

Win Girls Over - 2024 Edition

Anyone Can Win At Dating Apps



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Chapter 1: You Can Win At Apps

GENTLEMEN, if you want to be told that you are amazing, women are the problem, and that I'm going to give you the magic words to say to get anyone to go out with you please stop reading now. I can't help you.

I am here to say the things that are impolite and never said. But they are the real reasons why men are unsuccessful on apps. The truth is apps work. If you are in the correct position to make them work.

There are so many dating gurus. They say all sorts of things, but in my opinion none of them work to help men to meet women. There are men that tell you all sorts of "routines" or things to say on apps or even in person that are supposed to make women melt. Those things don't exist.

There are matchmakers who say, for a fee, that they are more dignified than apps and can help you meet your match if you just sign up with them. I used one once. So have my friends. We all had much more success on apps than with matchmakers. In my opinion, they don't work. Do you know anyone who has used them and met their person?

There are date coaches who tell you to just "put yourself out there". Go to every birthday party you get invited to and introduce yourself to everyone in the room. Go to church groups, kickball leagues, meetup events, say hi to women at the grocery store. I do agree that many women would love to meet their partner organically in real life. But you have to meet her standards. An in shape man that asks a woman if an avocado is ripe at the farmers market is charming. An out of shape man that asks a woman if an avocado is ripe at the farmers market is creepy. Women hate the idea of having to reject a man. Especially in person. Often men can't take it and get hostile. The whole thing is a nightmare. Because of this, I believe the age of approaching women you have not been introduced to in public is over for most men. Keep it to apps.

You can win at apps. To win, you need to check one big box, three little boxes, and know how to efficiently search without spending all day swiping. This process is going to take some time. How much time depends on your current physical condition and how open you are willing to change. But it works and it's worth it. Let's get started....

Chapter 2: Your Build %

Your Build % is EVERYTHING as far as succeeding on the apps go. I can just look at you and in 5 seconds tell how successful on dating apps you are going to be. Nothing else matters. Until you come to accept this and do something about it, you will struggle on apps. The good news is anyone can get to the point where their Build % is at a level to be successful on the apps. There is no such thing as handsome or ugly. There is fit and out of shape.

Why are you not getting any likes on Hinge? Why do you swipe and swipe and get none or very few likes back? The answer is because your Build % is too low.

Why did she like your profile and never respond? Why did she agree to go out with you then say no thanks to a second date? Why did she go out with you a couple times, kiss you, then ghost you? The answer is because she was bored and you were keeping a seat warm until someone with an appropriate Build % came along.

Before into what exactly your Build % is, how to calculate it, and how to improve it, let's quickly go through many "My fitness level doesn't matter for dating because....." reasons men tell themselves for not getting into shape that are simply not true.

My fitness level doesn't matter for dating because I'm rich.

If being rich was enough, people like Harvey Weinstein wouldn't have problems getting women. Also, you aren't rich. At least not as rich as what women consider rich. Do you have to have a job to live? You aren't rich. These days, I rarely see out of shape, affluent men married to women completely out of their league.

My fitness level doesn't matter for dating because I'm funny.

If being funny was enough, people like Louis CK wouldn't have problems getting women. I love Larry David. Ever seen him with knockout? I'm hilarious in real life. When I was out of shape, I made funny profiles on Hinge. Bored women did respond, let me entertain them for a moment, then moved on to someone with a superior Build %.

My fitness level doesn't matter for dating because I'm in this for the *right* reasons. I want a family and children.

OR

My fitness level doesn't matter for dating because her biological clock is running out. Who else is she going to date? I'm her best option.

Gentlemen, you are already on the apps. You see EXTREMELY attractive women of all ages on the apps. Why didn't they settle for a man? Because in 2024 they would rather be single forever than deal with a man that they are not attracted to. The abundance of quality women available on apps proves that. Their mindset is that their Prince Charming is just a swipe away. If it takes longer they will just freeze their eggs. Sidenote: if you are in college and thinking about a lucrative career....Go to medical school and become a fertility doctor in a big city.

