



LOVESYSTEMS

# ROUTINES MANUAL

Volume 1.1



*In Association with Fast Seduction 101*

The Don  
and  
Savoy

# Pua Routines Manual

**Aiden Sisko**



## **Pua Routines Manual:**

The Ultimate Guide to Counselling, Coaching and Mentoring - The Handbook of Coaching Skills and Tools to Improve Results and Performance Of your Team! Aiden Sisko, 2015-09-20 If your main focus is growth the most valuable asset you can possess is a quality assemblage of employees team members who are flexible learners problem solvers well motivated and highly trained who will put your company on the fast track to success Proper coaching and mentoring of this team will put you right were you need to be This will only be possible if you work closely with each member of your team s professional and personal growth in their abilities and performance Close and skillful coaching and mentoring to develop champions This book aims to do exactly that and more Table of Contents CONTENT OVERVIEW MORE IN REGARD TO COACHING BUILDING YOUR PEOPLE SKILLS Educate Yourself by Gaining Much Needed Information The Format for Feedback A Team Coach of Substance Develop Skills Plot the Course Review and Consider Choose Specifically Design a Free Flow Process MENTORING NEED TO KNOW INFORMATION NEED TO HAVE SKILLS How Can You Benefit From All This How to be a Mentor of Quality Keeping Lines of Communication Open Learning Honest Give Take You Must Focus on Building Trust COUNSELING AND YOU Identification of the Trouble Areas Assist the Employee in Realizing the need to Improve Performance in That Area Set Goals with the Employee that will be Conducive to Improvement Make sure the goals set are achieved When the behavior is right let them know A Issue a Verbal Warning B Issue a Written Warning C If the Offense Occurs Yet Again Human Resources Should Issue a Formal Reprimand D Suspension CONCLUSION

**Seduction Force Multiplier 6: Power of Routines - The Right PUA Inner game , Mindsets and Attitudes!** Jack N. Raven, 2015-09-26 This book contains the helpful mindsets proven successful by thousands of PUAs veteran and rookies These are the missing pieces to an already powerful outer game repertoire By having the right mindsets and inner games you ll be able to make anything work and get away with murder Also contained in the book how to game JEDI or non verbally allowing you to be whoever you want to be You ll be taught how to sub communicate you re James Bond billionaire a super male model celebrity whatever it is this is the missing piece that can jump start your game Not only in terms of improving your seduction powers it will also help you become not only solid on the outside but rock solid from within This book will teach you tricks of the trade how to program your mind to believe and think what you need it to A e not shown lack of space f outcomes and failures f 1 The ability to have ambitious goals and being comfortable with constant failures F 2 Failures f 3 Whatever the outcome shouldn t connect with your ego identity g impetus motivation coming from wants and not having to because it is what works H guilt issues h 1 Its sort of cheating to use pu techniques H 2 It s lame to use pu techniques I persistence i 1 Get in the door and move until you can t move any further I 2 Short range and long range vision depending on what will get you moving J rejections j 1 Im somehow not good enough to get these girls who reject me K frame controls k 1 Environmental k 2 Us we k 3 Target only l venturing into the unknown l 1 Comfort in the discomfort M jedi vibe game m 1 Everything is subcommunicated somehow M 2 Law of state

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*The Introvert's Guide To Coping With The Real World : Adapt, Survive & Thrive In The World Of The Extroverts!* Michael Widmore,2015-08-30 You will learn what makes introvert the way they are their neurology or how they are built advantages and disadvantages of being one and actual techniques to survive and thrive in this world where extroversion or outgoing personality traits are rewarded and introversion is considered weakness Introversion is actually something you are naturally born with However you can learn to adapt and manifest extroverted personality traits should you desire Introversion and extroversion are really just functions of energy depletion and recharging nothing else This book will give you different strategies to undermine those limitations and take advantage of the unique gifts introverts possess Please take a look at the TOC below to find out the things you can learn and subjects discussed in this book

