

THE FEMALE MIND CONTROL HANDBOOK

Learn to Hack Her Brain And Make Her Yours

by  **KATE
SPRING**





KATE SPRING

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Kate Spring is a relationship coach, YouTuber and best-selling author from Vancouver, Canada. She specializes in helping men from around the world win the hearts of women by mastering radical authenticity and female psychology. Kate's acclaimed online program *The Obsession Method* has sold nearly 100,000 copies and is widely considered to be among the best and most comprehensive men's dating guides on the planet.

Stop me if you've said this one before...

Women just don't like me."

If this sounds familiar, you're not alone. Every client I've ever had in my work as a love coach has said some variation of this sentence.

If you feel this way, you may think there's nothing you can do. Well I'm here to offer you hope.

The truth is, inside every guy is the man women dream about finding. Unlocking this man takes work but it is within your grasp.

I can already hear the doubt in your mind creeping in. You're saying, "people don't change. It's impossible." and you're right. Who you are inside is largely unchangeable. What you can change is how women see you and that's by changing how you see yourself.

THE PROSPERITY PRINCIPLE


Let's talk about money for a second. Money is just a number in your bank account but having enough of it completely transforms how you act and even appear to those around you, especially women. Most people think women are drawn to wealthy men because they want a man who can provide for them, and this is true, but it goes way beyond just that. Once you surpass a certain income, greater wealth will make very little difference in her day-to-day life, and yet, women are certainly more attracted to Elon Musk than they are to your average engineer, even if they don't care about flying private.

This is because it's not really about the money. It's about the effect having money has on how you see yourself. That's what attracts women to powerful, rich men. And the better news is, there's a way you can get this same confidence even if you don't have a dollar to your name.

SELF PERCEPTION IS EVERYTHING

Imagine two men. The first knows how to win the hearts of women without even trying. He always has a date on a Friday night and his only problem is that there's not enough hours in the day to date every woman he comes across. The second has gone his entire life without ever getting so much as a first kiss. Would you believe that these two men look the exact same, have the same net worth, and score the same on an IQ test?





I'll go a step further. I can take the second man and, within two weeks, transform him into the man that every woman wants to be with. The change is so powerful that if he walks into a room, women will literally stop talking to the first man, mid sentence, and line up for a chance to speak to the second man.

But most men never achieve their full potential when it comes to attracting and seducing beautiful women. Why is this?

Often they take the wrong approach, falling for cookie-cutter seduction strategies that present tactics without ever getting to the root of what brings men and women together. Others fail simply because they never take that first step.

I'm happy to report that you don't have to suffer the same fate, and that's because you're reading the Female Mind Control Handbook!

In this short handbook I'll teach you the simple methods you need to adopt if you want to attract and seduce women.

But I'm not going to stop there. I'm going to do something that no other seduction coach has done up to this point...I'm going to reveal the base code that underpins every seduction and teach you how to make it a concrete reality in your own life.

Let's start at the beginning.



THE APPROACH

Your first interaction with a woman is the most important. It can set you up as her true love or as a horror story she tells whenever anyone mentions a terrible date. Here's the first thing you need to remember when making your approach that can make or break this first interaction.

Harness your physicality

Physicality is so important when it comes to your approach. While it helps to be good looking and in shape, it really isn't necessary to attract a woman. What you need is to make her aware of your body and your physical presence in space.

Let's look at a newly minted phenomenon that's a very popular point of discussion lately: manspreading. For those who don't know, manspreading is when men take

up more space than they need as a sort of subconscious form of dominance.

It's largely been highlighted as something rude that men need to avoid if they want to be seen as respectable. But I take a different approach. Certainly, if you're on a crowded bus and you're taking up two seats, manspreading makes you look bad. But the truth is, there's a reason this is such a universal experience: because it works.

If you look at almost any "stereotypical male" behaviour, closely enough, you'll find that it has a link to social dominance and reproductive success and manspreading is a prime example. Women want a man who physically takes charge of the space he's in because it's a signal of dominance--it ties back to their primal instincts to mate with an alpha male.

Women like men who are physically large and dominant and you can use this information no matter what you look like or how short you are.