My fitness level doesn't matter for dating because we are the same ethnicity or religion.

If you are religious, go to a church youth group event and see what's going on. Any women worth dating will circle the fit men. The ones that aren't fit will get zero attention. Religion, culture, whatever. The rules are the same.

What Is Build %?

This is the most important metric to determine your success on dating apps. In order to calculate your Build % you are going to need an InBody H20 scale. This scale is pricey at \$299. It is however the most important investment a man can make for their long term health and their success on dating apps. For accuracy, you need this scale that takes your readings from both your hands and your feet.



★★★★☆ 886

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Think about all of the money you have spent on dates that go nowhere. This scale is an investment for your future.

Every morning when you wake up, go to the bathroom if you need to. Before you eat or drink anything, log your weight for the day. The scale will log your body weight, your skeletal muscle mass, and your body fat mass. You should then log that into an excel sheet as such.

	Weight	Muscle	Build %	Seven Day Average
4/20/2024	172	80.0	46.51	
4/21/2024	171	81.8	47.84	
4/22/2024	171.5	80.5	46.94	
4/23/2024	171.2	80.7	47.14	
4/24/2024	171	81.0	47.37	
4/25/2024	170.8	80.4	47.07	
4/26/2024	171.1	80.3	46.93	47.11
4/27/2024	170.6	80.0	46.89	47.17
4/28/2024	170.4	80.9	47.48	47.12
4/29/2024	170.8	80.3	47.01	47.13
4/30/2024	170.1	80.2	47.15	47.13
5/1/2024	169.7	81.1	47.79	47.19
5/2/2024	169.2	80.4	47.52	47.25
5/3/2024	168.5	80.0	47.48	47.33

Your Build % is calculated as such:

The seven day trailing average of your = (Skeletal Muscle Mass divided by Body Weight).

This is a perfect way to measure fitness for all body types. It measures your body fat and muscle levels. It to me is the perfect metric for determining attractiveness. I have never heard a woman say a man over a 50% Build % is unattractive.

If your seven day trailing average build percentage is below 48.5%, get off all dating apps immediately and invest the time to getting to at least 48.5%. You are wasting your time below 48.5% and won't get the likes you want. Period. To be most successful, your Build % should be over 50%.

This could very well take some time. Assuming you take your diet, lifting, and moving seriously with no slip ups on junk food, you can expect to raise your Build % by about .25% a week. If you are 45%, that's 14 weeks of work to get to 48.5%. If you are 40%, that's about 8 months of work. It's worth it. There are no quick fixes to get your appearance in a position to get the likes you want.

If you refuse to pay \$299 for a scale, then I have no idea how you can afford to date properly. But there is a less accurate but free way to track progress.

<https://www.bizcalcs.com/body-fat-navy/>

This is a less accurate way the Navy uses to track body fat percentage. Don't go back on apps until you are BELOW 14% body fat (really below 12.5%).

What is "My League"?

You might be asking yourself....."what is my league anyway?" It comes down to a very simple math equation. If you go on the dating app Hinge, take your body fat percentage (the InBody scale will tell you what yours is) and add 8%. You will receive responses and interest from women 8% and more than your current body fat %. For example, if you are currently 20% body fat, do a google search for women at 28% body fat. Those women (and of course higher) are reasonably what you can expect to be the women that will commit to a relationship with you. This book is not for women, but if you are a woman, take your body fat %, subtract 8%, that's about the fittest man that would be interested in committing to you.

It is possible that you will get interest from women less than your body fat percent plus 8. Be skeptical. These women are bored. You will fill a void in her life until a fitter man will eventually show up. Then you will be dropped like a rock. Focus on improving yourself over winning the lottery by "out kicking your coverage".

The three pillars of your Build % are what you eat, how you lift, and how you move. Let's explain:

What You Eat

Nothing impacts your Build % more than what you eat. What you eat is the difference between being successful on dating apps and not. It is impossible to maintain a great physique with a bad diet. No matter how much you exercise.

