anyway, now for some more of my stupid screwups **as teaching tools**...

One of the worse ways to act around women is in a way that attempts to make them feel *sorry for you* so that they'll take you home and nurture your poor lonely little self back to emotional health with love and kisses and lots of wonderful, exhausting sex. Unfortunately, this trick only works if you happen to be a kitten, puppy or some other breed of cute furry animal (love and kisses only, no sex for Sparky...). If you're a human male however, you will soon find that attempting to appeal to a woman's natural instinct to love and nourish the downtrodden in such a pathetic way will only make you the object of her merciless and never-ending *contempt*.

All the so-called "nice guys" of the world learn this simple fact of life, or others like it, in the hardest possible way. They are way too needy (we'll go into all the reasons why later on), but for now understand that **acting needy and desperate is a signal of Low Male Status which is always a HUGE romantic turn off to women!**

You see, women all have an instinctive attraction to males who demonstrate specific behaviors which suggest that they have attained some kind of fairly high "pecking order" status over other men. It's similar to the way in which men are universally attracted to the visual appeal of a sexy figure and a pretty face. These subjective cues are genetically hard-wired into the "old" primitive brains of both sexes and resist being altered by social conditioning. In a similar fashion, women are drawn almost magnetically to males who exhibit high status demeanors and attitudes, and are driven away from males who display low status behaviors... personality traits that suggest he's been *made to submit to the*

*will of other men in some way.*

Read that last sentence again and study it until sinks all the way to the bottom of your skull. Men who act in a way that denotes a low pecking order status did not get that way by being "pussywhipped" by women... *they got that way by being subjugated to the will other men.* What do I mean by that? Well, men compete for status against each other in all manner of subtle and overt ways in life, sports, school, the military, the workplace and even in families. There is a sorting and grading process that takes into account physical power, looks, intelligence, popularity, a willingness to take risks and economic status, in the earlier part of our lives. It graduates into a display of financial wealth and position in the workplace, achievements, accolades, community prominence and possibly career or political fame as we move into middle age and beyond. I'm sure you know what I'm talking about.

Different levels of male status produce different types of distinctive behaviors and attitudes that are commonly recognized... i.e., the high status male will typically display confidence, strength of character, generosity, likability, charisma and so forth. Meanwhile, the low status male is typically very angry due to being stepped on all his life and ordered around everywhere he goes. He will lack confidence, avoid eye contact, seem either desperate and needy (or aloof and bitter), can be controlling and obnoxious, and will have generally developed some kind of an annoying personality. The important thing to realize is that all these attitudes are formed in **response** to a lifetime of conditioning (either positive or negative) by the actions of other *men*, **not** women.

So women have learned to "read" these attitudes and personality quirks in order to understand just where a man fits on the male dominance scale, possibly in order to help them determine what kind of potential provider he might be for her children. And they're damn good at it! Conversely, men get a sense of a woman's potential to bear healthy children by looking for signs of physical attractiveness, which are primarily signs of youthfulness and fertility... 70% hip-to-waist ratio, big eyes plus small chin (childlike face), smooth skin (youth), ample breasts (post-puberty), slim figure (more childlike indicators), etc. So we make the exact same kind of judgements about women, but using a different criteria that plays into our different *strategy for reproduction*.

Which is all that "maleness" and "femaleness" really represents in nature, you know... two diverse yet complimentary strategies for reproduction. You see, men have plenty of sperm to spread around so our strategy involves attempting to inseminate as many females as we possibly can until we drop dead. Sheer chance will then assure that some of them will survive and prosper and become world leaders or major league baseball pitchers, and the more and varied the females that we can inseminate the greater our chances of successfully spreading our genes around become. Society doesn't like our biological strategy any more. They feel it's corrupt and have instituted something called *marriage* to put a stop to it.

