

# Dr. Robert Glover's Dating Essentials for Men

## Introductory Lesson

Welcome to Dating Essentials for Men.

I assume you are reading this because you want to find more effective ways to meet women, date, build healthy relationships and get really great sex. The Dating Essentials for Men online classes will help you achieve these goals.

### My Dating Experience

Dating Essentials for men is based on my own personal experience and the work I have done with hundreds of men just like you.

When I became single in my mid forties after 25 years of marriage I came face to face with the reality that I hadn't dated since college, and I wasn't very good at it then. Back in high school and college, when I wanted to ask a woman out, I would first spend several weeks thinking about her. I would imagine what it would be like to be with her. My fear, self-limiting beliefs, and lack of skills prevented me from just approaching her and asking her out.

When I finally got up the nerve to approach the woman I had been obsessing about, I would wait until the last minute, walk up to her awkwardly and blurt out something like,

"I don't guess you would want to go out with me tonight, would you?"

She would usually respond with a look of surprise and say something like, "Oh, I already have plans for tonight."

Then I would feel foolish, retreat, and never talk to her again.

When I did succeed getting a girlfriend, I would hang on to her forever because I didn't want to repeat the process of having to start dating all over again.

This time around, I realized that I would have to learn to do things a lot differently. Here is what I did. I applied the principles contained in my book, "No More Mr. Nice Guy" to meeting women. I also began reading and listening to dating and "seduction" books and CDs. Then most importantly, I began applying these principles to see what worked and what didn't. **I approached dating as if it were a scientific experiment.**

To my surprise, I found that getting women to talk to me, give me their phone number, date me, and have sex with me was nowhere nearly as

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difficult as I thought it would be. In fact, I was often amazed at how simple and easy it could be when applying the right principles.

Several of single clients noticed that I was having success meeting women as well as having lots of sex. They begged me to teach them what I was doing.

Now, if you had asked me ten years ago I would be teaching men how to date, I would have said you were crazy. But you know what, if a Bad Dater like me can learn how to approach women with confidence, get phone numbers, get laid, and create relationships with some really great women -- so can you!

### **Do You Need Dating Essentials for Men?**

I have found that most guys who sign up for The Dating Essentials online courses fall into one of two categories:

- Men who have never dated well, who have had few real girlfriends, and little or no sex, or
- Men who have recently gotten out of a long-term relationship and who are back out in the dating world for the first time in several years.

Occasionally men sign up for my courses because they have been relatively successful with meeting women and dating, but want to improve their skills and attitudes. Regardless of the category you are in, this course will work for you.

Whether you are wanting to learn and practice basic dating skills, develop confidence, get great sex, or meet the woman of your dreams, Dating Essentials for men will get you moving in the right direction.

### **The Voices in Your Head**

As a result of my quest to become an effective dater, I have found a number of things that work and have discovered many things that don't. Many of the things I discovered and teach in the Dating Essentials for Men are "**counter-intuitive**" to what you believe to be true about women, dating and sex.

That's the beauty of what I teach.

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Most men make dating way too difficult. One of the most common reactions men have to the material I present in my "Dating Essentials" courses is **"This is easy. I can do this!"**

"Dating Essentials" makes dating "doable" – the way it should be.

Dating Essentials for Men will challenge you in ways you have never been challenged before. But by showing you how simple it is to talk to women, get their phone numbers, date them, and get them into bed, it increases the likelihood that you will actually get out there and do it.

I won't turn you into a **"Geek with Techniques"** (i.e., a man who has memorized 32 techniques for "working sets" or getting a "number close" yet who is still terrified of women).

### What To Expect

The Dating Essentials for Men courses will help you:

- ✓ Clearly identify your goals for dating – and achieve them.
- ✓ Face your fears and soothe your anxiety.
- ✓ Learn new, effective skills for dating, mating and breaking up.
- ✓ Challenge yourself to act and practice new skills.

It doesn't matter if you want to date for practice, find your "Really Great Woman" (RGW), or find a "Friend With Benefits" (FWB), Dating Essentials for Men will teach you how.

### Making Miracles

**Relationships are usually the result of unexpected miracles.** Not many miracles happen when you are sitting at home playing X-box, watching television, or surfing the internet for porn. Not many miracles happen when you spend 60 - 70 hours a week at work. You have to get out of the house and apply the principles presented in Dating Essentials for Men.

