

# Friend To Girlfriend Secrets – Beginner's Guide



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## What Turns A Female Friend “OFF”

First impressions are crucial in any encounter, whether you're on a blind date or interviewing for a job.

When you first meet a woman for the first time and start a conversation, she pretty much decides within the first sixty seconds whether or not you are someone she'd be willing to form a romantic relationship with or whether you're more suited to be “just a friend”

Remember this as you're looking to turn a friend into a girlfriend. First impressions are absolutely critical!

She's sizing you up the second you make eye contact. While you may be sneaking a peek at her breasts, or wondering whether she's wearing a G-string under her jeans, HER mind is trying to determine if you're possible boyfriend/husband material.

Are you safe to be with?

Are you physically healthy (an indicator that you're capable of producing healthy offspring?)

Are you the kind of guy she can picture introducing to her friends, or bringing home to Mom and Dad?

Do you lead an exciting, active lifestyle — one that she'll want to be a part of?

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And, do you have passions and ambitions? (I'll show you that the guy who projects these qualities can be WAY more attractive than the guy who's already got a million dollars in the bank.)

These questions and others are racing through the back of her brain. And the female mind, within this first minute, is looking for reasons to say "NO" rather than "YES."

(Don't resent it — it's a natural female defense mechanism. Instead, you've got to learn how to MASTER this challenge.)

Hot women have an even more finely-tuned radar, since they are constantly approached by the WRONG men.

Hot girls know that if they ALLOW a man to enter her personal space and start talking, he's probably going to KEEP TALKING... and talking... and talking... until she is forced to come up with an excuse to get away from him.

("I need to go find my friend," is the most common excuse that women make.)

So, in order to turn a casual friend into a lover, your first step is to always put yourself in HER shoes. If you were constantly being approached by guys who had ZERO game, and asked a bunch of intrusive questions, would YOU be receptive to them?

No. You'd be looking to blow these guys off as fast as possible. And that's why hot girls are MASTERS at this!

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So where does that leave you? You're a regular guy who doesn't want to annoy women. You just want them to give you a CHANCE.

You know that if women would just be RECEPTIVE to you, they would discover that you're a nice, cool guy who they'd enjoy talking to.

But, like all guys, you HATE getting blown off. It sucks!

It's one of the worst feelings in the world... getting up the courage to walk up to a girl and introduce yourself, and she rolls her eyes and turns away from you.

Well, it's time to put an end to that. I'm going to show you some absolutely incredible methods for getting women to LOWER their "force field" and allow you in.

In order to stay out of the friend zone and to get a woman to see you more as boyfriend material, it's essential for you to DOMINATE the first 60 seconds and engage her in a fun, original, interesting conversation that makes her WANT to invest her time in you... even if she rolled her eyes at the last 37 guys who tried to talk to her.

([Download and watch these videos](#) for more techniques on how to get a woman to CHANGE HER MIND and see you as a SEXUAL BEING and not "just a friend"):

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First, forget about trying to engage her in the usual, cliché small talk. (“So what’s your name?” “Where are you from?” “Have you been here before?” etc.)

Why? Because these lame “job interview”-type questions paint you as JUST ANOTHER ORDINARY GUY.

Ordinary guys are SO easy for a woman to “read.”

She’s KNOWS you’re interested in her.

She KNOWS you’re looking to get in her pants.

She KNOWS that you’ve got nothing interesting to talk to her about, and no VALUE to offer her...

And so, in that first 60 seconds, she’s TUNING OUT.

How do you get around this? What’s the secret?

Well, in our program you’re going to learn specific approach techniques that cover virtually every situation.

One of my favorites is the “Cold Read.” This is a great way to catch a woman off-guard and get her IMMEDIATELY interested in what you have to say.

Cold Reads also make you seem like an unusually perceptive, insightful person... you’re a guy who UNDERSTANDS her and RELATES to her.

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By the way, this Tactic is used all the time by palm-readers and “psychics.” You know how they can “size you up” within seconds, and tell you things about yourself that seem amazingly perceptive?