Women on the other hand, faced with the daunting task of actually rearing the children produced in their bodies, need to find a male of some character who is willing to provide resources and protection for her brood over a long period of time. And, unlike most other mammals, women don't know exactly when they go into heat (estrus) either, so they need to *husband* a male to inseminate them on a regular basis in order to stand a good chance of becoming pregnant. Society admires and honors the female reproductive strategy. They feel it's righteous and have instituted something called *marriage* to promote it.

These differences in biological imperatives are the source of much of the "Venus and Mars"-type conflicts that occur between men and women, but here we're only concerned with the way in which females look for the appropriate signs and signals in a male's behavior that tell her if this *particular* man has any mating potential. *Seduction* of an enticing female is our goal here, and so our mission is to understand just exactly how the game of psychological persuasion is played, and how to play it in a way that harnesses our energies in a positive way instead of letting them run loose in the form of a paralyzing fear of rejection.

We'll get into this topic in greater detail later on as we study how to project those behaviors women find most attractive in men, and how to disguise those that give off the kind of repulsive signal that virtually assures rejection. Key to this understanding is an actual definition of these behaviors and what exactly they seem to be communicating to women on an unconscious level. ***Seduction is really nothing more than learning how to avoid those adverse behaviors, while adopting the attractive ones into your demeanor.***

In some ways men really have a much easier time of it – for while women must struggle mightily to put on a physically attractive appearance in order to

appeal to men (sometimes in the face of overwhelming genetic misfortune), we only have to change our behaviors and attitudes in order to step into the arena and compete at a high level. Our actual physical appearance plays little into the calculus of female attraction (within reason, or course, Swarski...). Even this can be a cosmic revelation for some men, as many of you probably think you have to possess great natural looks to score with women, or else compensate for the lack of it with extraordinary wealth or fame. Not so. As you will soon discover, seduction is a game fought and won strictly with **attitude**.

### ***Becoming Fearless is a Learned Skill***

Believe it or not, you *can* become fearless... no matter how pitiful a coward you may be at present. There are many ways to approach the elimination of a personal, deeply-rooted fear that's been interfering with your life... desensitization, re-framing, anchoring, positive self-talk, or other forms of self-confidence training. ***But the best type of confidence is always a natural one that flows from simply knowing what the hell you're doing!*** The military can take a bunch of pimple-faced kids fresh out of high school and turn them into competent, battle-ready soldiers in just a few short weeks. They come in fearful and uncertain and come out confident and full of pride by being forced into situations where they discover deep reservoirs of inner strength that they didn't know they possessed.

The truly sad thing about fear is that we contain the potential to exhibit a lot more personal power than we often think, but the fear blocks our discovery of it... thus preserving its "imperial" status as unchallenged manipulator of all our behaviors. If we can somehow get beyond these paralyzing aspects of fear, whole new worlds will open up to us. Acceleration in our growth as individuals can be turned loose to develop an unstoppable momentum all its own. Institutions that train people to perform extraordinary tasks facilitate the unleashing of this anti-cowardly energy.

I can get you to destroy the rejection blocks that are making it impossible to enter into the first stages of the seduction process. The knowledge of what to say and, more importantly, *how to act* are the lonely beacons out of this rat maze.

## ***Using Your Physical Flaws Like a Stun Gun***

I showed you how those **Category 1** guys with all great looks have it pretty easy in life when it comes to making out with women. But *not* having great looks can also be an advantage too. Huh? Once again, the critical element is **attitude** and how you handle your perceived physical imperfections. Guys who aren't anything special to look at often carry around a kind of "woe-is-me" hang dog attitude about themselves when it comes to flirting with women. And because this attitude is so pervasive, women have for the most part come to expect it. In Chapter 5, when we dissect those distinctive male behaviors that communicate the kind of high pecking order status women are drawn to, you'll see that a boldness in taking the initiative to open a dialog and make first contact is viewed by most women as an unmistakable sign of high male status.

Of course, I'm not talking about being super-pushy which suggests a disconnect with reality, but the simple willingness to accept your role in the social convention that dictates men take the opening risk in a man/woman meeting opportunity is a big turn-on to them. This kind of risk is not **expected** from a man who doesn't have lady killer good looks. This particular "element of surprise" is something that no good looking guy can possess, and that gives us a weapon he can never have.

