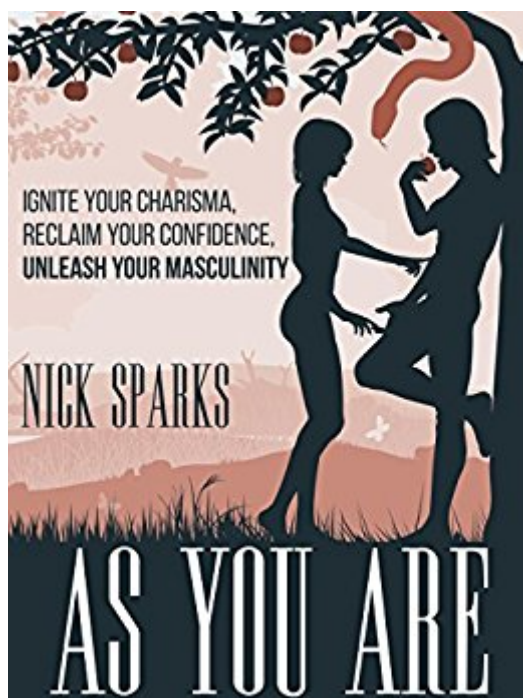


The book was found

As You Are: Ignite Your Charisma, Reclaim Your Confidence, Unleash Your Masculinity



Synopsis

You've been in that zone where socializing, both platonic and romantic, comes easy -- but most of the time you're not there. Around the women who intimidate you most you struggle to think of what to say, sabotage yourself in ways you don't fully understand, and feel confused about when and how to express your sexuality. You worry that you'll have to settle for someone who you're not all that excited to be with (if you're lucky enough to find anyone) and/or face a messy divorce when it inevitably doesn't work out. That's why I wrote this book. I've coached men on improving their social and dating lives for over a decade, charging thousands of dollars for a weekend program, appearing on national news outlets, and amassing millions of views on youtube. I have a success rate with my clients that puts the rest of the industry to shame, and this book represents the very best of what I teach. I want to make this knowledge available now because I know what it's like to feel as though you'll have to settle for whatever comes along... like the women you really want to be with are speaking a different language. I wrote this book because I wish I had it back in middle school. This isn't a collection of pickup lines or tricks. Let's face it - if those worked, you wouldn't be reading this right now. Simply put, this book teaches you to be that person you are when you're "in the zone" all the time. It's about stripping away all the things that are keeping you from being naturally attractive. You've always known that, "just be yourself," was good advice, otherwise it wouldn't be repeated so often. This is the book that finally explains how to do it. In this book you're going to learn:- How to eliminate "rejection"- Why the words you say don't really matter - The action to take that will always get you "in the zone"- How to identify the women that really want you to approach them- Understanding what flirting means, and how to become a master at it- What to text if she doesn't respond- How to know exactly when she wants you to make the move- What to say to start a conversation in any situation- How to make conversations with people who intimidate you flow as smoothly as chats with your best friends- How to get her to contribute equally to the conversation so you don't do most of the talking and run out of things to say- How to easily overcome awkward silences- The secret to being funny- How to move an interaction forward sexually without ever worrying about being called "inappropriate" or "creepy"- How to get a phone number that turns into a date 90% of the time- How to ensure your dates are charged with sexual tension rather than ending in an awkward kiss attempt- The way sexual attraction actually works, and why the lessons you've learned your entire life are wrong- How to turn a friendship into something more- How to build a social circle so you'll always have a "wingman" or someone to hang out with- How to always look great, even if you're shopping on a budget- How to scream confidence with your body language instead of insecurity- The difference between "He was ok" and "He's awesome"- How to develop

yourself into the man who naturally attracts the woman (or women) you really want. Don't expect anything overly-complicated. You'll find yourself saying, "it can't be this easy," more than once - only to discover that you're the one who's been making it difficult the entire time. Enjoy!

Disclaimer: The language I use throughout this book represents men communicating with women because that's what I've successfully taught hundreds of guys to do. My advice, however, applies to anyone, man or woman, who's looking to improve their platonic and romantic communication with anyone else.