Well, they’re simply really good at using Cold Reads.

Here’s an example. You’re at a bar, and you observe a beautiful girl sitting alone. She seems like she has something on her mind, and she doesn’t look “open” to being approached.

So you walk up to her and you say,

“I can tell you’ve got something important weighing on your mind. You’re on the verge of making a pretty big decision, aren’t you.”

This will strike a chord with her 90% of the time, because on any given day, ALL of us are thinking about a decision we need to make.

It might not be some huge life-changing thing, but we’ve ALL got decisions we are thinking about. (Especially if we’re sitting alone, having a drink.)

Chances are, she’ll perk up when you say this, and she’ll be struck by how perceptive you are.

She might offer to tell you about it. If she doesn’t, don’t ask. Just introduce yourself and start the conversation, using the techniques [in our program](#).

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Then, a couple of minutes later, drop another Cold Read:

“Y’know, Melissa, I get the sense that a lot of people misjudge you. They assume you must be this cold, stand-offish person, but you’re actually a lot funnier and more sensitive than they realize.”

(This Cold Read is GREAT to use with beautiful women, since they feel that people are always judging them based strictly on their looks. Hot girls think people assume them to be “bitches” or unintelligent bimbos — but you’re looking deeper, and showing her you understand how she REALLY is.)

Once you’ve conquered the first 60 seconds, you’ll know how to engage her in an original, compelling conversation and CONTROL THE FLOW.

This means no “awkward silences.”

It means you NEVER reveal things about yourself that you shouldn’t. (One example? NEVER talk about your ex in a negative way.)

It means her attraction to you ESCALATES, instead of cooling down.

As you get her to share important personal details about herself, that build the bond between you and her, you’ll also plant subconscious “seeds” in her mind that amplify her interest and attraction.

There’s a saying that in every person’s lifetime, they let at least one million-dollar opportunity pass them by. You’ll be the exception to this rule... and it all begins with the first 60 seconds.



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It's true, in order to turn a friend to be you girlfriend, it's absolutely one of the trickiest situations you can ever find yourself in with a woman, you only have one chance to get it "right", blow it, and you'll never find yourself having another go at it again.

If you're like most guys who are desperately looking for ways to make sure that you NEVER again hear the "F" word... I'm talking about the ever dreadful and embarrassing "let's just be friends", "I only like you as a friend" lines from that one woman you're madly in love with but just can't seem to get no matter how hard you've tried, well, this will help you to easily and automatically take care of that:

<http://www.eseduce.com/friend>

## What Turns A Female Friend “ON”

Guys are constantly wondering, what is ‘the secret’ to turning a platonic friend to be your girlfriend?

Look around and you can see it happening all the time; well-meaning, good and caring guys with the best intentions in the world for a girl he likes, but somehow ends up being placed in the ‘friend zone’ no matter how hard he tries.

If you want to turn a friend to be your girlfriend, a big part of doing it right, getting them to successfully ‘turn’ over is to first know what they really need.

Notice, we didn’t say what women WANT.

Because what they SAY they want, and what they actually NEED, are two different things. (This is an important concept to remember if you want to know how to turn a friend into something more).

We’ve been led to believe that women want a nice, safe, sensitive “metrosexual” guy. A guy who is in touch with his feminine side, and is a friend first and a lover second.

And of course, the media tell us that an “attractive” guy is also supposed to make a lot money, stay in great shape, spoil his girlfriend with attention, and be completely available to her every time she needs to complain about something.

Well, here’s the big secret...

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What women NEED... on a core, biological level... is a whole different set of qualities.

Women are programmed to DESPISE weak men. The most important female need is to feel SAFE, and a weak man is never going to be able to make her feel this way.

When you constantly defer to a woman and let HER run the relationship, you might think you're being a "good boyfriend."

But you're actually screwing up the relationship and TURNING HER OFF.

To turn a friend to be your girlfriend, you have to first stop playing "wuss" in your interactions with her. (You know what a "wuss" is, right? It's a combination of the words "wimp" and another word that starts with P and ends with Y.)