There are several ways you can draw women's attention to your body and even appear bigger and more imposing (and thus more attractive) in their eyes.

➤➤ Be physical in the space

Here's a simple physical trick I notice particularly common in athletes. I call it "the lean." Next time you're talking to a woman, simply reach your arm over your head and grab the door frame.



It seems silly until you notice it. Then you realize that almost all sexually successful men do this almost constantly.

They say you need to make yourself large to scare off a grizzly, but the same action has the opposite effect on women. If there was ever any doubt that women are the true apex predators.

I actually made a full video guide on how you can leverage your body language to make you attract women like mosquitos to a light. If you're interested in checking out, [just click this video link below.](#)



»» Talk with your hands

There's a reason that magicians always get laid. Quick and skillful hand movements have been linked to evolutionary success in humans.

So by keeping your hands active and engaged in a conversation you not only are more able to keep her attention, you demonstrate your biological superiority with just a flick of the wrist.

»» Regular exercise

Many people think big muscles and a toned body are key to seduction. While this is helpful, it's not as important as simply keeping active.



“No citizen has a right to be an amateur in the matter of physical training...what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.” -Socrates

Regular fitness training will activate your muscles and put you in touch with your body in a way that women find extremely attractive. Whether or not there's a huge difference when you look in the mirror, there's a powerful difference in how you carry your body in space and it's that difference that will draw women to you without them ever knowing.

Now let's talk about your number one goal in every interaction with a woman: making that personal connection.



HOW TO MAKE THE PERSONAL CONNECTION

The importance of personal connection in interactions with women was inspired by Jeremy, an old friend of mine.

Jeremy is the first to admit that he's a completely average guy in most ways. He's got a receding hairline despite only being 25. He works as a process server. He's not particularly intelligent, fit or even especially extroverted. But despite having little to offer on paper, he's constantly surrounded by friends, admirers and beautiful women.

I always wondered what seemed to draw people to Jeremy like a magnet.

One day, we were out at lunch and both the server and the hostess gave him their number, without him even asking. I was blown away. I finally asked him, "What's your secret?"

Jeremy just pointed to our waitress and said, “the hostess, she’s from Lake Minnetonka.”

“So what?”

“I spent a summer there growing up. I guess she thinks we have a lot to talk about.”

“And what about the server?”

He grinned, “She liked that I ordered a diet Sprite.”


I said, “Jeremy that makes no sense. Talking about people’s favorite brand of soda or their hometown is just small talk. It’s what I’ve always told men to avoid if they want to make a lasting impression.”

Jeremy just smiled. “It worked on you,” he said.

Then I thought back to the first time we met. He was a friend of a friend I got to talking to at a party. We had what had seemed like an innocuous conversation but, thinking back, it

was the only part of the party that stood out in my memory. We talked about bath mats for a full ten minutes and little did I know, it was a conversation I would never forget.





The truth was, though his chit chat had seemed very standard, Jeremy did something that very few people do. He had a knack for ferreting out points of connection in people he met. Within five minutes of meeting him, he knew something about you that few other people knew, even if it was as silly as diet Sprite. And beyond that, he'd found out something the two of you have in common.

He achieved this not through some magical combination of words and phrases. It was about actively listening and making connections between your life and his. The result of this was a surprisingly strong bond between two people who were barely on a first name basis. This is what I mean when I say you need to find a personal connection.

You see, no matter how extroverted and charming you may be, meeting new people puts you in a position of social stress. It's how we handle that stress that determines our success or failure.

*It all comes back to **fight, flight, or freeze.***

Introverted, shy, or socially inept people will freeze up and struggle to get a word out. Then they'll run away at the first sign of trouble.

