

David Kwan's Underground Interview

An Exclusive Underground Interview With



Stephen Nash

<http://How-To-Get-A-Girlfriend.Com>

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1) Could you share with us a little on your background and how you first got started in all these stuff ?

Like A LOT of guys, a broken heart led me here. A girl broke up with me, and I was left with nothing (she went on to the next guy, her “better option” of which I had none of course!).

I realized soon thereafter that she had chosen me as her partner and that I had accepted her. I was not active in the process. I remember even now that I had made numerous compromises, accepting bad behavior and other incompatibilities from her at the outset of the relationship. And why did I do this?

I had no options!

So, I woke up to the fact that I needed more experiences and OPTIONS to truly find the right woman for myself.

A healthy relationship is where two people share in the decision to be with each other – 50/50. I needed to learn how TO OWN my 50%. I learned that, and now have a magnificent long-term relationship with the sweetest, loveliest woman in the world.

And that's not hyperbole. I really mean that.

2) Tell us more about your website/products...

My business, Cutting Edge Image Consulting (which is located at my website: [How to Get A Girlfriend](http://DatingClass.com/interviews/How-to-Get-A-Girlfriend)) was founded in 2004 by myself and Mike as an alternative to guys who did not want to become “pick-up artists” but who wanted to improve their abilities to meet women, and empower their dating lives so that they could find lasting, healthy relationships.

Prior to this, we both worked for a company which strictly taught guys how to “pick-up” girls. We realized though that this wasn't very helpful to most guys, who would NEVER become “pick-up artists” (PUAs) as they either lacked the necessary personality, or simply didn't want to do that.

We saw the alternative as a twofold process: building your lifestyle (which naturally helps you meet TONS of women, without doing stuff you don't want to do) and teaching social skills.

The social skills piece is so critical. We do teach guys how to meet women, how to flirt, tease, tell stories etc. But we don't do it in the context of “picking-up” women. There's a big difference.

My ebook, [How To Get A Girlfriend](#), covers the 7 necessary skills for finding, meeting and dating the women of your dreams. Our Audio/DVD program, [Natural Attraction](#) is a complete look into becoming an attractive, autonomous male. We focus heavily on social skills, of course (so, how to engage a woman in a conversation, how to flirt, tease, bait, tell stories, escalate etc).

But, we also teach techniques for developing a personal style, or “look” AND cover in massive detail the importance of social circle and lifestyle cultivation to your dating life (and just your life in general). The best way to secure a date is to build a social life NOT head out alone to the bars and “pick-up”.

We map it out for you A-Z. It's all in that program. It's the most complete product on the dating/seduction market today...and, it won't make you feel weird.

How cool is that?

3) What obstacles or problems have you been forced to overcome when you first started off learning how to become better with women, and how did you overcome them?

Well, approach anxiety is the first one. I do believe that guys should learn how to do a cold approach, and the fear that precedes talking to a beautiful woman is often very intense. So much of this is learning how to have a bit of mind control, while being willing to go through a process.

When I say mind control, I mean this: can you play movies of positive outcomes in your mind at will? Most guys can't. It is shocking and terrifying to see how addicted to negativity we are. If you don't FIGHT this, negativity happens naturally.

When I am about to perform, for example, I will meditate on the performance, playing a movie of it in my mind. I am always very successful and engaging in the film, always hitting my marks and knowing my lines.

If you can do this before approaching a woman, then you have a huge advantage. I teach guys how to do this when we work together.

I offer my time in 6-hour increments here in New York City. I am widely known as the premier dating coach on the east coast, so the fee is not small. BUT, I can personally guarantee that you will never view women the same after working with me AND you are very likely to have A LOT more of them in your life after I coach you on social skills, approaching, etc.

You can read more about my [1-on-1 work by clicking this link](#).

Another obstacle I had to overcome was timid escalation. How many guys out there get nervous when asking for a number, or moving in for a kiss?

Well, I used to BIG-TIME. So, I had to learn “bridges” to get through these moments. I call them bridges because they are really a moment of moving from one level of energy to another. Once I practiced these a bit, I learned exactly what to do at these moments reducing my shortcomings here tremendously. Again, this is something I teach in my [1-on-1 work with guys](#).

