How to Approach ANY Voman with Complete Confidence

Eliminate Shyness, Nervousness, and Fear of Rejection Forever!

By David Robert Portney

PROGRAM OUTLINE

THANK YOU AND CONGRATULATIONS!

You have just purchased a very powerful audio CD system. You are about to begin a program that will change your life dramatically for the better. "How to Approach ANY Woman with Complete Confidence" will gently lead you through a step-by-step process that will get rid of the junk in your head that stops you from being able to approach a woman with ease, comfort, and confidence. Gradually, day by day, you will find your confidence and comfort growing measurably, and by the end of this program you will, as long as you keep the ground rules of the program, be able to easily approach any woman you desire, anywhere and anytime you want. Remember that you can email me with your questions anytime at David@ConfidenceNow.com. I wish you the best of success, and be sure email me your success stories at David@ConfidenceNow.com.

Live with confidence!

David Robert Portney, President www.ConfidenceNow.com

HOW TO BEGIN

- 1) Put DISC 1 in an audio CD player or your computer's disc drive and listen to "Welcome & Information", track #1 on Disc 1.
- 2) You will hear clear and explicit directions on how to proceed and use the program, simply follow the instructions you hear on that track.

PROGRAM CONTENTS

- DISC 1: Track number & contents: Track #1: Welcome & Information Tracks #2 - 14: Day 1 through Day 13
- DISC 2: Track number & contents: Tracks #1 - 11: Days 14 - 24 Tracks #12: Closing Thoughts

DISC 3: Track number & contents: Tracks #1 - 6: Special Tracks for Days 19 - 24 IMPORTANT: do NOT listen to this CD until you are directed to on Day #19

- DISC 4: Bonus Audio CD: Tips for Success with Women
- DISC 5: Bonus Audio CD: "Secrets of Instant Rapport"
- DISC 6: Manual (see the CD for instructions on opening and printing the manual).

DON'T START DAY #1 UNTIL YOU READ THIS

The introduction on DISC ONE tells you to start here before you begin day #1.

This is very important.

It's important that before you listen to and start day #1, you need to write down what you want to get out of this program - what your goal is for doing this program.

In other words, when you are all done with this program, what do you want to be able to do differently than now? What capabilities do you hope to acquire?

For example, a good goal would be: "to be able to approach any woman I want, anywhere and anytime I want, with total comfort and confidence".

Make your goal something personally valuable and highly desirable to you.

In the space below, write down your goal.

Then in the space below that, write down all the ways your life will improve when you attain your goal:

LISTEN TO DISC ONE, DAY #1 ONLY AFTER YOU'VE COMPLETED THIS PAGE AND THE FOLLOWING PAGE.

MY GOAL FOR DOING THIS PROGRAM IS:

BY REACHING MY GOAL MY LIFE WILL IMPROVE IN THESE WAYS:

(Write down everything you can think of, use the other side if you need to)

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DAY #1 DISC ONE, TRACK #2

WARNING:

> Don't start on day #1 until you've completed writing down your goal for the program and how your life will improve on the previous pages.

You've heard your assignment for day #1 on DISC ONE.

You know it's very small, simple and easy to do.

Before you go do that assignment, here's what you need to do:

Think about what you have to do today, and think about what objections come up to your mind when you think about approaching or speaking to women who are strangers.

Imagine that you are going to have to walk up to women and talk to them - what are all the objections that come to your mind?

For example, objections could be: "I'm too old/young, fat/skinny, smart/dumb" or whatever comes to mind for you. Or maybe you think you'll get rejected, laughed-at, or that women – especially desirable women – don't want to be bothered.

Whatever comes to mind, write it all down in the space below (you may use the other side of this page is you need more space).

WRITE DOWN ALL THE OBJECTIONS BELOW THAT COME TO MIND AS YOU THINK ABOUT APPROACHING WOMEN

DAY #2 DISC ONE, TRACK #3.

WARNING:

- > Don't start on day #2 until you've completed day #1.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #2 on DISC ONE.

Before you go out and complete that assignment do the following:

Think about your experience yesterday, and write down whatever came to mind yesterday as you did the assignment.

