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Alpha male strategies book pdf

Top comments The latest Top reviews Alpha Male Strategies (AMS) is a dating book for men. It offers a look at the red pill for dating and relationships, equip men with mentality and techniques to improve their dating lives. From a seduce and relationships point of view, the AMS focuses primarily on polyamoria, keeping women on the rotation and adding just enough new ones to keep the little harem on the road. Alpha Male Strategies Author Alpha Male Strategies, abbreviated as AMS, is an African-American man who offers men dating and relationship advice. If you're looking for a bio and its real name Alpha Male Strategies, you're out of luck. AMS writes and presents itself as Alpha Male Strategies, a dating coach. No public name available. His advice for dating could be defined as a lifestyle. As an example, instead of focusing on play and techniques such as push-pull, routines, or cold approaches openers, it focuses on increasing men's sexual market value and building a life that attracts women –rather than chasing women-. AMS started out as a YouTuber and then wrote three books on dating and relationships. The book he's been reviewing here is his first book and so far his best-seller. Bullet Summary Stay in your intent: this is your priority N.1 and always be more important than all women Do not give her too much validation, or it will be with you boredlol to be happy and happy on your AMS Book Summary About the author: AMS is the author of self-help and a date coach for men. The Different Types of Pills Here's how AMS describes the different types of levels that men achieve in their understanding of women: Red Pill men: see the world, including female nature, for what it is. Men with red pills can't be in a relationship because they know about female hypergamy, and they know that women can't really love a man. Purple pill men: they know the truth, but, unlike red pill men, they decided to take it. Most alpha males will occasionally enter this phase when they get tired of sleeping around and want a relationshipBlue pill men: they are unaware of the female true nature of AMS says that red pill men tend to come off as bitter, I u completely lie down, I see i: Honest about the red pilluliazabing past the red pillh pilula rage AMS shows that on red pilule people naidju so gorko Because they really want you to have neshto imas but they know they can't. But I don't agree with can't. I've walked the world and dated many women, and I've had countless meaningful relationships. A High-Value Man is Dead Set on His Purpose Says AMS: A high-value man is simply a man who is primarily focused on his passion and purpose in life. A man of high value doesn't have much free time to hunt women. Maybe he'll chase her and court her at first, but if it doesn't happen to each other, or if he doesn't go anywhere, he'll let her go because she doesn't have time to tuck in. The difference between an alpha male and a beta male is all about the mental relationship. Alpha male has abundance and there is no be alone. Read also: How to Stop Being Beta Men How to Stop Being Beta Male Master Ability to Be Alone One of AMS's core concept is to learn to be content with your own company. The ability to be yourself, says AMS, is what gives you real relationship control. If you're afraid to be alone, you'll never be able to claim respect, because you're afraid she'll leave you. Mastering the ability to be alone is not something you do for women. Do it for yourself. It will also help you with any other friend or family member who is negative or non-state. Get Your Finances and Order AMS says that money is important. You can have all the game you want, but women still care about financial stability. Money is freedom, and it's great to have. However, in order to make sure that your money is also your intention, AMS recommends that you find something that you really like that can also monetize. But you have to be careful with money and resources. If you don't read well: How women control men's (and relationships) Female Domestication: How Women Control Men & Relationships Rules of Three Dates: How to Avoid Using If You Have Money, You Want to Be Careful Not to Be Used for That Money. One way to protect yourself is to live according to rule 3 dates. The three-date rule means that if you haven't slept with a woman by the third date, you'll never see her again. AMS recommends that a third date only if it is returned to you on the second. The only exception is if she offered to pay the date. My note: I like this approach as this approach. I would add a few exceptions, for example, if the virgin is very inexperienced, or if you are in a more conservative culture and environment. Before you earn money: make sure you have a plan Because women like financial stability, if you're still hustling, you might find it hard to date well. AMS recommends that you communicate your have a plan and vision to make this happen. Get in Shape Women love men with good physique. Says