The last major challenge I have been faced with was...entitlement.

4) With so many dating advice flying around these days, what do you see are the 3 main mistakes guys are still making with women? - any specific examples? - how to do you fix, prevent, avoid those mistakes then?

Here they are, listed in order of importance:

1) They do not approach enough women. Number one is easy. By not approaching them, you lose opportunities to meet them (duh, I know). Most guys have a lack of choice in their dating lives. A lot of this is based in pure mathematics. By approaching more often, you'll have more chances at getting phone numbers, dates, etc.

It's really about talking to a lot of women, and learning how to be around them – as yourself. Most guys makes excuses for why they won't approach a woman. First they have to identify the reason as FEAR, and then make their approach anyway. Ultimately, it is a numbers game, and the more chances you give yourself – the better.

SOLUTION – more approaches. But only after you correctly identify that it is FEAR holding you back.

2) Lack of calibration skills. Do you escalate too early? Do you flirt/tease at always the WRONG times? Do you ask for her number too soon? These errors – and these are just a sample – are usually due to lack of experience. But, they can be helped by working with a solid, seasoned expert (like myself...eh-hem) who can provide FACTS. These facts are needed in order to counteract the fiction going on in your mind.

The inverse is also true. Many guys receive major indicators of interest from women, but don't know that that is what is happening. Therefore, they lose the opportunity to carry the interaction forward correctly. A lot of guys miss out on interested women simply because they don't recognize that she is subtly showing her interest.

SOLUTION – more interactions. Try online dating, do more approaches, read more ebooks, blogs, hire a dating coach. Ultimately, you need more experience to solve this one.

3) **Poor Tonality.** May sound odd, but guys who struggle with women help themselves considerably by amplifying their voice. Often, guys feel overlooked and unheard by women when they simply aren't loud enough to be heard and/or command her attention. We used to practice making very simple adjustments in our volume levels when out meeting women. The differences were truly shocking.

When I work 1-on-1 with guys, I always make a large inventory of their first impression. One of the constant notes I find myself providing is to amplify their voices more when speaking socially, and to strengthen their posture. Fixing both of these subtleties is very important, and can make immediate improvements in your social life.

SOLUTION – ask for input from your friends etc on your posture and vocal tone. Also, notice the difference when you speak louder as to when you speak softly. Take the same notes on your posture. See what a difference it makes if you sit up straight, stand upright etc. Both of these help produce a more powerful presence.

5) From the time you first started dwelling in this to right now, in this present moment, if you could do it all again, how would you do it differently?

None at all. Really. Everything happened perfectly for me, as I am now in a loving, long-term relationship. She really is perfect for me. So, I wouldn't change a thing...

Well, OK – if I had to do ONE thing differently it would be this:

I'd ask for Angie Everheart's number. I approached her twice in LA a few years ago, and had her very interested in me. In the end, her friends dragged her off as it was someone's birthday. There was a very small window of opportunity to ask for it, and I didn't. Oh well. That's life.

6) Do you have a favorite routine/step in your model, can you describe it, and what it accomplishes?

I teach social skills, not scripts or gimmicks. Often, a beginner needs a routine/script to get them started and to learn how to feel the skill within the routine. My favorite skill to teach is baiting. This is where a guy subtly

demonstrates his personality evoking questions from the woman TO him. So, he is never left in the position of needing to ask endless boring questions. It truly is “artful talking”.

Years ago I noticed naturals were very skilled at just talking to women. They wouldn't necessarily be flirting, or telling stories, or really doing anything. What they were comfortable with was talking. BUT, they talked in a way that helped trigger women to chase them. I learned this skill from some natural friends of mine, and developed some exercises to teach it – this is what I now call “baiting”.

Simply, baiting puts a guy in a very empowered position in the interaction, causing the woman to chase him – rather than the all-too-often reverse. It is VERY effective, and tough to learn – which is why I love to teach it. Seeing a guys' eyes light up when he finally ‘gets it’ really makes this work worth it.

7) Do you have a personal favorite field report of your own that you could relay to based on that?

I don't, but I can give you a sample of the “baiting” technique from my [ebook](#), and a fun field report from my PUA days. Hows that?