Almost every reader of this book already has enough muscle to get over a 50% Build %. If you don't, you almost certainly will once you start my weightlifting recommendations. The key to increasing Build % is **cutting fat**, not adding muscle. Get out of your mind the need to bulk. Unless you are below 12% body fat, you do not need to bulk.

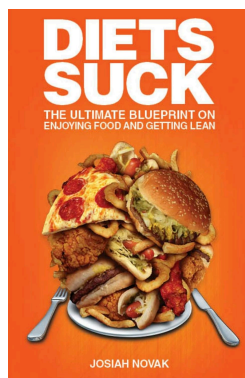
Through years of trial and error, I have come to one hard realization. Only when you accept this will you be able to get a decent physique. **There is no magic diet to cutting fat. The only thing that matters to cutting fat is that you burn more calories than you take in. Focus on taking in less.** That doesn't necessarily mean eating less, it means eating better.

If you want to look good, you must radically change your bad eating habits **forever**. You can ignore me. Say I don't know what I'm talking about. But I don't know anyone that looks great that doesn't eat right.

I am going to give you two options to cut fat and maintain a Build % over 50%. The way I do it, and a different way.

Option 1

You can eat cheeseburgers, pizza, and cookies and lose fat. You just need to count calories and track your macros. You can count calories and track your macros to lose weight in two ways. First you can eat mostly whole, healthy foods. Choosing this path is sustainable long term and will keep you full. A second way includes eating junk food. If you eat junk food, there is an almost certainty you will run out of calories to eat in the day and end up either starving and miserable, or eating past your allotted calories and not losing fat. Whichever way you choose, if you want to count calories and track your macros, this book explains exactly how to do that.



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If you are in the at most 2% of readers who have very little body fat and the only way to improve your Build % is to increase muscle (bulking), this book explains exactly how to do that as well. I will not be explaining that in this book because it's not relevant for almost all of the readers.

Option 2 - My Way

The key for me to cutting fat successfully is to never be hungry. To do this I need to eat good foods that prevent me from being hungry: protein and fiber. I refuse to go to bed hungry ever. I also don't have time to weigh all my food. Because of this, this is the program that works for me:

I eat as much meat, greek yogurt, vegetables and berries that I want with the following rules:

#1 I eat AT LEAST 1 gram of protein per day for every pound of body weight I have. I usually eat closer to 1.25 grams as this helps me to be not hungry.

#2 I eat AT LEAST 1 gram of fiber per day for every 6 pounds of body weight I have. For example, if you weigh 170 pounds, $(170/6=28.3)$, you should eat at least 28 grams of fiber per day.

If you are "too full" to accomplish #1 and #2, you are eating too much junk food and garbage.

#3 This is the most important....Every day, I eat AT LEAST 1 gram of fat for every 5 pounds of body weight and AT MOST 1 gram of fat for every 2.5 pounds of body weight. When I am cutting I keep it as close to 1 gram for every 5 pounds as possible. For example, if you weigh 170 pounds, $(170/5=34)$ $(170/2.25=68)$, you should eat between 34 and 68 grams of fat per day. If you are cutting, keep it as close to 34 grams as possible.

When I am cutting I also try to eat as little saturated fat as possible. That means most of my fats come from real olive oil and avocados.

A note on alcohol. You can drink when you are cutting weight. Your Build % will rise slower if you are drinking than if you are not. If you do drink, stick to spirits. No non spirit mixers that have calories. If you must drink wine, drink as dry as possible. I'd really try to not drink beer.

Doing this diet keeps me from going to bed hungry. I am also able to eat foods that I enjoy every single day and be sustainable over the long term. Am I able to eat cheeseburgers, pizza, and cookies? No. Do I want to? Yes. But it's a trade off for having a healthy physique.

This is what works for me. You'll notice I don't eat rice and potatoes. You absolutely can cut weight on rice and potatoes. But they don't make me less hungry. I can eat three cups of uncooked rice (~1,800 calories) in a day and be hungry at the end of the day. I love rice, but it doesn't work for me. If you want to eat them, use method #1.