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What People Think Of You Is None Of Your Business      **The Ultimate Business Competition Guide : Reverse Engineer The Competition And Make 'em Eat Your Dust!** Aiden Sisko,2015-08-30 excerpt If you gain a thorough understanding of the dynamics of competition in your industry you can easily develop a custom fit yet highly effective business strategy by answering one simple question Are there any obstacles stopping you from doing things other companies cannot If you answered yes to this question you are going to find strategizing to be a critical aspect of your business model Any profits made will be directly related to the level of skill you display in defensive strategy as well as in your management techniques Always be prepared to engage in the identification understanding anticipation and influence Table of Contents Introductions Do You Have a Competitive Advantage Economies of Scales Branding Competitive advantages Fixing costs across a very wide span to gain competitive advantage The core elements of efficiency include The need for efficiency can be seen clearly in the following Optimizations and efficiency You have to upcharge There is expense when differentiation is involved Is There Any Individual Firm or Company that is Dominant Game Theory Bargaining and Cooperation Tactics The Prisoner s Dilemma Implement Reward Systems Keep Away From Comparing Products on a Direct Basis Interact socially in your industry Develop Perk programs and Loyalty programs for your customers Developing an industry agreement Limit the amount of output in the market Establish your own individual practices in regard to pricing Pre emption and Techniques of Entry Strategies for the Newcomers Challengers Create and introduce a clear easy to comprehend Statement of Intent Make a decision as to which are of the market you will set your focus on as your main target The marketplace industry is at times made more difficult by the very presence of incumbents The higher the number the more trouble you may have Full Speed Ahead or to Proceed With Caution Strategies for the Incumbent Be Willing to Reply Appropriately and In Kind Leave No Stone Unturned and No Spot Unchecked Keep extra product on hand and maintain a large capacity for production Be clear through the use of the media Is Your Company the Dominant Entity in the Industry When It Comes To Management Forming Our Competitive Advantage Are We Giving It All We ve Got      *The Ultimate Guide to Building & Managing the Perfect Team* Aiden Sisko,2016-01-22 EXCERPT Successful team building will lead to a firm structure that is full of trust maturity and respect between employees members no matter the rank Team building is like the basic family unit in which the father knows best and the childrend follow guidance from the parents In this case management of teams will greatly rely on your leadership and skills in team coaching guidance and motivation As we all know the family follows the leader and as such the leader must show great leadership skills as well as mentorship in order to build a conducive team spirit This model can likewise be replaced with a more adult collaborative model that holds each team member responsible for their actions as well as respecting these actions TABLE OF CONTENTS Introduction Create A Common Vision Develop Common Goals Clarify Roles And Responsibilities Ensure Management Support Use Of Engaging Exercises Take It Out Of The Office Create An Action Plan Spend Time Learning What Team Members Need Keep It Regular Have Fun Emotional Intelligence And Team

Building Relating Team Building To Life What Kind Of A Team Do You Have      **Advanced Parenting Techniques Of  
Rebellious Teens : The Ultimate Guide To Parenting Difficult Teens From Hell!** Suzzie Santos,2015-09-27

Disciplining teenagers is a whole other beast than disciplining children Teenagers are more than hormonal misfits and it sometimes takes a delicate hand to figure what type of discipline works for each teenager Unlike children teenagers can comprehend the difference between right and wrong on an intellectual level In fact during the teenage years teens figure out that the only reason there are starving people in the world is because of money To them that is a superficial reason to keep someone from eating There is a certain level of idealism that comes into play when you are dealing with teens  
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Are you ready to be a Golden Disciplinarian

*The Ultimate Guide On How to Be Naturally Persuasive* Aiden Sisko,2016-01-15 Today we are going to be talking about a special way of influencing or persuasion that is not so much about the tactics and strategies but is as effective if not more so than manipulation This will allow you to be influential more easily and effortlessly You ll just naturally become charismatic highly persuasive to people without even trying too hard This is especially useful to communications and persuasion professionals who have accumulated every tool available in the persuasion space and now require something special to take it to the next level By fixing inner game or his intentions he can if he chooses use those proven persuasion tools in his current toolbox and make it much stronger by understanding the principles in this book  
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A genuine desire to help  
Being the problems solver  
Bringing forth an inspired performance  
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Thinking before you speak      **The  
Ultimate Guide to Developing Belief in Yourself** Aiden Sisko,2016-01-28  
Excerpt Up to this point in your life you have made all the right choices You studied hard in school and applied yourself you planned things carefully and didn t make any