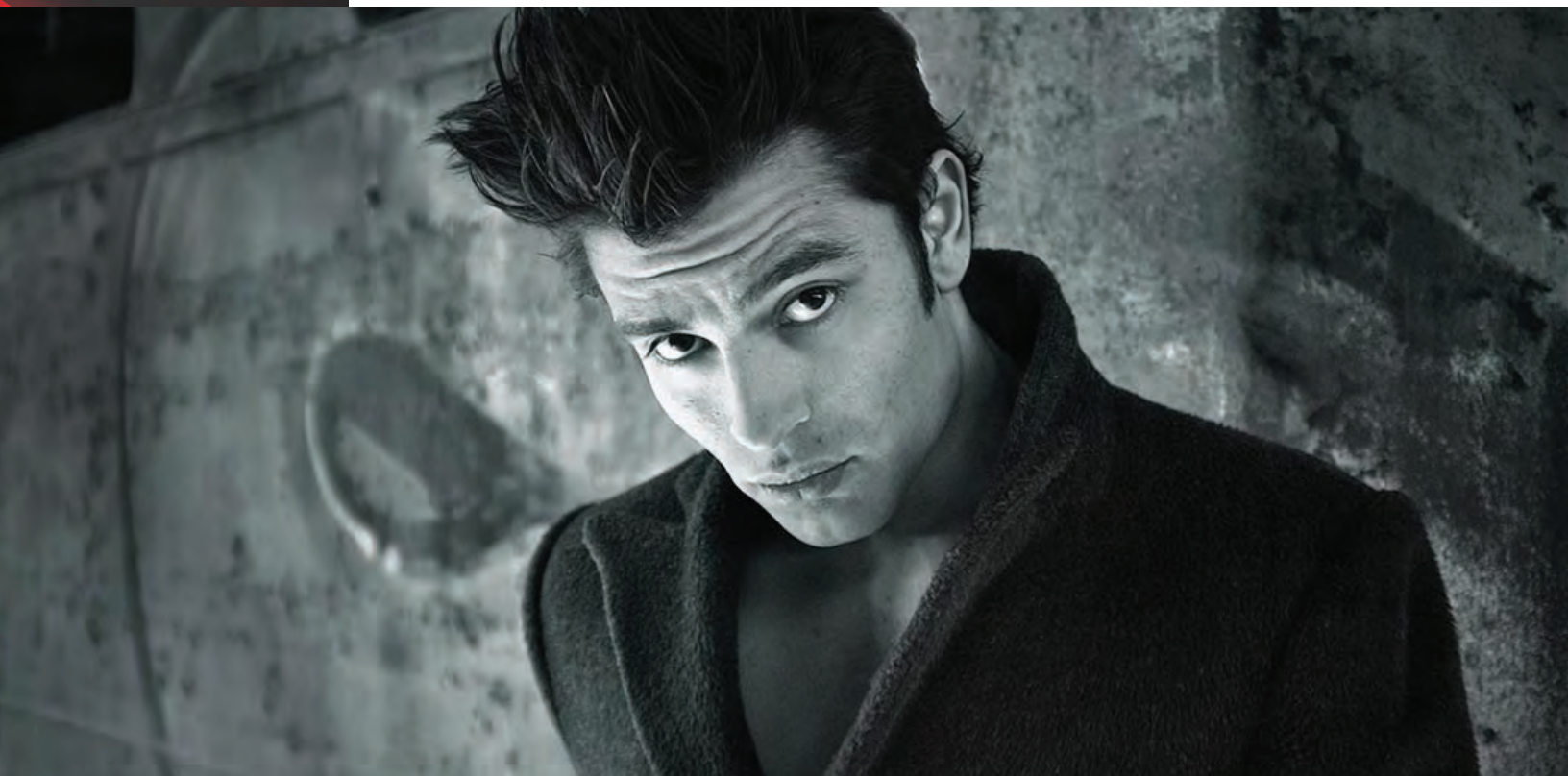
Extroverts will do the opposite. What we may process on the surface as charm and wit, are, in reality, an effort to impress the other person which is, believe it or not, a fight response. This is what happens when you meet someone at a party who stands out as charming, funny and interesting and yet is gone from our mind as soon as they're out of sight.

The truth is, charm and wit are certainly attractive, but without that personal connection, our brain recognizes what they really are: a play for social domination--a parlor trick.

Jeremy never had this problem. As I said, Jeremy wasn't particularly charming. His talent came from his ability to listen and make connections. Instead of freezing, fighting, or

fleeing, Jeremy found another path. He'd ask innocuous questions and from your answers, he'd figure out what was important to you and how you saw yourself, and, most importantly, what the two of you had in common. In essence, Jeremy turned the social stress generated to a common goal.