My diet also doesn't really allow any proteins where the protein content is less than double the fat content. Most steaks, chicken with the skin, ground beef below 90% lean, full fat yogurt are out.

I see these carnivores on social media. I've never seen one long term successful in the flesh. I have absolutely never met one that has a cardiologist that is happy with them. I've tried the "I eat ribeye and eggs only diet". Here's what happens to my Build %. Body weight goes down at first (water weight), muscle goes down (no carbs to keep muscles full), fat goes up. So my Build % drops. Then after a week or two when all the water weight is gone I stop losing weight or even gain weight from all the fat. I usually don't feel great. Then I crack and go on a carb binge and gain all the weight back. It's a nightmare. I don't do low/no carb and stay away from non lean proteins.

You've heard I'm sure that fit people eat the same things over and over again. I basically eat the same three meals over and over and I love them.

#1 95% or leaner ground beef/chicken/turkey, tuna or wild salmon (farmed has too much fat) seasoned with salt and pepper with peas, onions and/or bell peppers. Topped with no/low calorie hot sauce. I love this meal.

#2 I keep carrots, cucumbers and celery in my house and snack on them with salt when I'm hungry.

#3 Homemade "ice cream". In a bowl I mix Fage non fat greek yogurt, pea protein powder (I hate the taste of whey), cinnamon, Hershey's dark chocolate cocoa powder, and frozen blueberry, raspberry, blackberry mix. I then drizzle olive oil on top using a scale to make sure I don't exceed my fat goals for the day.

This tastes heavenly and I love it. There are many people on social media who use a Ninja Creami machine to make similar high protein ice cream with limited fat and no

added sugar. I prefer my style but if you are interested the twitter account @bowtiedox has explainers and recipes on how to use the Ninja Creami.

A note on olive oil. Please make sure you are using real 100% olive oil. Products lie on labels about being pure olive oil, it's often a blend cut with other oils. I use this oil, a little more expensive but tastes great, is pure and good for you.



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I don't believe in cheat days. There is no such thing as "disrupting your metabolism" to speed fat loss mode. Whenever I do a cheat day, or a binge, it takes me 10-14 days just to get my Build % back to where it was the day before the cheat day. I kill two weeks of progress from diet, lifting and exercise with just 20 minutes of binge eating. Don't do it.

This program will raise your Build % and keep you not hungry. Your two big goals for what you eat.

How You Lift

If you have never lifted weights before, don't be scared, it's easy and fun. You need to lift weights to increase your Build %. I am going to tell you exactly what I do and how often.

(Note: Every lift I usually warm up with 1 set of 10 with just the bar)

Day One

Bench Press 4 sets of 10 reps same weight every set, 2 min 40 second rest between sets

Back Squat 4 sets of 10 reps same weight every set, 2 min 40 second rest between sets

Banded Pull Ups 4 sets of 10 reps same band every set, 2 min 40 second rest between sets

Day Two

Back Squat 4 sets of 10 reps same weight every set, 2 min 40 second rest between sets

Seated Military Press 4 sets of 10 reps same weight every set, 2 min 40 second rest between sets

Deadlift 1 set of 10 reps

Day Three

No lifting

Day Four

Repeat day one.

A couple of explanatory notes:

Form

Google how to do these lifts with perfect form. Do not cheat on form. It is better to do a lift at 60% weight with perfect form than 100% weight while cheating. Lifting too heavy with bad form doesn't build as much muscle and risks you getting hurt. Don't do it. I use a weightlifting back belt for my squats and deadlifts. You should too.

Progressive Overload

Lifts need to be logged. The only way you will increase your Build % is with progressive overload. This means you need to lift ALITTLE more each session than you did the last time. For example this is bench press progressive overload for the bench press.