Baiting Sample

“ME: (touching her sweater) mmm...cashmere... I love a warm sweater. Growing up in the mountains, I always had such warm clothes for the wintertime. Whenever I wear one now, it reminds me of my youth.

HER: The mountains? Where did you grow up?

ME: Oh, the mountains of North Carolina. I lived there through high school. Growing up in a small town, and particularly when you mother has a central position in the community, you learn a lot about everything – government, the arts, personalities, scandal, commerce – you name it. Small town life makes people very well-rounded.

HER: What did your mother do?

ME: She published the local newspaper. So, we learned about everything first, then communicated it to the community in print. We had some wild experiences in that place! Obviously, though, I left, and ended up focusing on a career in school – which helped me get to where I am today.

HER: Where did you go to school? What are you doing now?

OK, so I could go on forever with this scenario. But can you see what is going on here? Baiting is when you demonstrate an element of your past or personality, which invites a question from her to you. So, you do not want to reveal an ENTIRE fact about your life.

What you want to do is to HINT at it, thus, baiting a question from her. Think of it as revealing the very “tip” of a conversational thread. This helps eliminate the traditional pattern of you asking tons of questions of her, and gets her asking questions of YOU instead. This is a much more powerful dynamic that gets her **chasing you.**”

Pages 109-110, [How To Get A Girlfriend](#)

Field-Report: I “Heart” New York

“April 2004

Me and the boys are here in NYC this week, preparing for a weekend of seminar/workshop. I was privileged to work with some super cool guys from the CT Lair last weekend in New Haven as well. Right now, I really feel that my skills and material are so tight that any approach will be successful. As Mystery says, competence breeds confidence...onward.

I was walking to meet some old friends for dinner when I spotted a super cute young HB seated on the steps at Union Square. I noticed her energy, and beauty right away - bam, it hit me. So, I approach with Style's Jealous GF opener. I knew I needed to sit asap, so I ran the first part of the opener and then sat down.

I was fortunate, as I could feel in my gut that my seating process was awkward here. Something that I have found to be helpful is to continue speaking as you sit...it distracts them, and keeps them topic-focused as you make yourself a bit more permanent in their world (by sitting)...anyway, i got lucky here.

I then run a new IVD I am working out, and it worked on her. Then some fun routines, and chit chat - I eject with a very solid number close after 10 minutes.

I call her the next day, and we decide to meet at this lovely bakery in the west village. I make a point to take

myself out of the dinner frame all together. I never want dinner to even be a possibility on a day2. It is always awkward, and if the date sucks you are stuck waiting for food and forcing convo on someone.

PB: "So, I have a dinner meeting just before I see you, so I will have eaten. Let's be sure that we get something sweet, and a nice cup of coffee then to satisfy my need for dessert"

This always works, and the girls always appreciate it that I take the lead here. I really think that part of building comfort and trust is managing the logistics smoothly, really take charge here...when you do so, you sub communicate that you are thoughtful, that hanging with you is fun, and stress free. You really have to be the man here.

I arrive a half hour late, as I was hanging with the NYC Lair talking about some of the latest developments from Ninja PUA, myself and others. We gather our dessert, coffee and go sit in a nearby park. The convo is absolutely solid - this girl and I have a killer chemistry together...sorta bummed I have to leave on Monday really.

I have to say, evenings like this are truly why I am in this game - she is super cute, sophisticated, very open and intelligent, and her sense of humor is totally in tune with mine...a rarity. Sometimes, a day2 is a lot of work, for many reasons - not this one - loads of fun.

These are great also because I invariably create new stuff on the fly because the girls inspire my creativity.

It was kind of chilly, so I propose that we go somewhere warmer.

PB: "Wow, you are shivering, maybe we should go somewhere where it is warmer"

HBPB: "Cool - sounds like a good idea"

PB: "Why don't we head to my friends house (where I am staying) and throw on a video? We could watch an old Hitchcock film...he has a new boxed set - amazing films - I love them"

HBPB: (hesitates) Well, we could do that - there is also a cool bar nearby, lets go have a drink there"

PB: Sure - sounds nice...though, I don't drink, and please don't try to think you will get me drunk etc...I am a very good Southern boy, and we play by the rules young lady.