Since I came to this realization, I've studied Jeremy in social situations and here are some of the points of connection I've seen him find: Yoyos, not understanding how air conditioning works, making fun of Scientology, the taste of ice from plastic ice trays--I could go on.



»» Finding common ground

So how can you be like Jeremy? This kind of communication is an acquired skill that you need to practice to master but it's easier than you think.

Jeremy realized that social success is all about stickiness. Namely, do people remember you when you leave a room. Do your conversations stick in their heads?



Your goal needs to be finding what the two of you have in common as soon as possible in a conversation and repeat it to reinforce it.

It can feel artificial and many people will realize what you're doing. But guess what? That's totally fine.

Despite what they may say, nearly all people are driven to make connections any chance they get.

They'll appreciate it if you're willing to make the effort to make that connection, even if it feels a bit awkward at first. It's like icebreaker games. Sure, they're extremely embarrassing and stupid but people use them because *they really do work.*



THE 'FOOT IN THE DOOR' PRINCIPLE

90% of success is showing up, and getting to stick around. There are so many ways to make or break any interaction with a woman, but more important than making a good impression, is continuing to be present and available. If you want to learn how to make a really powerful first impression that gets a woman instantly attracted to you, though, [just click this video link below](#). It's a great video guide featuring yours truly!



Anyways, you can blow her away with a huge romantic gesture but if you're not there for the follow up, it's all for nothing. Most often, seduction is a marathon, not a sprint.

To master The Foot In The Door Principle, you simply need to roll with the punches, make it past the awkward moments and avoid making huge attraction-killing mistakes. Making small errors and putting your foot in your mouth isn't what destroys your chances with women. It's how you react that determines your success.



“Opened my eyes to my value, and my past mistakes”

“Dating used to feel like banging my head against a wall. I would get stuck in the same short term relationships and unable to make a true connection with the women I really wanted. The Obsession Method was my way out. Kate opened my eyes to my hidden inner value that I didn't even know I had while also showing me all the mistakes I'd been making in the past. A true game changer for my sex life.” -Stefan B., Portland OR

While I don't typically advise looking to Hollywood movies for romantic advice, there is one element of romantic comedies that has always been spot on: the meet-cute.

A meet-cute is when two characters who will eventually form a romantic relationship meet under humorous or cute circumstances.

Maybe he spills a coffee on her shoes or she accidentally knocks him down a flight of stairs--whatever. The specific interaction doesn't matter. What matters is that it leads somewhere.

She doesn't fall for him because he spills the coffee; she falls for him because of how he manages to turn this awkward moment into a moment of connection. That's what you need to do if you want to master the Foot In The Door Principle.

I don't advise trying to manufacture some sort of elaborate meet-cute or knock her down a flight of stairs. The truth is, chances are you're going to make some sort of mistake when you first meet a woman, especially if you're nervous. You need to be able to laugh it off, press onward, and use this mistake to your advantage. If you can show her that being vulnerable isn't embarrassing, it will speak volumes about your value as a man and your ability to give her exactly what she wants.



AVOID THESE ATTRACTION-KILLING MISTAKES

Women are willing to forgive quite a lot of male behaviour but there are certain actions that will kill attraction in any woman. These behaviours are so damning because they speak to a larger problem with your character and confidence, and women have an uncanny ability to recognize these faults.

Women aren't looking for a reason to turn you away, but **sexual selection is baked into how we all see the world.**

This is the end result of millions of years of evolution. We can't stop noticing red flags, just as we can't stop our heart from beating or our stomach from digesting food. It's an automatic process.

That's why you need to be aware of these four behaviours and tear them out at the root, if you want to have any chance of attracting women.

➤ I. Bad hygiene

Take care to always look your best. You don't need to wear a three-piece suit every day but you do need to be dressed in a flattering, comfortable style that makes the most of your best attributes.



More important than that is the personal hygiene side. Make sure that when you leave the house you are always showered, shaved, and smelling good.

If this is something you've always struggled with, then this is a huge opportunity. Master proper hygiene and watch how it completely transforms how other people see you.

➤ 2. Being hesitant

So much of seduction is, for better or worse, about entitlement. If you see yourself as an outsider who doesn't deserve her attention or attraction, she'll see you the same way.