AMS: Women are served by their father's bod, if a man displays the beta traits of a male provider, but all things the same, she would definitely prefer a more beautiful figure. Keep Her Chasing Your Validation AMS recommends that you do not confirm women. However, since ams validation means any asexual attention, then it means that you must be very distant at all times. Ams's goal with emotional distance is to avoid validating women so that they will yearn for your confirmation. This is a somewhat dark-psychology seduction technique and what on this website I call a judge frame. thus chasing your validation to get emotional rewards from you. It can work, but not always, and works best with a certain subset of women. Read also: My note: I disagree with the extent to which you should wither your attention While it is certainly possible to give too much validation and attention, I disagree with AMS's extreme. Ams, for example, says that You're in a relationship, you can't initiate physical contact. And he says you never want to communicate I care about you, which I think is counterproductive in both relationships and dating. The charisma Beats Looks charisma and personality are more important than looks, muscle or money. In the words ams himself: AMS: So you stay on your damn purpose. And you go to the fucking gym. And some fat, dirty mothafucker who got the game and some personalities still going to take his damn bitch, nigger LOL, what an AMS character he). But Status is the most important thing ams says it will look good and money will get your foot in the door, but, in itself, they are not enough. Personality and charisma are more important than looks and money. But nothing beats status. I agree. Read also: Scientifically Proven Dating Strategies 7 Dating Strategies for Men (Based on Research) 4 Types of Women AMS says there are four types of women: Materialistic women: actually can sleep because they don't concern women's personalities: two subgroups, those who want a pre-sex relationship, stay away from them, and after sexMerding whores: they just want attention, not real dates. Avoid wasting time on themAlpha searchers: they crap test a lot to avoid betas Shit Tests Power Dynamics: 8 Ways to win the game Women's strategy to get men Women will be looking to get men in two ways: Fast sex, hoping to keep it around (for men with options)Requires celibacy, and wait it (for men with no options) If you're socially qualified Then women will try a good sexual path more. And if you lack social skills, then they'll be more likely to try to get you in a relationship before you even have sex. You can't fake social skills, says AMS. And that's why it encourages readers to socialize over the weekend - so, not a fashion monk. The Male Strategies The nice guy: he seeks to be a friend firstBeta male provider: shows off what a great provider he could beHigh-value male strategy: alpha male lifestyle means that he lives by his own rules Direct approach: walking to a stranger and insinuating sexual intercourse Also read: Lover, Provider & Friend: Truth of male sex roles Avoid direct approaches & ams openers is too direct approach , especially sexual, because you exclude yourself from the ability to raise its level of interest with a date or two. That's a good point. However, I believe that there are many ways to get a conversation sexualised early without scaring women. Check out the example for sending messages here: And read an entry on the forum on using art for sexualization. Don't get cold: Alpha Male doesn't spam-approach Real alpha male doesn't make cold approaches because it puts him in a hunting position. The alpha male instead waits for signs of interest before approaching, so he knows he's good to go and can retain his power. And, says AMS, never leave the house with a thought-out thought that you Women. Just go. Go. And enjoy life. Two steps to sleep with AMS women says there are two steps to sleep with women. The first is that you get a foot in the door, either with your appearance (alpha male), or with financial stability (beta male). The second step is charisma and play. So: Get your foot in the door with looks or financial stabilityTake the game and the charisma to sleep with it Men who start making a lot of money start relying too much on their money to roll over. And while sex is always good, ideally you don't want to have sex just for your money. Moreover, the money will not be enough with all those ladies who are not primarily focused on money and financial stability. Let your dates be cheap... Don't try to impress me by throwing money at dates. Yes, an expensive date can work, but they're going to put you in the beta category of a male provider because you're trying to impress her, which in turn tells us it has a higher sexual market value. If you don't end up together, you're going to catch the money and feel worse. ... But pay for the date when the payer has power. The one who pays decides where and when. And if you let a woman do it, you put them in their male energy. Alpha Males Don't