rash decisions and now you have earned a top leadership position with your company It is a wonderful feeling to look around and see you are right where you had hoped and planned you d be in both your career and your life Why do you feel so apprehensive and fearful of failure Any one of us can be loaded with the finest education We may have planned our life s path perfectly and things may be going exactly as planned None of this will matter of provide any of us with a sense of fulfillment or personal success if we do not believe in our abilities We need to have a firm grip on our own talents and skills and we need to have a deep seated sense of trust in self if we ever want to bring our dreams to life Table Of Contents Introduction I Lesson 1 What Do You Really Believe About Yourself A What S Going On In There Anyway B Stay In Today C Embrace The Change D Learn By Example Ii Lesson 2 You Do Have An Opinion About Who You Are And That Opinion Will Make Or Break You A Treat Yourself B Walking The Talk C Laying With Dogs Getting Up With Fleas D The Decision Commitment To Believe In You E Pinpoint Needed Changes Iii Personal Accountability Responsibility The Wonder Twins Of Inner Change A Take On A Long Desired Activity Or Project B No More Blaming C Get Thankful D How Are You Speaking Iv Dream Big Take Risks A Incite Passion Within Yourself B Don T Stop There C Stay Positive D Prepare For The Victory V When You Hit A Speed Bump A Have You Shrunk Back B Hit Things Head On C Constructive Critique D Conduct A Regular Inventory E The Past Has Passed

**The Corporate Warriors Manual** Damon Lundqvist,2016-03-05 Claiming your piece of your target market can be an uphill battle between you and your competition That is why many business people use military strategies to gain the upper hand and influence how they conduct business There is an art to war Before a military is dispatched on a mission they have to determine what they want to accomplish by using military force When you are running a business you are conducting missions that all work to one common goal You have to define the purpose of these missions as well as describe the necessary measures you have to take to make the mission be successful Like the military you will have to design the organization so that you are attacking the business world from all sides For instance the military has the Air Force for air strikes the navy for sea battles and the army for foot soldiers Your business may need a department for sales a department for production a department for customer service a department for marketing etc Table Of Contents Introduction Structuring Your Business With Military Precision Rules Of Engagement Code Of Ethics The Mighty Mission Statement Make Leaders Not Managers The Business Chain Of Command Dress For Success Use An Awards Program For Positive Reinforcement The Importance Of Building Morale How To Be On The Offense In Business A Business Plan Or A Military Strategy Strong Clear Communication Decisive Thinking Diversify Your Training Be The James Bond Of The Business World Knowing Your Competition Knowing Your Company Knowing Your Consumer Other Books By Jnr Publishing Group Bonus Sample Chapters Of The Book Crucial Aspect Recognition And Identification Elimination Of Any Remaining Aspects Crucial Aspect Recognition Identification Effective Boundary Placements

**The Ultimate Guide on Developing Patience** Aiden Sisko,2016-01-21 Could you use more patience Who doesnt Conflicts can be minimized Peaceful harmonious co existence excellence at working together are

just a few of the countless benefits in developing this important virtue. Sadly, patience is one of the most undervalued yet crucial personality traits. In many cases, the focus of individuals are now making a major shift. Many bosses give high praises to individuals who complete assignments within a very short period of time. Now some are learning to value the slow, deliberate, careful, and patient execution of tasks. Adhering to the virtue of patience can put you in a position to excel personally and professionally. You will have more triumphant stories to share with family, friends, and colleagues. This virtue can also help you get peace of mind and secure healthier relationships. You will also stand out to gain more success with your business or job. There are tasks only the patient can do correctly. The rest wouldn't see it through and try to find shortcuts and other alternative ways that don't call on their need to be patient on the task at hand. This book is designed to help you gain a full understanding of why you should exercise patience daily. This book will also help you develop this invaluable quality within yourself and those you care about.

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the Right Questions Sleep Always Acknowledge Your Higher Power Let Go Of The Past Bonus

The Top Books of the Year Pua Routines Manual The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. Pua Routines Manual : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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## **Pua Routines Manual Introduction**

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