Make some notes below about whatever you experienced, whatever crossed your mind as you did yesterday's assignment.

After you do that, then review the list of objections you made on day #1 and see if you need or want to add any new ones to the list.

NOTES ABOUT YESTERDAYS EXPERIENCE:

DAY #3 DISC ONE, TRACK #4

WARNING:

- > Don't start on day #3 until you've completed day #2.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #3 on DISC ONE.

Before you go out and complete that assignment do the following:

Think about your experience yesterday, and write down whatever came to mind yesterday as you did the assignment.

Make some notes below about whatever crossed your mind as you did yesterday's assignment.

After you do that, then review the list of objections you made on days #1 & #2 and see if you need or want to add any new ones to the list.

NOTES ABOUT YESTERDAYS EXPERIENCE:

DAY #4 DISC ONE, TRACK #5

WARNING:

- > Don't start on day #4 until you've completed day #3.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #4 on DISC ONE.

Before you go out and complete that assignment do the following:

Think about your experience yesterday, and write down whatever came to mind yesterday as you did the assignment.

Make some notes below about whatever crossed your mind as you did yesterday's assignment.

After you do that, then review the list of objections you made on the previous days and see if you need or want to add any new ones to the list.

NOTES ABOUT YESTERDAYS EXPERIENCE:

DAY #5 DISC ONE, TRACK #6

WARNING:

- > Don't start on day #5 until you've completed day #4.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #5 on DISC ONE.

Before you go out and complete that assignment do the following:

Think about your experience yesterday, and write down whatever came to mind yesterday as you did the assignment.

Make some notes below about whatever crossed your mind as you did yesterday's assignment.

After you do that, then review the list of objections you made on the previous days and see if you need or want to add any new ones to the list.

NOTES ABOUT YESTERDAYS EXPERIENCE:

DAY #6 DISC ONE, TRACK #7

WARNING:

- > Don't start on day #6 until you've completed day #5.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #6 on DISC ONE.

Before you go out and complete that assignment do the following:

Think about your experience yesterday, and write down whatever came to mind yesterday as you did the assignment.

Make some notes below about whatever crossed your mind as you did yesterday's assignment.

After you do that, then review the list of objections you made on the previous days and see if you need or want to add any new ones to the list.

NOTES ABOUT YESTERDAYS EXPERIENCE:

DAY #7 DISC ONE, TRACK #8

WARNING:

- > Don't start on day #7 until you've completed day #6.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #7 on DISC ONE.

Before you go out and complete that assignment do the following:

Review your list of objections again.

IMPORTANT: review each objection, and for each one write down how you know they are valid or real.

So, for each objection you've written, write down how you know it's valid or real.

Objection:	How Do You Know It's Real Or Valid?

DAY #8 DISC ONE, TRACK #9

WARNING:

- > Don't start on day #8 until you've completed day #7.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #8 on DISC ONE.

Before you go out and complete that assignment do the following:

Review your list of objections again.

IMPORTANT: for each objection, write down what you'd like to replace that objection with.

Make sure you replace every objection with something else, something positive and empowering to replace whatever negative disempowering objections you had.

Objection:	Empowering And Positive Replacement:

DAY #9 DISC ONE, TRACK #10

WARNING:

- > Don't start on day #9 until you've completed day #8.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #9 on DISC ONE. Before you go out and complete that assignment do the following:

Review your list of original objections one more time (the objections you had before you wrote a replacement for each one yesterday).

IMPORTANT: next to each of those objections, write down a reason why that objection is silly, doesn't make sense anymore, or is otherwise NOT valid and NOT real.

VERY IMPORTANT: you must do this before going any further in the program.

Objection:	Why The Objection Is Invalid, Not Real & Doesn't Matter:

DAY #10 DISC ONE, TRACK #11

WARNING:

- > Don't start on day #10 until you've completed day #9.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #10 on DISC ONE.

Before you go out and complete that assignment do the following:

Make a list of your beliefs about women in the space below.

Write down everything you can think of.