June 1

Set 1 140 lbs - 10 reps

Set 2 140 lbs - 10 reps

Set 3 140 lbs - 10 reps

Set 4 145 lbs - 9 reps

June 4

Set 1 140 lbs - 10 reps

Set 2 140 lbs - 10 reps

Set 3 140 lbs - 10 reps

Set 4 145 lbs - 10 reps

June 7

Set 1 140 lbs - 10 reps

Set 2 140 lbs - 10 reps

Set 3 145 lbs - 10 reps

Set 4 145 lbs - 7 reps

That's how I do every lift. I start at 7 reps and try to do one additional rep next time until I get to 10. Then I add 5 pounds and start again at 7.

For pullups you are going to need bands to do up to 40 reps. I use these.



★★★★★ 7,720

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This is an example of progressive overload for the banned pull ups.

June 1

Set 1 Red Band - 10 reps

Set 2 Red Band - 10 reps
Set 3 Red Band - 10 reps
Set 4 Orange Band - 9 reps

June 4

Set 1 Red Band - 10 reps
Set 2 Red Band - 10 reps
Set 3 Red Band - 10 reps
Set 4 Orange Band - 10 reps

June 7

Set 1 Red Band - 10 reps
Set 2 Red Band - 10 reps
Set 3 Orange Band - 10 reps
Set 4 Orange Band - 7 reps

It is important you continue to progress each time to make gains. Otherwise you are just wasting your time. If you can't make a gain on every session THAT'S OK. Maybe it will take two sessions. Don't get hurt. Just keep making progress.

Day Off

Do not lift three days in a row. You need that rest day to grow. Also, you need that rest day to be fresh enough to progressively overload the next day. There is nothing to gain from over lifting.

Consistency

It may seem boring doing the same lifts over and over again. There are going to be many days when you don't want to go to the gym. GO. Consistency is the only way to keep the momentum going to make meaningful gains.

Soreness

If you have never lifted before, DON'T BE A HERO. If you need to start with just lifting the bar, just lift the bar. The fact that you showed up is progress. Also if you have never lifted before, you are going to be extremely sore the first two to three weeks. Don't lift if you are super sore. Take extra days off until you can lift without pain. After three weeks, you should be able to handle two days lifting, one day break without getting sore. I never get sore now. Don't feel bad if you are a beginner taking extra days off and lifting very light. I'm proud of you.

How You Move

How you move is the least important of the three pillars of the Build %. If you are short on time, make sure you are eating right and get your lifts in before focusing on moving.

The key to staying active is daily consistency. You need to jump start your fat burning metabolism to be like a furnace that is always burning. You need to move EVERY DAY.

Because you need to move every day, it is important you move in a way that allows you to move every day. Lifting doesn't count. I can not run or jog everyday. I am 42 years old. If I jog even 1 mile, my joints and back get destroyed. I can't run again for days. Same with High Intensity Interval Training. I can't do it everyday. When I do it, I hate life so much that it pains me to ever do it again.

All you need to do for exercise in addition to lifting is to walk. I walk at least 10,000 steps every single day. Rain or shine. If it rains or is 100 degrees outside, I walk on a treadmill or inside a parking garage. When I am cutting, I walk at least 12,000 steps a day. Sometimes as many as 20,000. I don't run, ever. I don't get sore walking.

It takes me an hour and forty minutes to walk 12,000 steps. Who has time every day to do that? I MULTI-TASK while I walk. I walk with an ipad. I clean my email box for the day. I do work emails. I listen to podcasts. I call my parents. I do online errands. I save newspaper articles to the app Instapaper and listen to them while I walk. Instead of watching a sports game, I often listen to the radio feed while I walk. I walk in circles around my block so I don't have to stop and don't get hit by a car. In short, I do things that I was going to do anyway while I'm walking.

Walking is the only exercise you need to do to improve your Build %. This is good! You don't need to be a pro athlete to get ripped. Just eat right and walk everyday.

The Road To 50%

The sooner that you master the three pillars of fitness, the sooner you will be able to get back on dating apps and thrive. You can, and probably will, ignore me. You'll think you can cheat. Or do some secret you saw someone on Instagram say is all that is needed to get ripped. But you will backfire. Focus on healthy eating, progressive overload with your lifts, and walking. You'll be right where you need to be in no time.