This is situation MANY guys get into. We call it the "vicious cycle."

A guy starts dating a girl, and she begins to make demands.

The demands are small at first: always answer when she calls your cell phone.

Spend time with her instead of watching the football game.

Be available to talk to her and see her whenever she wants, even if you're busy with work or other friends.

Over time, the demands sometimes get bigger: get a better job, don't hang out with your single buddies because they're a bad influence, etc.

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Eventually, they get married... and that's when the demands become major. She wants a bigger house, a nicer car, a child or two (even though you don't feel ready.)

Most guys accept these demands as part of the relationship, and they go along with her demands to avoid having arguments. (This is one of the reasons why they get placed into the friend zone).

([Download and watch these videos](#) for more techniques on how to get a woman to CHANGE HER MIND and see you as a SEXUAL BEING and not "just a friend"):

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You would THINK that she would appreciate this. After all, you are always making the effort to please her!

But it actually has the opposite effect. She becomes annoyed by the fact that he won't show a backbone. So she keeps making more and more demands, nagging the guy, henpecking him and controlling every area of his life.

Subconsciously, she's trying to FORCE him to show his Alpha side.

But most guys never do. They just get beaten down and "whipped."

You see, women, in their hearts, don't want a guy who always defers to her and agrees with her. This type of guy radiates WEAKNESS, and a woman is never going to feel safe and secure in a relationship with a weak guy.

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She has a core need to be with an Alpha Man.

She might SAY she wants a “nice guy”... the sweet, caring type who brings her flowers, provides a shoulder to cry on, and jumps through any hoop she puts in front of him.

But she has an inner NEED to be with a Alpha Man.

A guy who LEADS and MAKES DECISIONS.

When she goes through one of her emotional hissy fits, she needs an Alpha Man who will be FIRM and calm her down.

You can be the sweetest, kindest guy in the world...faithfully bringing home a paycheck... but if you're a wuss, your woman is actually going to RESENT you for it.

Women are wired to want to be with Alpha Men. They need the sense of stability, security and strength that an Alpha Man provides.

And we're not talking about physical strength... showing EMOTIONAL strength is far more important, and hugely attractive to women.

She wants a MAN who makes her feel comfortable being the WOMAN. (If you want to get out of the friend zone, remember this).

You CAN be a nice, laidback, respectful dude... and you should be. But you've got to have a strong, decisive Alpha core that makes women feel safe and protected.

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You can be rich, and have movie-star looks, and all those other qualities that are supposed to be “attractive.”

But take our word for it: until you make your personal Alpha transformation, you’re going to find yourself in unfulfilling relationships with women who will eventually LEAVE you (or drive you crazy with their demands!)

Stop worrying about what women want. Learn what they NEED, and BECOME THAT GUY.

If you find yourself stuck in the dreaded “friend zone” and you’re desperately looking for a way to get out of it, get back IN the game and turn her to be YOUR girlfriend, you should [check these videos](#) out:

<http://www.eseduce.com/friend>

## Using RF To Turn A Friend To Be Your LOVER

Want to know how to make deep, lasting impressions with women?

Variety.

Variety is EVERYTHING and it rings true in ALL aspects of your interactions with women.

The more emotions she feels around you, the stronger an impression you'll make. The more interesting things she learns about you and tells you about herself, the more deeply she'll feel connected to you.

And the more places she visits and things she does and sees with you, the longer she'll feel she's known you.

And the longer a woman who is attracted to you has known you, the more inclined she will be to acting on that attraction and go further with you into a deeper, more "romantic" relationships.

What you want is for your girl to come with you on a handful of different adventures, you want to keep stirring up emotions in her; happy, sad, annoyed, angry, irritated, fun, sensual, sexual, flirty, etc... it doesn't really matter.

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Have you had friends who just couldn't seem to see eye to eye with one another, who couldn't stand one another, always arguing, quarrelling and suddenly one day you see the both of them hooking up together as a couple?

I have.

Many times.

Why and how did it happen?

The tension was always there, emotions were stirred, without them realizing it, the constant provocation of emotions were actually setting up the stage for a deeply, passionate relationship.