Kiss I was surprised to hear this. AMS is the only dating coach that I have read that recommends this behavior and I read a lot-. And funny thing, that's exactly what I've been doing for a while. Of the last 20 women I've been with, I probably only kissed 2 or 3 before sex (update: that varies by location and how much power I have). AMS says some women are just looking for sex, and kissing is more intimate. Don't assume he wants intimacy, maybe he wants sex. For me, it's also a question of effectiveness and risk management: if a kiss isn't necessary, why go for it? You might even find out she's not kissing well, or she doesn't like the way you kiss... Or one of you ate onions. Well, because it's not necessary, just not. More Wisdom entitlement mentality: Maintain a masculine framework with the woman of your dreams, believe you're entitled to herDrop we'll see women: When a woman says we'll see or I'll tell you, simply tell her to come back to you when she knows... Then stop talking to her (see what I spontaneously really mean)Never discuss the other women you walk (but actually I think it's a good way to do it and that will shoot attraction through pre-choice)Keep a calm frame: If a woman shuts up during a date, don't pave, stay calm, and hold your frame (see frame control techniques)Don't prep yourself with women : the male frame remains calm, aseritiven, and non-emotional Stay cool, if someone hits your GF: If a man is hitting on your girlfriend, you should stay calm without showing signs of jealousy (also see: what to do when a man encounters your girlfriend)Don't cheat: If you're in a relationship: don't cheat. Not because of ethics and morality, but because of Peace umaCycle different sexual positions: If you want to last longer in bed, cycle between different positions. AMS has switched between being on top, letting her run, and from behind (the same as me) Beef with PUA Alpha Male Strategy does not entertain any beef. But it was a critical video from Todd Valentino, a popular PUA, who apparently criticized AMS's style. Todd is a smart man and has some good points, but I find he has missed the power of dating as a highly regarded man, since many pick-up artists walk with quite low power. Read more here about the types of seductive men: 10 Types of Men Seductively: Pick Your Niche! Quotes About success and seducing: Boys, let's face it, women are attracted to successful men. When you submit to the bedroom and the outside, with which I fully agree, and which is intertwined with male leadership and male dominance: If you want a woman to give you a hand in the bedroom, then it's better to make sure you're in front of the bedroom, it's so simple. On putting women on a pedestal: If you treat her like a celebrity, she'll treat you like a fan. On women who with no notice sex to get a relationship (see also games women play as well as manipulative games women play): Unfortunately, there is always a beta male who is willing to play these women waiting games, just make sure it's not you. 10 Ugly women's games to play (Women, Stop These!) AMS recommends never giving oral sex to a woman (LOL, it's just screaming black tip tip :D) Under no circumstances have you perform oral sex. She's too submissive and confirming. You're lowering her appeal. I enjoyed alpha male strategies. But, from my point of view, there were some important red flags: Promotes manipulation Just read the titles of these two chapters: How to continue to sleep with women who feel second-hand On how to continue to sleep with a woman who wants an AMS relationship even says keep her forward as long as she can. If an alpha male does this, then this alpha male guy sounds manipulative and necessary for me. Beyond ethics and morality, there is also an element of fear and low mentality when you focus so heavily on keeping a woman in your life that you need to put so much effort into her commitment. It's a fear that you won't be able to find another woman or woman who wants the relationship you want. AMS says you can't feel guilty about running women because that's what women do. They hang men without having sex, so you can hang them with sex without ever having an affair. Clinical psychologist and Dr. Harriet Braiker says it is typical of manipulative thought that the world sees it as a place where you either play or play (Braiker, 2003). And I don't agree with that advice for another reason: it's a race to the bottom. Why would I race against some male-bound bitch? If you really have to use other than backyard sticks, pick better people. you interested in the race to the bottom. Like they say, you can't go down with eagles if you're worried about how turkeys behave. Read more about manipulation here: Manipulation: Techniques, Strategies, & Ethics Sometimes confuses culture with nature Writes AMS: Feminism has taught women to allow men to do all the following. Women are learning that because they have a vagina, men should do 100% of the pursuit. That's not true. It is not feminism that has taught women to have a lot of power in the sex market. It's