Chapter 3: Your Clothes

Most men in America dress poorly. I see posts on the Hinge Reddit app asking for profile help. Almost all of the profiles are men comically poorly dressed. Women notice this and it makes you look bad. I have good news. This can be easily fixed with not alot of money. I am going to show you exactly what to do.

It is important to say that you shouldn't aggressively buy new clothes until you get your Build % AT LEAST above 48.5%. This is because fit is so important in how you dress. Improperly fitting clothes is almost as bad as bad clothes. Also a well dressed, out of shape man, isn't going to be very successful on Hinge. Believe me I've tried. So focus on your Build % first. Then look at your clothes.

I do not believe in spending a bunch of money on new clothes. Well dressed men actually don't buy designer things. They buy decently put together clothes that fit decently on a well built body.

For the past six years, every single thing I have bought has come from the Twitter account @WellBuiltStyle (insta: @well.built.style). From head to toe he makes recommendations on his Twitter account and emails weekly links of exactly what to buy. For starters he has a crash course for \$39 that explains everything for every article of clothing you need. Buy this course. It's all you need to impress woman that you are stylish.

Are you ready to improve your style and get an edge in life?

- **Module 1** - Why Care About Style?
- **Module 2** - The Three Principles of Great Style
- **Module 3** - The T-Shirt
- **Module 4** - The Denim Jeans
- **Module 5** - The Chinos
- **Module 6** - The Shorts
- **Module 7** - The Button-Up Shirt
- **Module 8** - The Polo Shirt
- **Module 9** - The Sweater
- **Module 10** - The Sneakers
- **Module 11** - The Boots
- **Module 12** - The Dress Shoe
- **Module 13** - The Suit
- **Module 14** - The Belt
- **Module 15** - The Spring/Summer Jacket
- **Module 16** - The Fall/Winter Coat
- **Module 17** - How to Incorporate Bold Color and Pattern

This course was exactly what I needed! I went from not knowing what I was doing, to simplifying my wardrobe. Now I feel confident as never before



**WELL BUILT
STYLE**

COURSE OVERVIEW:

- ▶ **2+ hours of video content** to help you go from wearing boring, mismatched clothes to having a closet of timeless pieces.
- ▶ **17 distinct modules** to help you understand each individual piece, and their role.
- ▶ **Complete capsule wardrobe** with the exact pieces of clothing so you can look your best.
- ▶ **All season styles** focused on quality over quantity.

~~\$59~~
\$39

Start looking and feeling your best

JOIN THE COURSE TODAY!
AT ONLY \$39

Link:

<https://secure.wellbuiltstyle.com/optin1671140502907>

Remember you need your Build % over 48.5% before you buy clothes. I should also note to save money I usually go to the store and try on Well Built Style's recommendations for size, then buy lightly used clothes on Poshmark for a fraction of the cost. Everything I am wearing as I type this was recommended by Well Built Style and everything except my socks, underwear and shoes were bought slightly used on Poshmark.

Other Notes

Your grooming and hygiene matters. Make sure your teeth are as white as possible. Your hair and facial hair can be any style but it has to be groomed. Take showers. This is easy but must be said. Even if you have a Build % above 50%, if you smell bad or have nose hairs sticking out you are toast. Groom boys.

I started to lose my hair and immediately got an easy and cheap prescription for generic Propecia. I have taken one easy pill a night for four years now. The only regret I have is

that I didn't start sooner. After a couple of years, most of the little hair I lost has grown back and I haven't lost a single hair since I started taking the medication. I have a full head of hair. I can not advise strongly enough, the second you start to lose your hair look into taking something to stop the hair loss before it's too late.

I wore glasses for years. I occasionally wore contacts, but hated them and they were a hassle. I finally got LASIK eye surgery. It was one of the best investments I ever made. I recommend anyone with glasses to look into it. It will help with your appearance.

There is nothing else to type about clothing, follow Manny, get his course and you'll be all set.