So again, it's really more about MEMORIES you create in her and less about the TIME you know each other that sparks attraction in a woman.

Sharing more experiences in a shorter amount of time makes a closer, DEEPER connection.

The premise of distorting a woman's senses to spark attraction is based on a psychological phenomenon known as Response Facilitation (RF).



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This is the process of strengthening the dominant response in a particular situation. You are going to use it to strengthen her emotional responses and get her to REALLY like you and see you a little more than a friend.

This is how it works.

Understand that emotions basically consist of two parts: a cognitive component (what you're thinking) and a physiological component (what you're feeling).

The cognitive, "thinking component" determines WHAT emotion you're feeling... while the physiological, "feeling component" determines the INTENSITY of that emotion.

For example, if you're thrilled with someone, you're thinking all kinds of "exciting" thoughts about that person (This is great fun! Can't wait to do this again!).

You're also experiencing certain physiological sensations throughout your body that indicate that you're excited such as an increased heart rate, increased blood pressure, mild sweating, adrenaline surging throughout your veins, etc..

And the more intense the physiological aspects become, the more exhilaration you FEEL.

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The state of being thrilled has more to do with the cognitive, “thinking” component, than with the physiological, “feeling” component.

You're thinking "thrilling" thoughts first and your body starts reacting to what you are thinking.

Use states of PHYSIOLOGICAL arousal to intensify her emotional responses. Remember, the arousal part of emotions is pretty similar from one emotion to the next, and the amount of arousal present determines the INTENSITY of the experienced emotion.

Now that you understand this, you'll have to think of ways to come up with situations where she is highly likely to experience increased levels of arousal, and to pair YOURSELF with that arousal.

So, in a nutshell, you should be able to take a girl who likes you (someone who has mild physiological arousal when you're around) and make her REALLY like you, by adding "extra" arousal to the situation.

The extra arousal will add up with that that is already present so as to increase the intensity of her emotional response toward you.

So how do you go about it doing it?

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You do it by simply doing enjoyable AND arousing things together by having fun AND amping up the teasing, flirting and sexual tension when you're together.

Most of these activities involve doing something FUN and extremely enjoyable that appeals to her five senses.

FUN and arousal, if you don't already know, always leads to LOVE and PASSION.

For example...

You can take her to an amusement park.

The crazy rollercoasters, drenching waterslides, breath-taking ferri wheels will not only increase her heart rate but also her sense of arousal.

It gives you both a chance to hug one another, to accidentally touch, kiss, hold one another, and so on...

As you're both getting onboard the rollercoaster, you give her your hand, she grabs it, you hold on to it, you look deep into her eyes, if she doesn't let go, it means she likes it.

As you're flying up and down, if she's comfortable with you, she might hug on to you and you grab on tightly to her and bring her closer into you.

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You can playfully kiss her and tell her “Janice, this is to calm you down”.

The smallest of things, the simplest of things works wonders, the activities you’re doing together will give you unlimited opportunities and chances to go kino, to get physical with her, unlike everyday shopping and boring talk will ever do.

It won’t look like you’re taking advantage or that you’re trying to put a move and on her because it’s as NATURAL as it can ever be!

Distorting a woman’s senses is one way in which I’ve seen a lot of girlfriends “turn” with my clients.

Festivals are also good as these places provide a kind of speed and excitement that makes people feel more alive and elated.

If you want to intensify her feelings, you should take her to these places so that she loses track of time passing.

Take her to a place where there are constant ACTIVITY and MOVEMENT so she gets caught up in the atmosphere – embark on some kind of journey together, distract her mind with new sights, new people, new experiences.

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The pace of your seduction and attraction effort must pick up at a certain moment to create a whirling effect in her mind.

The point is for you to get creative in creating OPPORTUNITIES for yourself in order for her to see a WHOLE NEW SIDE to you that she's NEVER seen and experienced before.

I've spent A LOT of time researching on the friend to girlfriend dynamic, and figuring out exactly what makes a normal 'friend' to turn over and feel that powerful emotion called ATTRACTION, and what REPELS them instantly.