Again, the precise details of making a classy, successful approach will be hammered out for you later, but I just wanted you to understand how stepping out of character can work heavily in your advantage. Women think they know pretty much how guys will act based on their appearance and dress, so they find it pleasantly confusing to encounter a guy who acts out of character by displaying dominant male behavior (boldness) despite the fact that he doesn't look the 'hot guy' part. When a good-looking dude is in the area, women sense his presence and have their guard up for a possible approach by him – thinking that the stud's been emboldened by his previous successes with women. But they don't expect it from an "ordinary" guy and that leaves them open to our sneak attack of seduction! Women **do** grade status ahead of looks per se, and to encounter a man who signals high status "out of character" intrigues them tremendously.

I'm sure you know that a lot of great looking women end up with guys whose physical looks leave you scratching your head wondering what the hell's going on (he must have a massive tool, you think to yourself...). Hey, if he *did*

have a king-sized wang, how did she know this at first glance? Did he whip it out and show it to her at the supermarket? No, he used his lack of looks in conjunction with behaviors that were more likely to be exhibited by someone with a lot of wealth and/or power to **stun her** during their initial encounter. Remember, no one can possibly know yourself as good as you... so your own self assessment – as projected by and communicated to others by your **critical first actions** – must be taken at its face value by someone else... at least until they get to know you better and can begin to form their own judgements about you. So get ready to set your phazer on **STUN** for whenever she pops up!

The combination of your being comfortable with yourself, "flaws and all", along with knowing the proper things to say on a first encounter can be an awesome weapon that you carry around with you always ready to use on a moment's notice. Our goal is to get you to this level of competency.

### ***The Female Mating Call***

Think you're the only guy who locks up in the presence of a cute chick? The problem seems to be as much cultural as it is personal. Here's some anecdotal evidence about how far ahead of the game you are if you can just manage to open your mouth and say something even remotely pleasing or enticing when you see a woman in a situation that could be defined as a "meeting opportunity".

I was reading an article in one of those women's magazines like *Cosmo* or something similar (don't worry, I always keep these psycho-babble rags hidden inside my copy of *Hustler* while reading at the library)... Anyway, it was all about how these really hot looking babes were having so much trouble getting a rise out of American men. This story was written by some super hot model-type chick, and all she did was lament about the fact that anytime she sees some cute guy and tries to lay the heavy flirt on him non-verbally (with long, pouty looks from across the room, that sort of thing) he gives her the aloof treatment and doesn't respond. Are all these guys scared of good looking girls or what?

She goes on to contrast the *European* male with his American counterpart. Miss Model and her foxy friend are sitting in some outdoor café in the Greek Isles somewhere (don't you just love the tough life these chicks lead?) Sampling the local drinks. Seems that it's Miss Foxy Friend's birthday, so Miss Model tells her

to pick out any one of the handsome men scattered about the patio that she would like to fuck that afternoon as a kind of "present". Foxy chooses one, and all Miss Model has to do is meet eyes with the guy and hold his gaze for a few seconds. The Euro dude gets the message right away, walks straight over to introduce himself, and the seduction is off and running! Foxy is blown away at how easy it is for Miss Model to lure a man over, but Miss Model tells her later that "... this technique works everywhere I go all throughout the world, *except in America*". An American man will typically look away and act cool and aloof, pretending that he doesn't see my signal of interest in him. How sad." Poor Miss Model is discouraged by the way in which men everywhere seem willing to play the game of seduction except here in the good ol' USA.

**Moral of the Story:** The typical "Euro dude" understands what his role in the seduction game is, and has been culturally indoctrinated on how to respond to flirtatious women properly. He's a natural. You and I are clueless lunkheads. I know, I know... you just want to smack the snooty, jet-setting Miss Model upside her head. Nevertheless, her gripe is valid. Few men seem to realize what the deal is when it comes to flirting with women. Our training in this field really sucks ***because it's pretty much no training at all.*** Either that or a culturally-induced aversion to the whole topic exists because it doesn't fit in with our macho, Clint Eastwood-style of behaving around women.