Chapter 4: Your Finances

I do not find single women in 2024 to be looking for men just for their money. Being affluent is not enough these days. Most single women I know are comfortable living their modest urban lives rich in friendships. They work and pay their own bills that allow them to go out to dinner and travel. They don't need you financially.

What you do want financially as a man is to be able to pay your own bills. You need to be able to pay for everything on dates. If she wants children, you need to have an income that is able to, or is on the path to being able to one day being able to afford kids. You don't need a private jet, an expensive car, or some fancy watch.

If you love your career, and are able to use it to support having a spouse and children if you want them, skip to the next section. If your income needs work to be able to support that you need to strategically jump start your career. I am not telling you to quit your job tomorrow. But it would be healthy to search on job sites for what you need to have in order to be qualified for the jobs that provide the income you desire. Maybe you need one or two years more experience. Maybe you need to take an online class to learn a skill. Maybe you need a light side hustle to build a portfolio. Search these jobs openings to find out.

If you see something you are qualified for that pays more, don't be bashful about applying and even interviewing. Most people advance their careers and increase their incomes by getting new jobs. Do it smartly. Protect your current job. Only make a move if it advances your income and career goals.

This is all very important when dating. What women look for in a man's job is first that they are passionate and happy about what they do. Second, that he will be able to afford the reasonable lifestyle she wants to live. Again, financial expectations in my opinion have dropped in recent times. Women are looking for STABILITY, not OPULLENCE. Third, you need to be able to pay to take her to fun, cool places on dates. You do not need to be rich.

Chapter 5: Where You Live

There are two parts to where you live that are relevant. What city you live in and what neighborhood you live in. You need to look at the women that live in your neighborhood. If the married and single (if there are any) women in your neighborhood are not the kind of women that you are interested in dating, you need to move. Period.

I have learned that you can have a Build % above 50%, have a good net worth, dress well and be charming, but if you live in a neighborhood that is undesirable to the type of single women you want to attract, you are doomed. Many will not like your profile just on the neighborhood you live in. The rest will demand you move before getting into a serious relationship. Women would rather be single than move to an undesirable neighborhood. In my experience, women hate driving. If it is inconvenient to see you, they will see someone else or be single. Renting in a neighborhood women want to live in is superior to owning in a neighborhood they refuse to live in. Single women have their infrastructure in place already, their friend group, their coffee place, their restaurants. They will only leave that if it is to another equally desirable neighborhood. Most single women are transplants to your city. They left an undesirable situation and are sacrificing things like owning a place and being close to their families in order to live where they want. They are not moving to another undesirable location for a man.

Your long range goals should be to live in a neighborhood that has the type of women you want to attract. Everyone has different income situations. Do the best you can. Eventually, if you can buy a place, do it. I realize that is an almost impossible situation for many young people. Look into the FHA loan program. They offer mortgages to first time homebuyers with just 3.5% down. I know many young people that bought their first place using that program. Memorize it and use it to your advantage. And don't forget my lesson about neighborhoods. In my major metropolitan city, there are neighborhoods just 10 miles away from the neighborhoods where the single women live. These neighborhoods are safe, nice, and have expensive real estate. But everyone is old, there are no good restaurants, they aren't walkable, there is no nightlife. Ten miles in my major city is often an over hour car trip in rush hour traffic. Living in one of these neighborhoods, even owning a million dollar plus home, is a death sentence for dating. Remember real estate's number one saying... location, location, location.

Chapter 6: How To Search With An Auto Liker

Men - never forget this rule on apps.

It is not a woman's job to find you. You must find them.

Swiping is a miserable experience. It is also time consuming. Assuming you are doing what you need to do in life to be successful, you do not have time to swipe on all of the profiles on Hinge. By the way, in my city Hinge works the best. Use the app that works best in your city. If you are in a big city, it's probably Hinge. As you know, apps are a numbers game. No matter how good you look, you need to reach out to everyone to find your person.

Because of this, we need an auto liker. This is how I do it.