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Customer Reviews

This book provides an amazing framework for getting to know people, like you instantly, and love you sexually. For getting to know people section, as an introvert, for years, I have struggled to talk to people. If you have known me before, I am very quiet and I only speak when the topic is about studies. About two years ago, I have tried learning how to speak with people. Now, I am comfortable even speaking with strangers. With those experiences, I can validate what he said about speaking with emotions. It is very hard at first, but being vulnerable is really the key to make people more open to you. And yeah, it is not about the content as he said but more of how you project. If content

matters, many people won't like me as we often talk about studies. Moreover, after reading this book, it gave me more tools when talking to someone. I have tried using holding space, eye contact and they really became more open to me than before. For the loving people, it provides an easy to do framework. I really bought this book for this section. Having read other related books, this book is different. It only provides a general approach. It is good to know for me because I don't have to pretend to be someone I am not as told by other books. It taught me how to flirt as I am. For me, it is not sufficient as stand alone as it lack specifics. But, having the framework in mind I can easily know those specifics by trying the principles with people I interact with. Overall, it is an awesome book. It is a must read!

My Goodness. As I began reading into this book, I noticed that a lot of the things mentioned here are actually straight forward. I mean eye contact? I could do that, right? Well, apparently not. I felt that many of the things mentioned in this book are easy to do but with one exception. I liken them to the action of standing on one foot and hopping. Easy to do on the ground but when asked to do so on a 50 foot building... the process seems impossible. However, Nick does a great job of leading the reader through the process and with confidence! What I like most about Mr. Sparks, in particular, is his way of explaining things to the reader. Through the behaviors and mindsets given, I feel myself fulfilling a more primal sense of being; It is something that came naturally but I was never really sure of how to go about it before without getting in my own way. The book completely moved me through that. It is very encouraging. "As You Are" provides a great guideline and emphasis on mastering your greatness. It is the classic that can easily be passed through generations to come.

I first came across Sparks through The Social Man. Like most guys I had read The Game and I wanted to learn more. But everything I read until I found The Social Man was weird. Really weird. I didn't want to go "sarging" for some HB9s with a bunch of freaks dressed like they were going to a s*** steampunk rave. And I definitely wasn't in the market for a "guru". The Social Man was the first site that had advice about dating and relationships that actually felt normal. The dating industry as a whole has some awful marketing. Every site completely oversells their advice. So is this book gonna turn you into Casanova over a weekend? Obviously not. It's just not possible. But no matter what's going on in your dating life, or just life in general, this book can teach you something. That said, no book can teach you everything. Sparks has loads of videos online, so if you're interested, check them out too. I think tis

quote sums up the book pretty well:"...these aren't secret techniques that promise outlandish results -- they're what you naturally do with your friends and people with whom you're comfortable. When you don't do them you can come off as awkward and uncomfortable, which is usually the last kind of vibe you want to create between you and another human being. While you'll naturally feel more intimidated as you bring more consciousness to this rut and examine the fear behind it, the positive reactions you receive from people when you start communicating more fully will make this feel natural in no time."

I'm glad I found Sparks's work. I just wish I'd found it when I was 16! This is a great book and I hope my kids will read it too someday.

Nick Sparks dude... There's not much to say about him but: Game-Changer!! I remember him from another one of his Live recorded events called Fearless and This Guy Delivers Value Like George Foreman and his Grills!! I've become a Motivation/Social Coach bcuz of him and My VERY Select mentors, and I enjoy every minute of it! :) #truestory What I personally keep along with me and tell some of my Private clients about what He would say is: You're Not doing anything Un-Natural, DESPITE what society, Media etc etc wrings upon us... This is actually the most Natural and Nearly Effortless way to Attract women, Success and Overall Confidence into your life!. Long story short. Nick Sparks is the Man!

This guy really speaks the truth and is passionate about what he's doing. I really think this book has the potential to change this world, the knowledge in here is golden. This book goes way beyond just learning how to get better with women, Nick gives us a glimpse into how to live a truly amazing life. He shows us how to improve our lives and become better versions of ourselves. How to be successful, how to have more fun and enjoy life more. The main focus is defiantly on getting better with women and he covers everything you need to know. He really shows you how to become the person who can attract women. However this book isn't going to change your life for you, the harsh realization is no product can. This book shows show you the path to take up it's up to you to go and take it!!!

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As You Are: Ignite Your Charisma, Reclaim Your Confidence, Unleash Your Masculinity
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