Apparently European men don't labor under this stupid and confining self-image. They understand that when a woman summons them with a signal of curious interest they respond appropriately by promptly introducing themselves. The point is that *women always initiate a seduction* with some kind of non-verbal signal. ***This is the female Mating Call.*** *Non-verbal* is the key here – they will not (by most every social convention) usually be the first ones to utter a word. The "rules" of the game then state that it is the man's next move to acknowledge this signal and initial some kind of verbal greeting. It's our job to say something first. This is the moment where most of us rejection-adverse dimwits fall down and go boom. ***Make no mistake about it though, women are the ones who choose the male, AND set the mating dance into motion.***

Just knowing this fact can put you light years ahead of all your competition, because many other guys have chosen to take themselves out of the game and stand on the sidelines and snivel that they never get laid. They've thinned the field for you. After reading *Without Embarrassment*, however, you'll be one of the

rare guys who'll know how to recognize the female mating call in all its various articulations, and – most importantly – have the **precise** knowledge of what to do next jumping up and down inside your head!

You see, the game of seduction is all about knowing when to escalate and move forward to the next level. You must believe that women want you to win the game and steal their heart – but they will not throw the match and let you win without a contest. You must play hard and smart, and you will be rewarded at every successful step along the way. *But, you must be willing to play.*

There are dozens of crucial decision points to breach along the way from the first trembling glance to the moment when you can finally slide your cock into her and make her crawl the walls. But **BEWARE...** the entire mating dance is as delicate as that soap bubble I talked about before. If you fail to "up the ante" at the proper moment... **POP** goes the seduction and you lose. There is rarely a second chance handed out along the way. Women tend to lose interest in a man with breathtaking whimsy if he misses an important signal that it's time to escalate to the next level of intimacy. Nice guys fall into the trap of being too timid to raise the stakes on her cue. This is why their lame attempts at seduction usually end up somewhere on the dead end avenue called **FRIEND ST.**

Knowing how to recognize and respond to a woman's mating cues will limit your rejection chances because you're not just charging headlong into her world uninvited. This gives you a huge edge. **Remember, women choose, men respond.** Will you score easily every time? No. Because her call only indicates that your visual appeal and your attitude suggests a high dominant male status which has placed you into the category of possible mating material. I say *possible...* she won't know for sure where you stand in her heart until much farther on down the road as the seduction unfolds, and you amaze her by clearing every hurdle along the way ('cause you read this book... that's why!).

*"...but women never look at me and send me any 'come hither' signals, I'm too ugly..."*

No, you're just ill-informed and probably untrained in this arena of life, but I'm going to change all that right now.

# # #

## Author's Notes

Hey, thanks for reading this short sample of *Without Embarrassment*. I hope that you enjoyed this first introductory chapter of my book, pulled straight from the original text without editing, btw. As you can see from the jam-packed Table of Contents, there's a lot of exciting new ideas about Life and Love waiting for you within the pages of *Without Embarrassment*... thought-provoking concepts that you probably have not encountered anywhere else.

I'm talking about completely re-manufacturing your expectations about what's possible for yourself, by way of ***exploring your relationship to your own thoughts***. I suppose that's a strange way to describe the manner in which your outlook and attitude are likely to evolve for the better after employing my techniques for overcoming the poor thinking habits that have been holding you back.

But trust me, that's *exactly* what's going to happen.

I published the first version this book back in 2002 (this is currently the seventh revision and upgrade). It was one of the early e-books available on the net back when hardly anyone was selling anything out there other than just a few of us independent guys through Clickbank. The book was a big hit right out of the gate, but it was the many dozens of heartfelt testimonials that I soon began to receive via e-mail during those early years that was truly ***astounding*** to me.