If you'd like to get a POWERFUL education on to turn a long time friend into a LOVER, then I'd recommend that you check this out:

<http://www.eseduce.com/friend>

In it, I spend several HOURS going into great detail and teaching the exact, step-by-step process of mastering the art of creating "chemistry" and "sexual tension," (two of the most important MISSING LINKS apparent in most "just friends" interactions.

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And once you get this skill of communicating with women in a way that triggers their SEXUAL ATTRACTION mechanism down, you'll understand how turning a friend over will be a BREEZE, even when she has told you she ONLY wants to be JUST FRIENDS:

<http://www.eseduce.com/friend>

## Using JEALOUSY To Turn A Friend To Be Your Girlfriend

One of the FASTEST ways to turn a friend over to a LOVER is to make her JEALOUS. You must make her see you as a MAN.

And to do that, it's all a matter of building up your SEXUAL VALUE in her eyes.

Making someone jealous is one of the quickest ways to establish your sexual value.

I cannot stress that enough.

So by showing that your interest is elsewhere (therefore making her jealous), you are effectively cutting off what she USED to have with you; the wonderful, happy times she spent with you, subconsciously, it'll make her \*realize\* that she DOES in fact, have feelings for you.

Let it be TOTALLY ON HER at that point to feel it, to think about it, to come to the conclusion on her own.

So what you can do is to specifically bring up another woman or a past experience with a girl in great detail.

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Example:

The next time you and your chick friend heads to the record store, pick out a one-of-a-kind bootleg Colbie Caillat CD.

She'll go, "You don't listen to Colbie." And you'll smile and say, "I know, but this girl I met recently really digs her, and I know she'd love this."

She'll be impressed by your thoughtfulness, miffed that she doesn't score suitors like that, and wondering what this woman's got that makes you treat her so well.

Lay on a week more of the "Oh I always do this kinda stuff, just I never thought you'd bother" before admitting in a tender, unguarded moment that sometimes it's being with the wrong person that truly makes you realize who's right...

Here you're playing yourself up as a prime boyfriend material AND making her jealous at the same time...

Be extremely DESCRIPTIVE and GRAPHIC when you are relating your story to her- up to a point where she can actually picture your story in her mind- almost to the point of 'tasting' it.

Offer the vivid details until you can sense she starts getting uncomfortable.

Tell her how Kathy's body is killer, talk about how Kathy has the most flawless features you've ever seen in a girl...



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Get her to have an image of how much fun the both of you had together, the teasing, touching, playing and all.

Tell her...

“I was shocked when Kathy showed up at my office today with pizza. Gotta love her for that”

Just keep it going whenever you're with her...

“Kathy told me that the best deals are on the East side of town”

“Kathy said the funniest thing the other day...”

“I was picking up laundry last night and the owner was wondering where my girlfriend was... I was like who?? The brunette you were with the other day...” I was like ... what? Kathy? Oh please... I mean could YOU imagine both Kathy and me?”

Kathy, Kathy, Kathy...

Do it long, hard and subtle enough, and you're bound to see how she'll change when she's with you...

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You will know if you were successful if:

- She tries to talk bad about the girl/s in some way. (It's her defensive mechanism).
- She suddenly goes into silence and appears kind of withdrawn - this is when she is reflecting
- She gets annoyed, agitated, pissed at you for bringing it up

([Download and watch these videos](#) for more techniques on how to get a woman to CHANGE HER MIND and see you as a SEXUAL BEING and not "just a friend"):

<http://www.eseduce.com/friend>

Another way is to capitalize on a concept called “Social proof” as it’s a very powerful psychological trigger that can really influence the way people act.

Social Proof is all about human nature and CONDITIONING.

As humans we do things based on what other humans do.

We are more likely to make a decision or take an action when we have seen PROOF that someone else has also made the same decision.

The choice becomes that much easier when we realize people “just like us” (similar demographics) have made the exact same choices too.

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It's like I'm walking to a football game to go to my seat and 40,000 people in front of me are lined up going through the gates waiting to enter the stadium.