WHAT I BELIEVE ABOUT WOMEN:

DAY #11 DISC ONE, TRACK #12

WARNING:

- > Don't start on day #11 until you've completed day #10.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #11 on DISC ONE. Before you go out and complete that assignment do the following:

Review the list of beliefs about women you made yesterday. For each negative or disempowering belief you wrote, write a new belief.

Write out new beliefs until every belief on your list is something you like and would rather believe.

Be sure to replace all negative or disempowering beliefs with a belief that is positive and empowering.

Negative Belief About Women:	New Replacement Positive Belief About Women:

DAY #12 DISC ONE, TRACK #13

WARNING:

- > Don't start on day #12 until you've completed day #11.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #12 on DISC ONE.

Before you go out and complete that assignment do the following:

Think of at least 5 people who you imagine as being able to comfortably and confidently approach desirable women.

It can be someone you know personally, or someone you've seen in a movie or on TV, or someone you've read about in a book, or a historical figure.

It can be anyone who you imagine as being able to comfortably and confidently approach desirable women, WITH NO FEAR AND NO HESITATION.

VERY IMPORTANT:

Pick people who make you think and feel "I want to be able to do that too!" or "I wish I could be just like that!"

WRITE DOWN 5 NAMES HERE:

 1.

 2.

 3.

 4.

 5.

DAY #13 DISC ONE, TRACK #14

WARNING:

- > Don't start on day #13 until you've completed day #12.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #13 on DISC ONE.

Before you go out and complete that assignment do the following:

Yesterday, you went out and asked ATTRACTIVE women what time it is.

In the space below, write down as many times as space will permit, the sentence: "I CAN TALK TO ATTRACTIVE WOMEN ANY TIME I WANT TO".

Fill up the page writing this sentence. You can use more pages if you want, but don't write more than 3 pages of sentences; feel free to use the other side of this page.

I CAN TALK TO ATTRACTIVE WOMEN ANY TIME I WANT TO I CAN TALK TO ATTRACTIVE WOMEN ANY TIME I WANT TO (Continue until the page is filled, don't do more than 3 pages, use the other side too)

DAY #14 DISC TWO, TRACK #1

WARNING:

- > Don't start on day #14 until you've completed day #13.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #14 on DISC TWO.

Before you go out and complete that assignment do the following:

Yesterday, you went out and asked women for directions while imagining some bad result. However, it's very unlikely that anything truly bad actually happened.

In the space below, write down as many times as space will permit, the sentence: "I CAN MAKE MYSELF AFRAID ANY TIME I WANT TO".

Fill up the page repeatedly writing this sentence. You can use more pages if you want, but don't write more than 3 pages of sentences.

I CAN MAKE MYSELF AFRAID ANY TIME I WANT TO I CAN MAKE MYSELF AFRAID ANY TIME I WANT TO (Continue until the page is filled, don't do more than 1 - 2 pages)

DAY #15 DISC TWO, TRACK #2

WARNING:

- > Don't start on day #15 until you've completed day #14.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #15 on DISC TWO.

Before you go out and complete that assignment do the following:

Yesterday, you went out and asked women for directions while projecting great excitement.

In the space below, write down as many times as space will permit, the sentence: "I GET REALLY EXCITED WHEN I TALK TO WOMEN".

Fill up the page repeatedly writing this sentence. You can use more pages if you want, but don't write more than 3 pages of sentences

I GET REALLY EXCITED WHEN I TALK TO WOMEN I GET REALLY EXCITED WHEN I TALK TO WOMEN (Continue until the page is filled, do as many pages as you want)

DAY #16 DISC TWO, TRACK #3

WARNING:

- > Don't start on day #16 until you've completed day #15.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #16 on DISC TWO.

Before you go out and complete that assignment do the following:

Yesterday, you went out and asked women for directions while imagining a sexual result and feeling great sexual desire in your body.

In the space below, write down as many times as space will permit, the sentence, "I GET SEXUALLY AROUSED WHEN I TALK TO WOMEN".

Fill up the page repeatedly writing this sentence. You can use more pages if you want, do as many pages as you want.