I heard from guys who told me they had read the book with tears running down their cheeks... men who said they had finally come to understand how their *entire family life* growing up had been invisibly dysfunctional in ways that had adversely affected their social life many years later... and on and on. I even heard from one guy who said he had spit up his coffee laughing *twice* due to my awesomely humorous writing style (yeah!... I love that!). I put a bunch of these testimonials up on my blog. If you're interested you can look them over right here:

<http://highstatusmale.com/HSMblog/reader-reviews-of-without-embarrassment/>

( I also dressed up the page with lots of photos of half-naked women as extra incentive ;-)

It took me two years to write *Without Embarrassment*, and it turned out to be a great act of catharsis for myself, as I personally was scourged with the same sorts of issues of low confidence, fear, shame and rejection sensitivity that might be dogging you right now. I figured out the surprising root causes, developed a way to challenge and then *change* the deep-seated but **highly toxic thoughts** that tend to guide us repeatedly towards failed behaviors, behaviors which keep us permanently stuck in our lousy life situations. I designed it all into a kind of personal, social technology that I could then teach to others.

This 'challenge of self-discovery' that is *Without Embarrassment* makes it more than just another book on picking up girls and scoring dates I think - it's a blueprint for how to go about taking a life that isn't getting it done for you and turning it completely around in your favor. It's about finding courage and embracing transformation. I hope you'll grab a copy and see for yourself. The book is currently available for the kindle, in 6x9 paperback or in legacy PDF form just like you're reading here. These are the links where you can check on the current prices. The Amazon pages also have more testimonials that are different from the ones on the blog:

Kindle

<http://highstatusmale.com/kindlewe>

Paperback

<http://highstatusmale.com/amazonwe>

Legacy PDF

<http://highstatusmale.com/cbwe>

Speaking of testimonials, there's one special letter I wanted to share with you that just came in a few months ago actually. I think this perfectly sums up the larger picture of what *Without Embarrassment* is all about. It's from a gentleman in France:

*Hello Mike,*

*I discovered the "Pick Up Artist" community about 8 years ago, and I read your book Without Embarrassment in a single night at that time, realizing that I had found THE book which would soon change my life (I was a real loser in a social sense, I could not even find a date for a Saturday night). And it did change things dramatically! I am married now to a beautiful woman named Angelique, and we have been blessed with our beloved daughter,*

*Valentine. I have attached a picture of us all together. My life is fantastic now, and I KNOW that it would never have happened without the inspiration contained in your book. My sincerest thanks to you Mike from the very bottom of my heart!*

*Kindly,  
Nicolas Granet'*

He really included photos of himself and his 4 year old daughter, which I would have reprinted here except that I don't want to spread pictures of Nicolas' small child all around the internet, so I am respecting his wishes and leaving them out. She is beautiful, take my word for it. And his wife is gorgeous as well.

The point is, little Valentine is just another one of the dozens (maybe *hundreds* by now...) of what I like to consider "without embarrassment babies"... all laughing in their playpens all over the world. ***Created by men who otherwise had no romantic prospects at the time, yet who were able to turn their stalled social lives around 180 degrees and create wonderful, beautiful new life in the process.*** This is without a doubt the single most incredible aspect about this project that makes me the proudest when I reflect upon this life's work of mine. And that's really what this book has become since it's first publication over 10 years ago (7 upgrades since then, btw) - a life's mission. I guess I'm saying that all these children are my heartwarming legacy in some small way, (Hey... uncle Mikey says *Hi-ya!*...)

The bottom line is this, other books may teach you how to pick up girls at the mall or bust a lot of booty in bars, but *Without Embarrassment **changes lives.***

So if your life isn't where you once imagined it would be by now, I invite you to take Step One right now and discover the path to love and freedom *that already lies hidden within you...* masked by an unconscious **shame** that together we will bring into the light of day and vanquish forever. Once freed of these mental chains, you will be astonished at what lies ahead for you.

Mike Pilinski  
April, 2014