biology. If anything, feminism tells women that they are more like men, so it allows women to be more active in dating. Also, AMS writes: Blue pill men are usually not jealous because they are completely unaware of female nature. I very much doubt that. Jealousy is born. The author himself teaches that jealousy is at bay, so he probably feels it. Women's mantra can't love a man Says AMS: Men who have digested the red pill see the world as it really is (...) They understand that women are incapable of truly loving a man. Strikes like this leave me softened. How can a man who writes about seduce never experience a woman being in love with him? And when he writes about women leading forward and never wanting a relationship, doesn't he think that maybe he's the one who can't really love someone? I still remain open-minded about this supposed difference of love between a man and a woman, but my experience simply dissuaded. I was in love, and some women were in love with me. That is why I wanted some authors of red tablets to submit some better arguments, examples or scientific evidence of the mantras women cannot love a man. But so far, it doesn't make sense to me. Controlling relationships Based on maintaining its insecurities To attract women, AMS recommends that women be insecure. When you give a woman certainty, it's the end of mystery and challenge and she starts looking for her next prey. Sounds like too much of a beat. If you are a high-value man and generally provide a good time whenever you meet, both sexually and in conversations, you will naturally be dragged attractive. Moreover, this strategy can certainly become counterproductive. The woman I liked left her life because she said, She had to protect myself. I never told her I liked her, and she made her own conclusions. On AMS dates, he advises: When you're on a date, you simply wither your level of interest. Why go out with a woman if you're not interested and know her better? When AMS advises to wait a week for a post-date date, she says that insecure women won't answer. Instead, I think he's losing women because he plays too disinterestedly. Read also: How to keep control and power in a relationship: A healthier way How to maintain power & control in relationships Editing might be better It's not the end of the world, but it's slightly dragged away from the author's perceived authority. Some guys were funny. Like a Friend of Pluto, for example © PROS I loved many concepts in Alpha Male Strategies. And it offers a truly unique view of dating that few other authors have. For example: Emphasizing the importance of convenience at your own riskAny to be used to carry out non-participating women I could not agree more: This means that if a woman does not give you 100% participation, you have the opportunity to leave. That means you've mastered the ability to be alone. A bad relationship between high-value men and demading women says AMS: (...) because of your high-value mentality you may not want to suffer their demanding relationships This is something I have noticed in myself many times really. I never get together with women who are too demanding. And that's why I recommend women on this website not to play too many elusive games: busy men will not continue to be persecuted. Ams is not afraid of being vulnerable. I was expecting someone with that name to get involved in this alpha male posture. Instead, ams is actually on earth, a vulnerable man. For example, he says, few men are born alpha. By the age of 27, I was a certified beta male. Alpha Male Strategy Review I need to do a mea culpa. I didn't approach alpha male strategies with the highest expectations. I saw a video from Todd Valentine where he criticized some of the concepts of red pills, and the comments there seem to be saying Todd had actually criticized AMS (and yes, I think he was). Somehow I made the wrong impression that this was going to be some alpha male posturing caricature mixed with a red pill. And while there are a few things I didn't agree with, there's also a lot of great content. Some content goes to the core of what is a high-value man, but some are also unique in the dating and seducing industry. The author is also not a breakup, in fact he is very vulnerable and open in sharing himself and his past failures. AMS says he's got a lot of inspiration from Corey Wayne, author of How to Be a 3% Man, but I like Alpha Male Strategies even more, and I find his advice to seduce more effective. If there were some win-lose and manipulative approaches with which I disagree, such as the rationale for male manipulation on a single manipulative nature, plus a red pill mantra with which women can't love, then this could be one of the best dating books for men. AMS's focus is also an interesting niche that is relatively under-served with tips to seduce: picking up not shovels of new women with endless spam cold-approaches, but just enough new to maintain a small harem and healthy rotation. Check the: Best dating books for menBest red pill books Or get AMS on Amazon Amazon