Don't be aggressive but be assertive. Whether or not you feel confident is irrelevant. Sometimes it's okay to "fake it until you make it".

Most women aren't going out and looking for a diamond in the rough to pull out of obscurity and into their bed. They're looking

for socially dominant men who are at, or above, their level. You need to project this energy by any means necessary.

As you cultivate this mindset it will become easier over time. Don't be surprised if it bleeds into other areas of your life as well. There are plenty of men who start out with the goal of simply getting a girlfriend and end up with a promotion, the corner office, and the respect and love of those around them. Don't hesitate to take this first step.

There are several body language cues that you can use to convey the kind of confidence that make women crave you. Check out my [free guide on how to this right here.](#)



LOVE  LEARNINGS

Little-Known Technique To Make Any Woman **Chase You**

WATCH THIS FREE TUTORIAL VIDEO 

➤ 3. Comparing yourself to others

Teddy Roosevelt once said, “comparison is the thief of joy.” It can also be the thief of love. Chances are the women you’re looking at dating are under no illusions that you’re the most attractive man that ever lived. What she finds attractive is that you know your limitations, accept them, and still manage to be confident and happy.

The alternative is to compare yourself to others, find yourself wanting and share this information for anyone who’s willing to listen.

Instead of focusing on where you lack, **focus on the connection you’re building together.** If you can do that, it won’t matter if you have a million dollars in the bank or a full head of hair, because you’ll have her.

➤ 4. Putting her above yourself

It’s important to respect women if you want to get close to them, but it’s even more important to respect yourself.

A lack of respect for yourself is evident in the following behaviours: letting her choose where and when you go on a date, rearranging your schedule for her, and changing your opinions and beliefs to please her.

It's certainly a fine line you need to find between respect and subservience. I think it's better to be assertive and self assured and risk coming across as a jerk than it is to bend too much and risk coming across as meek. Women will date jerks before they'll date men who make them feel pity.



SEDUCTION SYNTHESIS: WHAT WOMEN REALLY WANT

So up to this point we've covered the principles you need to put into play early on if you want to maximize your chances with any woman. We've also covered the most common attraction-killing mistakes you'd need to avoid if you want to maintain attraction in the short term.

Now we dive into what I call long-term self projects. These are both elements of yourself that you need to focus on and accentuate.



“I was skeptical, but it just works”

“I’ve never trusted online advice in the past. It always felt like a one-size fits all approach that didn’t meet my needs. But Kate’s program truly worked for me. Within days of beginning to implement her techniques, I got a girlfriend who I now love. I was skeptical, but it turns out it just works.” -Cherren B., India

Essentially it's not only about being your best self, it's about presenting that self to a woman in a way that will maximize her attraction towards you.

➤ I. Excel in social situations

This is easier said than done but I'm going to give you a little life hack that will make it easy for you to appear confident and suave in social situations around women. This is a great first or second date tactic. You're going to set yourself up to succeed in a situation.

Surround yourself with friends in a situation where you feel comfortable. Put your focus on her so she can tell you care.


She sees this exciting and interesting guy who is choosing her first before all his friends and opportunities. This will make her heart go wild.

➤ 2. Harness her attraction

Men often take the lead when it comes to the sexual side of a relationship because they think being overly assertive is the way to win women's hearts.

The truth is, if you push her beyond her comfort zone, you're actually putting her in the driver's seat. As soon as she says no to you, the power balance has shifted in a way that may be impossible to repair. Because now she's acting as a gatekeeper which means you're on the outside, looking in.





Stay out of this minefield. Instead, be the one in the relationship who is holding back. Don't push her for sex too early in the game.

Think of it this way: have you ever heard a woman complaining about a guy not wanting to get in her pants? Of course not. Most women say “men only want one thing”.

The truth is, even though they may not respect men who hound them for sex, women love to be desired. It's an important part of their self image and how they see themselves in the world. By flipping the script on this typical dynamic, you're taking the power position. It just takes a little restraint and suddenly you're the one calling the shots, not her.

In practice this is a subtle distinction but an important one. It basically comes down to “always leave them wanting more.” Wait an extra date before making a move, always put her pleasure before your own, and don't be desperate to get her clothes off.