I GET SEXUALLY AROUSED WHEN I TALK TO WOMEN I GET SEXUALLY AROUSED WHEN I TALK TO WOMEN (Continue until the page is filled, do as many pages as you want)

DAY #17 DISC TWO, TRACK #4

WARNING:

- > Don't start on day #17 until you've completed day #16.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #17 on DISC TWO.

Before you go out and complete that assignment do the following:

In the space below, make a list of words or very short phrases of what's important to you about a woman or women in general.

Each item on the list should be some quality that is important to you in a woman, examples are: "fun", "sexy", "good looking", "honesty", "trustworthy", "intelligent", "easy going" "integrity" or whatever is important to you in a woman.

WHAT'S QUALITIES ABOUT A WOMAN ARE IMPORTANT TO ME:

DAY #18 DISC TWO, TRACK #5

WARNING:

- > Don't start on day #18 until you've completed day #17.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #18 on DISC TWO.

Before you go out and complete that assignment do the following:

Review the list you made yesterday of what's important to you about a woman or women in general.

Rank each one in order of priority and importance, until you have a "top 5" list with number 1 being the top most important quality to you.

WRITE YOUR TOP 5 IMPORTANT QUALITIES IN A WOMAN BELOW:

1._____

2. _____

3. _____

- 4. _____
- 5. _____

DAY #19 DISC TWO, TRACK #6

WARNING:

- > Don't start on day #19 until you've completed day #18.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #19 on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #1.

After you're done listening to track #1 on DISC THREE, then go out and complete your day #19 assignment.

DAY #20 DISC TWO, TRACK #7

WARNING:

- > Don't start on day #20 until you've completed day #19.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #20 on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #2.

After you're done listening to track #2 on DISC THREE, then go out and complete your day #20 assignment.

DAY #21 DISC TWO, TRACK #8

WARNING:

- > Don't start on day #21until you've completed day #20.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #21on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #3.

After you're done listening to track #3 on DISC THREE, then go out and complete your day #21 assignment.

DAY #22 DISC TWO, TRACK #9

WARNING:

- > Don't start on day #22until you've completed day #21.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #22 on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #4.

After you're done listening to track #4 on DISC THREE, then go out and complete your day #22 assignment.

DAY #23 DISC TWO, TRACK #10

WARNING:

- > Don't start on day #23 until you've completed day #22.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #23 on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #5.

After you're done listening to track #5 on DISC THREE, then go out and complete your day #23 assignment.

DAY #24 DISC TWO, TRACK #11

WARNING:

- > Don't start on day #24 until you've completed day #23.
- > Never combine days together or skip days; do each day exactly as instructed.

You've heard your assignment for day #24 on DISC TWO.

Before you go out and complete that assignment do the following:

Get out DISC THREE and listen to track #6.

After you're done listening to track #6 on DISC THREE, then go out and complete your day #24 assignment.

CONCLUSION

Congratulations!

Having completed this program you now are experiencing levels of confidence that before you only dreamed possible.

There is no way to "talk" someone into being confident – **understanding does NOT cause change** –that's why DOING this program and following the instructions exactly as outlined is so important. It would be like trying to teach someone what to do during sex – a description cannot possibly reveal as much as the direct experience would.

By having direct experience, and by starting small and building up over 24 days, you are able to make a permanent change in how you relate to yourself and others.

After completing all of the assignments on the audio and in the written workbook, you have systematically taken your confidence with women to a whole new level. This change inside you is now forever a part of who you are, deep inside at the core of your being.

This complete system operates on a number of levels simultaneously — it would take dozens or even hundreds of pages to describe all the physical, emotional, and psychological levels this program addresses. Simply put, this complete system allows you to flush the "junk in your head" that used to stop you from being able to comfortably and confidently approach ANY woman – and combined with the "Tips for Success with Women" and "Secrets of Instant Rapport" – you now are truly ready and able to approach any woman, anywhere, anytime. Now, email me at David@ConfidenceNow.com and I'll send you a free gift worth \$29 – it's my special report titled, "The Best Places to Meet Women".

I wish you all the best. LIVE WITH CONFIDENCE!

Sincerely,

David Robert Portney, President www.ConfidenceNow.com

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