Doing this will be scary, but **the moment you face your monster, you will be transformed.**

Here are the basic principles I present in the Dating Essentials for Men online courses:

- Get out of the house.
- Expand your daily route and linger in public places.

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- Talk to people everywhere you go.
- Become aware of and confront self-limiting beliefs.
- Follow the rules (to be presented).
- Let go of attachment to outcome.
- Test for interest level.
- Set the tone/take the lead.
- Get to rejection quickly.
- Practice being a "good ender."
- Walk through open doors.

## **How the Course Works**

Dating Essentials for Men is made up of 4, four-week units. These units all support each other and can be taken in any order. The whole cycle of lessons is repeated every four months.

- The "Mastering Your Mind" (MYM - A) and (MYM - B) units of Dating Essentials focus on becoming aware of and challenging your false and self-limiting beliefs that keep you stuck at home by yourself every weekend.
- The "Perfecting Your Practice" (PYP - A) and (PYP - B) units of Dating Essentials focus on developing and practicing the skills to approach women with confidence, date successfully, and find your Really Great Woman.

In the Dating Essentials for Men online courses, I provide class participants with weekly PDF lessons that contain class "lecture", discussion questions, and homework assignments.

Class members complete assignments and post their answers and experiences on an online class forum. Class members also can respond to the posts of other class members.

I personally log into the class forum at least twice a week and make comments about the posts and sometimes gives additional homework assignments.

Class members can participate any time, day or night.

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## **Mastering Your Mind (MYM - A) Schedule**

- Lesson 1: The Lies Your Mind Tells You About Yourself and Women
- Lesson 2: The Joy of Dating: Uncover and Overcome Your Self-Limiting Beliefs.
- Lesson 3: Eliminate Your Fear of Rejection -- Forever!
- Lesson 4: Discover the Secrets of Abundance that Naturally Attract Women.

## **Mastering Your Mind (MYM - B) Schedule**

- Lesson 1: Learn How to Soothe Your Mind and Overcome Anxiety When Approaching Women.
- Lesson 2: Using the Secret Women Don't Want You to Know to Your Advantage.
- Lesson 3: Creating a Lifestyle That Attracts Women Naturally.
- Lesson 4: Activating Women's Basic Biological Urges.

## **Perfecting Your Practice (PYP - A) Schedule**

- Lesson 1: Pay Attention to the Little Things That Naturally Attract Women.
- Lesson 2: The Secrets of Successful Online Dating (Includes Video).
- Lesson 3: How to Date 12 Women in 12 Weeks.
- Lesson 4: Avoid the Number One Mistake All Nice Guys Make (Don't Become a "Girlfriend With a Penis").

## **Perfecting Your Practice (PYP - B) Schedule**

- Lesson 1: The Secrets that Natural Players Use to Test for Interest (Includes Mp3 Audio).
- Lesson 2: Testing for Interest -- And Driving it Up (Pt 2).
- Lesson 3: The Shy Guy's Guide for Bantering and Flirting with Women.
- Lesson 4: Finding Your Really Great Woman (She's Out There Waiting for You).

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## Added Value

Each four week unit of Dating Essentials for Men will feature added value bonuses including videos, Mp3 downloads, and webinars.

## Guys Just Like You!

Read what guys just like you have said about Dating Essentials for men

*"This class was far beyond amazing, it was a 'Wow!' experience."*

*"These concepts are like 'silver bullets' -- clearly written, straight to the heart, and what I need."*

*"Excellent piece of work."*

*"I want to thank you Doc, for those eight extremely valuable lessons. They were simply what I call an 'instrument of freedom'."*

*"Thanks Dr. Glover for the information and advice and for the boost of confidence I now feel in my interactions with women and life in general."*

*"After taking this class, I know what I want in a woman. I am dating a woman now that meets those guidelines and I am more content in this relationship than I was in my entire 20 year (prior) marriage. Thanks!"*

## You can be saying the same things in just a few weeks!

Whether you are looking for a life partner, want to feel more comfortable approaching and talking to women, or want more and better sex -- Dating Essentials for Men will teach you how.

## What are you waiting for?

Click on the link below, sign up for the next unit of Dating Essentials for Men and start getting what you want in love, sex, and relationship.

**Sign Up Now!**

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