Here - she tells me that she is not ready for isolation just yet, and proposes another venue to hang out. I concede, as that is the only way to continue the sarge for this evening...but, I take the frame back in the end by playing her role "I am a good boy, play by the rules blah blah..."

We head to a very cool local bar, which has very smooth sofas in the back. In the corner opposite us, we see a couple making out

PB: Ugh...I hate PDA (public display of affection), don't you?

HBPB: Yes - how embarrassing for her...he shouldn't do that

PB: I agree...

Seems fairly innocuous, but I made a point of doing this because I could tell that she was not a PDA girl (I am not either, really, unless I have to be to accelerate a sarge) and wanted to create more trust with her.

Then, new routine #1:

PB: In honor of them, lets write a love poem about them. I will start by writing one line, and then you give the second line. Then we take a 10 minute break, as we don't want our evening to be entirely consumed by the lovers in the corner...then, we do it again. By the end of the night, we will have a nice poem. Oh yeah, and the lines MUST rhyme...sound OK?

I like doing things which are unconventional, and interactive to bring me closer to the girl and to show her different sides of me. The other day, I had an instadate in New Haven, CT. I walked in and the girl was reading her book. I knew I had to wait in line for 10 minutes to get my coffee. I didn't want to waste the 10 minutes...so, how to keep her in my frame while I waited in line? I handed her

my pad of paper, and said - "Lets draw a picture. You start, when I return, I will finish it" She loved it - and when I returned, she had an amazing picture of a tree with a woman's face hidden behind it (VERY revealing of her). I took it, and finished it by taking the lips of the woman and extending them into a smile...

Anyway, the evening proceeded, and our chemistry was amazing. Truly, it was a sarge that involved mostly staying out of the way of the obvious escalation between the two of us, and having fun along the way. She is very keen on writing, so I had us do a favorite game of mine - the poetry game:

PB: You like poetry I can see. So, I will write my name vertically on the page. Then, I want you to write words going horizontally that describe me which either start with, or contain the letter in my name. Then, I will do the same for you.

With artsy girls, or intelligent girls, this is a very fun, interactive routine. With ditzy, scattered girls...you will lose them with this IME.

Knowing I will be leaving town soon, I merely state the obvious:

PB: Well, we are at a crossroads.

HBPB: How is that?

PB: I leave Monday, and my weekend is rather hectic. Also, I have a lot of old friends to see while I am in NYC. We can either continue our wonderful evening together at my friends house by watching a movie, or we can part ways, and potentially not see each other before I leave. I can accept your answer either way, though I do plan to watch a movie when I get home, and it would be quite nice to do so with you

She smiled, chuckled:

HBPB: You are so different than anyone I have ever met...OK, let's watch a movie.

By now, we are 3 hours in. We get to my friends house, chill on the couch for a while...she massages my back

(AMAZING!) and I do hers (I need improvement, but not bad!). At the end of the massage, she is completely relaxed, and leaning into me. I lean back, and her face is fully exposed beneath mine:

PB: I was right...again...

HBPB: (chuckles) What do you mean?

PB: I had this feeling that your face was prettier the closer you got to it...and, I was right.

HBPB: (blushes) You are very sweet.

PB: Did you know, you can fully appreciate the softness of someone's skin by gently rubbing your nose on their face.

HBPB: No, I didn't know that.

PB: Here I will show you.

So, I gently take the tip of my nose and skim the skin of her face...do it elegantly...

PB: Nice, eh? Now, do mine

HBPB: Sure

She does so.

PB: (smiling) Of course, the most sensitive part of anyone's face is their lips...obviously...I can appreciate your skin most fully by touching it with my lips...like this...

I guess I could've just kissed her, but I am a romantic and love using words and interesting ways to escalate. It is not Style's Evolution Phase Shift...but, it worked for me...we proceeded to make out, escalate..then it was time for the frontal massage ☺.

I received no LMR...probably because we had so much in common and it was really a blast being with her. I love women who make me feel romantic and masculine. She did both, while being strong, independent and feminine. Why play the game? For last night, of course...

Lastly, I walked her to the taxi after a wonderful night. On my way home, I spotted a beautiful Blonde HB walking her dog...sarged her...got her number...turns out she is a very famous author! Who would have known?