Instead of analyzing where to go , I'll just follow along with the crowd.

It's sort of like monkey see, monkey do. We are very, VERY much influenced by people around us, especially if we feel people around us are similar to us.

And that's the underlying concept behind social proof.

Same applies here. If you want her to see you differently as sexual man, rather than just as someone who's platonic, social proof is a powerful concept because, if we can subtly "demonstrate" to women that other women, just like them, are attracted to us, are interested in us, enjoy hanging out with us or they simply want us, they are more likely to make the same decision.

Women feel attraction toward men in the company of other women!

The fact is that women are VERY competitive creatures.

Especially when it comes to men.

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The good news is that if you know how to take advantage of this, and BRING OUT that sense of COMPETITION in a woman, you will be able to make a woman feel STRONG feelings of attracting for you VERY quickly...

And social proofing is one of the most powerful ways to bring out her 'catty' side AND to increase your sexual value to her as a man.

The bottom line is that this stuff is POWERFUL, it triggers ATTRACTION, and it communicates to a woman that you GET IT, AND it helps you to reach inside and touch a woman in a way she's always wanted, and in a way that she responds to powerfully.

I feel it's time that we as men started learning more about how women work, what they respond to, and how to TRIGGER those powerful feelings of ATTRACTION in the woman that YOU desire.

I'm so convinced that this program is the BEST of its kind out there (actually, it's the ONLY of its kind) and I'm so convinced that it WILL help you GET HER (whether it be a friend or someone you've just recently met), that I will send it to you to try AT MY RISK.

You can [watch all the videos](http://www.eseduce.com/friend) RIGHT NOW and get the details here:

<http://www.eseduce.com/friend>

## Using Social Proof To Turn A Friend Into A Lover

Turning a friendship into a relationship is tricky.

One wrong move and you might risk losing her as a friend. It's an extremely fragile situation and you've got to get it right the first time around.

One way is to capitalize on a concept called "Social proof" as it's a very powerful psychological trigger that can really influence the way people act.

Social Proof is all about human nature and CONDITIONING.

As humans we do things based on what other humans do.

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And social proofing is one of the most powerful ways to bring out her 'catty' side AND to increase your sexual value to her as a man.

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**\*\* Watch These Videos Now! \*\***

*"Friend To Girlfriend Secrets" Review*

*by Mack Tight of [ESEDUCE.COM](http://www.eseduce.com)*



It's one of the most frequently asked questions... ever.

You like her, but you're afraid of screwing your relationship up if she didn't feel the same and things become awkward between the both of you. It's every guy's ultimate nightmare. And who can blame them?

There's nothing trickier, more fragile than turning a friend to a lover, and if you want to get it 'just right' and land that one girl you've always wanted, these videos are exactly what you need to be watching...

Here, you'll learn about:

Watch Friend To Girlfriend Videos At:  
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## Friend To Girlfriend Secrets – <http://www.eseduce.com/friend>

- **Where to start: The blueprint and step-by-step action plan for turning a friend into a girlfriend and her to choose you over any other guy that tries to compete for her attention.**
- **How to shift a woman's attraction to you and make her want you even if she's ALREADY attracted or going "dreamy eyed" over another guy**
- **How to up a notch and go 'all the way' to get her to be your 'girl' WITHOUT ever having to risk the 'friendship' and lose her as a friend**
- **... and much more!**

An EXCELLENT Video & Audio Program, this is an accelerated **advanced** 'friend to girlfriend' resource vastly superior than any book you've seen or read before...

From start to finish, it tackles the issue straight on, no fluff, no filler, just to-the-point good, quality content. To say the least, the techniques here are lethal, and I know it works, because I've personally used them successfully in the past! It's easy to follow, simple, yet effective enough that it hits directly on women's psychological triggers to respond to your advances.

This gets a cool 4.5 stars from us. To find out more about this Brand-New Program, and how you can take a 100% RISK-FREE test-drive, [click here for the details...](#)

It's casual,  
Mack Tight

<http://www.eseduce.com>

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