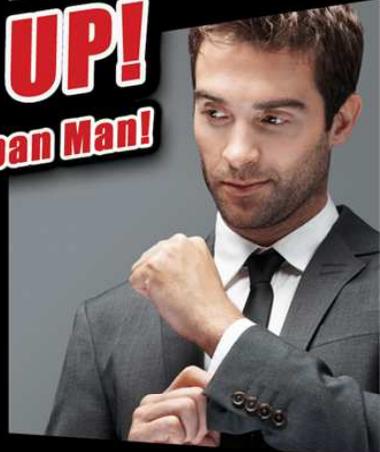




# STEP YOUR GAME UP!

Dating & Relationship Guide for the Urban Man!



**Dennis Jeanpierre Tito Fresh**

# STEP YOUR **GAME UP**

dating and relationship guide for the urban man

Dennis Jeanpierre

Tito Fresh

[www.stepyourgameupbook.com](http://www.stepyourgameupbook.com)

[www.datingcoachchicago.com](http://www.datingcoachchicago.com)

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## Intro | **Gentlemen!**

We would like to thank you for acquiring this product in your ongoing quest to *Step Your Game Up* with dating and relationships with women in this modern era. This content is geared toward men who are just getting started in the game and for those who are already in the game looking for additional insight that may have been overlooked by other authors.

In my opinion, when it comes to women and dating, there are 3 types of guys.

- 1) "Naturals" who started relations with women at an early age and developed proficiency at attracting women for most of their lives. They may or may not have had a "mentor" to guide and teach them.
- 2) Men who learned through trial and error how interact with women and went on to have fairly normal dating lives throughout their teens and adulthood.
- 3) Men who struggled throughout their adolescent and adult lives and have to play "catch up" by methodically learning the game from those who are more proficient.

My best friend Tito fell into the first category. I fell into the third category. This document is told from an urban man's point of view. Before we launch into the game, I would like to tell my story...

Like many men, growing up I was always nervous and uncomfortable around women I was attracted to. I was naturally reserved and introverted, although I enjoyed joking and fooling around with friends. Throughout high school I never had a single girlfriend and didn't lose my virginity until I was 22 years old. Even though I was always tall for my age – which often drew attention - I was conservative in the way I dressed because I didn't want to draw any additional attention to myself. Whenever I did wear something debonair or sporty I was very uncomfortable because it didn't fit the way I thought of myself – it didn't fit my *self-image*.

As I got older I would hang out at bookstores frequently, searching for any insight into how to deal with the opposite sex. Growing up, I didn't really have any male figures to teach me the ropes about women and dating, so I was very much clueless. Tito would advise me on certain things, but it never stuck because I lacked the *basics*, which are discussed in this volume. For me, approaching a woman to ask for a phone number or date was tantamount to walking a tightrope without a net. It was ugly. It was shameful. It was embarrassing. I didn't have the slightest clue on how to attract women. At times I would feel frustrated and hopeless, and was beginning to feel resigned to my fate, until finally an answer revealed itself.

In 2005 I stumbled upon the famous book *The Game* by Neil Strauss, and that was the beginning of my journey. It finally began to “click” as I read his story and the lessons therein - and mentally kicking myself realizing all the past mistakes that I made. At that point I decided that I would do whatever I could to remedy my situation, no matter how much pain I had to endure. I decided to take ACTION.

At that time my job hours were in the evening, so every weekday before work, I would visit different malls and just walk around approaching and interacting with women in order to overcome my fears. I can close my eyes today and see myself walking through the parking lot that very first time I set out to conquer what is now commonly referred to as *approach anxiety*. I was nervous as hell! After about 2 months of this, my approach anxiety began to dissipate.

Although I was making decent progress (I scored with a girl just 1 week after reading *The Game*), I still had drawbacks in my personal life. I was still living with my parents, my finances weren't in order (consumer debt, little or no savings, etc.), and my gear wasn't where it needed to be, or at least not where it is today. I had to get these things rectified before I could pursue this endeavor in earnest.

When I finally moved out on my own and into my own place, I thought things would be

smooth sailing, but again there were a few drawbacks – I didn't have any dating prospects, I didn't know where any night spots were in my new neighborhood, and I didn't have a male friend or acquaintance in the vicinity to kick it with. Realizing I was at a disadvantage, I was forced to venture out on my own...

One weeknight I felt an itch of discontent, feeling that it was time to take *massive action*. I sat and thought to myself "either I could sit here in this apartment and stare at the walls, or I can go out and try to make something happen." I opted for the latter.

The first night spot I hit was a Bar Louie near my home. I remember my very first approach – it was a mother and what turned out to be her teenage daughter seated at a table near the windows. I approached their table, heart pounding, and initiated a conversation. They were receptive and it was a good interaction – I spoke with them for about 15 minutes – and I walked away feeling a bit triumphant. I was happy and relieved at the same time.

Later I attempted my second approach – a table of 3. It was an older woman, her niece, and an older guy. Since I was pretty much a daisy-fresh rookie, I used my own opening line. I told them I was buying a gift for my mother and had no idea what accessories were. The older lady, a realtor, seemed delighted to talk with me and promptly gave me her business

card, but her niece (who must've been in her early 20's) took exception to my approach. "Why are you asking us this question? Why did you choose us?" she snapped. I wasn't prepared for that response and due to my inexperience I ended up in a tit-for-tat exchange with her, which dropped the energy of the entire table. Shortly thereafter I ended our spat and walked away feeling like a dumbass. The confidence that I gained in my first interaction that night had dissipated somewhat, but I knew that it was decent start. That was my first solo night out hardcore in the game.

As the years went by I studied and applied the knowledge that I gleaned from books, audio programs, and other more experienced teachers and players not just about women, but life as well. Today I'm light-years ahead of where I used to be and developed a much greater understanding of the game, and it's frightening to think of where I'd be today had I not found that book...LOL

I'm relating this story to you so that you can see that you are definitely not alone and that *game can be learned*. Now, some of you may already sense that this book may be yet another offshoot of *The Game* by Neil Strauss, but bear with us. In *this* compendium of game we're going to cover topics such as...

- Your mindset and belief system
- Managing multiple relationships

- Managing single relationships
- Your image and presentation
- Physical fitness and health
- Your environment
- Hitting the Field
- Financial Game
- Scouting women
- Challenging scenarios
- Being pussywhipped
- Feminism
- Haters
- Online dating
- Lies and Euphemisms women use
- Man traps (women to avoid)

This book is written in a conversational style. We're expressing ourselves via the words on these pages as if we were standing right in front of you – straightforward and without the bullshit. First we'll overview the basics, and then we'll get into the real, *hardcore* aspects of the game and male-female dynamics that may not have been covered by other authors. We've also added anecdotal notes from our own experiences.

Please understand that **no one is born with game**. Ignore the meatheads out there who shame their fellow men into thinking this is something that is innate and that you should instinctively know certain things without instruction. These naysayers insist that they know everything that they need to know about women and dating, yet these are the same fools who are “making it rain” at the local strip parlor. This is an

## Step Your Game Up

art. Game is learned, game is practiced, and game is developed. Whether you're a teenager or middle-aged, the game still applies. The only thing that is required of the reader is an open mind and a willingness to try new things and learn new concepts. So gentlemen, let's get started!

*Dennis Jeanpierre*  
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