Playboy."

Hope you enjoyed that...kind of like showing an old home movie.

8) What 5 meaty tips & tricks & techniques could you give advice to anyone who wants to become great in their interactions with women?

- 1) Never lean-in to her, unless you are gauging her interest in kissing you...(a secret kiss test that I teach).
- 2) Only ask questions as a last-ditch effort to get the conversation floating.
- 3) When in an awkward spot in the interaction – pace her reality. This is the BEST way to handle these common moments.
- 4) Grooming – be sure to have clean nails and no unibrow...I realize this seems obvious (hopefully) and tedious – but women notice this. It's BIG.
- 5) The Golden Rule: Never do the obvious...but always NEARLY do the obvious. You don't want to appear ordinary, but you also want to avoid being too weird too. Most of pick-up is about being slightly different than the other guys...but not too much so. Think Bond, McQueen, Jude Law (Alfie).

9) What secret tips, tricks or techniques can u share with us right now that very few guys are aware of that will give a guy who's just starting out in this to have an edge over other guys that are trying to compete for his 'target'?

Learn magic? That's a joke...there are no tricks, tips etc that can do anything to convince a woman to like you. The best you can do is learn who you are and then learn the skills to present that in the best way possible. Seriously. There are no short cuts here.

Guys who become PUAs are looking for a short cut. And they eventually waste their time chasing a carrot, when the ONLY way to really attract women is to grow your lifestyle, develop social skills, and learn how to present yourself to women – and PEOPLE – in the most intelligent way possible. This IS the short cut.

My work focuses on giving you the training wheels necessary for learning the social skills. For example - approaching women – I give guys exact things to say...but then I teach them how to drop the training wheels and be REAL rather than a mere routine-parrot.

So, I'd say there are no tricks in this way. Well, that is except for the obvious one...

Never need a woman. Never place her higher on your priority list than your purpose in life. That ruins everything for a man, and a relationship.

10) What do you think a newbie who's trying to get good at all this should be doing in the next 14-30 days?

That's simple (though not easy)

1. Approach women – start NOW.
2. Set up an internet profile and start getting dates asap.
3. Grow your social life.

The new guy needs to approach women to get used to talking to them asap. The idea when cold-approaching women is to practice social skills. If she doesn't seem interested in you, don't sweat it. If she does, it's a bonus. But, you need to take action – and take action NOW in order to reverse the tide of years and years of depravity & scarcity with women. Approaching 3 women per day is just the drastic action I recommend. It's what I did, and it's what works.

Setting up the internet profile is so easy to do, and it is the fastest way to get dates asap. Most guys who struggle with women are sick of being alone on a Saturday night. So, set up an internet profile and get out there! This way, you form the habit of being social rather than continuing to enforce the habit of being alone. Again, view it as social practice not as a way to meet the woman of your dreams. That's too much pressure. Relax and learn how to sit across a woman and have a conversation.

Growing your social life is the biggie here (aka – “lifestyle”). Start doing the things you really want to do, and then try to meet the other people there doing it with you. If you want the “secret”, that's it. Live your life with purpose, and you will find that very naturally people will be drawn to you. AND, they will be the RIGHT people for you to have in your life. Ultimately, if you want healthy, lasting relationships with beautiful women – that is how you do it!

[My ebook](#) is the BEST primer in all three of these areas. I lead guys thru exercises and assignments, which are facilitate rapid skill development in the three areas mentioned above.

In fact, I cover the 7 essential skills to meeting, dating, and loving healthy, intelligent women. I go over extensively the social skills required to relate to women in a natural and attractive way (approaching, flirting, baiting, teasing, complimenting, connecting, escalating, baiting etc).

I also give guys exact things to say so that they can start to get a feel for how these skills “feel” – from the inside out. I also go over ways to grow your social circle and lifestyle, how to live with purpose, and how to develop a personal style or “look”. All that and more...too much to write here, otherwise it turns into a sales pitch which I am not about to do here.

You can read more about it here:

[Stephen Nash's How To Get A Girlfriend](#)

Best of luck to everyone and many thanks to you David,

Stephen Nash.

Thanks for reading !

I hope you can achieve more success with women ...

David Kwan

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