➤ 3. Stand out from the crowd

High quality women are overwhelmed by attention from eligible men who want to win their hearts. While this seems like a negative, you can actually use this information to win her heart.

In fact, the more men who are trying to pick her up with the same tired lines and cliched approaches, the more you have an opportunity to stand out from the crowd. All it takes is a little introspection and an honest self assessment.

What I mean is, **you need to find what makes you special.**

I don't mean to sound like Dr. Seuss, but everyone has something that makes them special. Those who succeed in life and love are those who find what makes them special and harness it.

For me, it's about my passion for helping people find love. For you it might be your drive to keep going despite adversity, or maybe it's how good you look in a sweater.

Trust me that everyone has something that sets them apart from the crowd. For most it's not as quantifiable as, say, being the fastest person in the world to run a mile. It's more often something subtle and subjective like the way you treat animals or your ability to make people feel appreciated.



Unsure what makes you special?

Take a good hard look at yourself. What attracts people to you. What are you best at? Ask your close friends and family. It may be embarrassing but you can find out so much more about yourself by how those around you see you.

The process of finding out what makes you special can be difficult and even painful but it's *essential* to achieving true confidence and winning the hearts and minds of women.

Once you find your special something, you need to know how to display it in a way that will make you seem valuable but not full of yourself. Don't just talk her ear off about your passion.

This is what women mean when they say they like the "strong, silent type." They don't want to date a mute. What they really want is a man who is more focused on action than speech. In other words, show don't tell.

➤ 4. Vulnerability and value

The truth is, vulnerability is sexy because it's a measure of confidence. Think of it in terms of animals. The alpha male in wolves is not always the biggest or the strongest wolf, it's the wolf that has the courage and killer instinct required to take down any challenger.

How does this relate? While human social dominance is no longer tied to winning fights, it is still based on hierarchy. And you want to be on top.

The way to the top of that pile can come from simply being the best, most attractive and most confident guy in the room, but for many men, this simply isn't achievable. These men need to find a different path: vulnerability.

Think of it this way. Your value in society's eyes is in your ability to climb the ladder. To do so, you have to be willing to take social risks to improve and thrive. Vulnerability is emblematic of the willingness to take risks and go for what

you want. After all, who is the braver man: the man who wears a full suit of armor or the one who goes into battle completely naked?

Vulnerability is the willingness to be open about yourself, your flaws, your fears and your downsides and be confident that, no matter how it all turns out, you're still in control.

There are plenty of ways to show off your vulnerability. Basically it comes down to taking social risks and not worrying about the outcome. Admit your faults. Get in touch with your emotions. Don't back down from tough conversations. Be willing to disagree with her. Show off your feminine side. Be honest. The possibilities here are endless.



➤ 5. Listening is so important

The biggest mistake I see so many guys make is focusing on themselves rather than on her needs. You can memorize a hundred perfect pickup lines, have a perfect body and a million dollars in your bank account but if she feels, even for a second, like you're running game on her, she's going to immediately lose interest.

This is what makes real listening the most important factor when it comes to getting women.

Luckily, listening comes naturally if you're willing to make the effort. It's not just about hearing what she's saying, you need to actively participate in her side of the conversation.

To do this, you need to summarize what she's saying back to her. It may feel silly at first but it not only helps you understand and

remember what she's saying, it also makes her feel heard. Women love to talk so if you make them feel like what they have to say is really reaching you, they'll associate this positive feeling with you.

So focus on getting to know her rather than trying to get in her pants and pretty soon you'll have both.



NOW FOR THE MOST IMPORTANT TAKEAWAY...

Did you know that there's a secret language that all women understand without even knowing it?

In my free video guide, I will explain how you can exploit this "secret language" to make how women swoon and chase after you. And this secret little "mind hack" is super simple to use.

[Just click here to watch my free how-to guide on how to do this.](#)





“I never thought dating could be like this”

“I used to be the last guy on any girl’s list. Two weeks of your advice and now they can’t stay away! I had to turn down two women who I used to think were out of my league. Thanks so much Kate. I never thought dating could be like this.” -Gareth P., North Africa

All the best and thanks for reading.

Yours truly,

Kate Spring