Step 1: I set my preferences. I pick my age range and a reasonable distance from me, usually 30 miles. Note, if you date women more than a year or two older than you, they may not take you seriously. You also may not take them seriously. I usually search for my age and below. Second note, I am not big on long distance. Eventually a woman is going to need to come to you in a relationship. My experience is women HATE driving. If you don't live an easy drive from her, or if she has to fight Friday night traffic to see you, it probably isn't going to work.

Step 2: We are going to go on the "just joined" and "recently active" sections of Hinge search and like EVERY SINGLE ONE OF THE PROFILES. We will only do this for those sections. These are the people that are looking at their Hinge actively. Everyone else is not looking at their Hinge. If you like the sections of non active users, you will get buried with dozens, even hundreds of other men and she probably will never see your profile. Only using my two sections gives the best possibility that she will at least look at your profile. You can only like a woman's profile once. Better to have it be when she will look at yours back.

I can already hear you.....I'm not going to like every profile. What if I don't want to go on a date with that profile? What if I already dated that woman? What if I know that woman? These are my answers.

You are going to use an autoliker to save time. If you like a profile, she likes you back, and it turns out you don't want to talk to her (happens often), just delete her profile. You aren't ghosting. You didn't talk to her. People delete profiles all the time. It's no big deal.

If you know the person and like their profile it's no big deal. Again, just delete. If you are close, just text them that you had an autoliker on. Play it cool. Same if it's someone you already dated. I will say. I auto liked someone once a year after they broke up with me. They texted me how they always thought about how they made a mistake and wanted to try again. We dated for months a second time. You never know.

Now, you are probably asking. What is an auto liker and how do I get one?
For Androids I use this app:

https://play.google.com/store/apps/details?id=com.truedevelopersstudio.automatictap.automatoclicker&hl=en_US

For iPhones there is no app because the iPhone comes with a feature called Switch Control. This YouTube video shows you how to make a custom "recipe" for dating apps like Hinge.

<https://www.youtube.com/watch?v=L5lrVX7ejYU&t=225s>

I then make a custom recipe by measuring where the heart button then the send button is on my phone. Note: for Hinge the heart button moves a little up or down depending if a photo has a caption. So I push like 3 heart taps then the send tap. Doing this likes every profile on Hinge automatically.

Note we are just sending likes with no message. That's fine. Since you are now in decent shape, that's all that matters. There is no witty comment better than looking decent. Once she likes you back, it is YOUR JOB to send the first message.

Please don't send her "hey" "how are you?" "how was your weekend" "Hi I'm Jimmy". You don't need to be a comedian but send something a little original with a reason for her to answer back. She is exhausted, hates being on apps, and also doesn't know what to say. Make it easy on her, tee her up to respond.

I don't believe in texting forever. If she is responsive I would ask her out after like 3 or 4 texts. Make sure it is meeting her somewhere public where she has an out to leave at any time. Don't take her to dinner. Try not to meet just for drinks. Tell her you want to go for a walk or I suppose meet for drinks and play these cards:



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It's best to ask early. If she avoids or says no, she wasn't going to go out with you anyway. Try to spend as little money as possible on the first date. You are going to go on a lot of first dates trying to meet your person. People are flakes, they ghost, they are lazy, they have issues, they won't look like their photos, they are boring. You will need to go on a lot of dates to weed these people out. Spending as little money as possible ensures you don't go broke during this process.

Also make sure there is some activity like those cards. You need a crutch to keep the conversation going. Otherwise you risk talking about such exciting things like how long your commute to work is. Save yourself from that nightmare by having an activity. Just as long as your Build % is above 50% things will go great.

That's it, we covered it all. Turn off your apps. Start eating and exercising properly. Learn how to dress. Move to the right neighborhood. Actively take control of your career then get back on the apps. Use the autoliker. Don't be bashful, you are now a catch. There will still be many frogs to weed out, but you will do much better. If your Build % is over 50% you can say hi to women not wearing wedding rings in public. You'd be surprised the results working on yourself yields. Don't go back on the apps until you get in shape. You can only like your dream woman once, make sure you are ready. Good luck guys!