



The Mystery Method: How to Get Beautiful Women Into Bed

Mystery (Foreword) , Neil Strauss (Foreword)

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"One of the most admired men in the world of seduction" (The New York Times) teaches average guys how to approach, attract and begin intimate relationships with beautiful women

For every man who always wondered why some guys have all the luck, Mystery, considered by many to be the world's greatest pickup artist, finally reveals his secrets for finding and forming relationships with some of the world's most beautiful women. Mystery gained mainstream attention for his role in Neil Strauss's *New York Times* bestselling exposé, *The Game*. Now he has written the definitive handbook on the art of the pickup.

He developed his unique method over years of observing social dynamics and interacting with women in clubs to learn how to overcome the guard shield that many women use to deflect come-ons from "average frustrated chumps."

The Mystery Method: How to Get Beautiful Women Into Bed shares tips such as:

- *Give more attention to her less attractive friend at first, so your target will get jealous and try to win your attention.
- *Always approach a target within 3 seconds of noticing her. If a woman senses your hesitation, her perception of your value will be lower.
- *Don't be picky. Approach as many groups of people in a bar as you can and entertain them with fun conversation. As you move about the room, positive perception of you will grow. Now it's easy to meet anyone you want.
- *Smile. Guys who don't get laid, don't smile.

The Mystery Method: How to Get Beautiful Women Into Bed Details

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From Reader Review The Mystery Method: How to Get Beautiful Women Into Bed for online ebook

Paul Sulla Gonzales says

The content of some books can be really dangerous if it falls into wrong hands or wrong minds. If not, even the most impertinent topic in this book can be found interesting and funny.

Kater Cheek says

I've heard a lot about the "pickup artist" movement, especially on feminist sites, and couldn't contain my curiosity. Alas, these books are frequently checked out of the library, so I had to wait my turn.

The basic theories of the book are soundly grounded in recognized psychological and evolutionary theory. Firstly, women are attracted to men who seem like they'd be good mates and providers. Just as men can't help being attracted to big boobs, even if they're fake, women can't help but be attracted to men who demonstrate a high social value.

Much of this book, especially in the first part, is about how to improve your perceived social value by being extroverted, confident, and most importantly, not doing things to make yourself look weak, creepy, needy, or undesirable. For example, no lurking, skulking, fidgeting, or extravagant compliments to strangers.

The basic structure of the seduction is as such: go to a "target-rich" environment and quickly (within 3 seconds) choose a woman you are attracted to. Using well-rehearsed stories (openers) you make friends with her group while ignoring or disregarding her. When she gives you indicators of interest (IOI), you then begin to talk to her. Over the course of about seven hours, you win her over by building comfort through shared experiences and small compliance tests, and then you arrange to have her go to the seduction location. This usually involves a second day and multiple scene changes.

It's been a long time since I read THE RULES, which supposed to be the female counterpart to this movement. Both of them presume that all a woman has to do to get suitors is "be pretty" and "go to a bar." This hasn't been my experience, but then again, I wasted my college years studying and travelling overseas instead of partying every night. Presumably women who followed the traditional college trajectory had to beat men off with a stick. As such, there's not a whole lot a woman could take from this about how to attract men. Maybe women could use this if they wanted to attract women, and they could certainly benefit from practice in talking to strangers, but it's not going to get women closer to finding a boyfriend. In this world, women sit there and look pretty and men pick the one they want.

One of the degrading/objectifying/sexist tropes of this book is that you rate women on a scale of 1-10, or rather, you rate them on a scale of 6-10, and anything below a 6 you don't bother with. The strategies are different for women who are a 9 or 10 vs. a woman who is "merely" a 7 or an 8. Prettier women apparently need to be aggressively dismissed or ignored, because they're so used to being adored that its lack will draw their attention quickly.

The other trope that raises hackles is the neg. Personally, some of the techniques he uses to neg would make me respond with somewhere between a pout and tears. For example, asking a girl to do something, and when the obeyed action has an undesirable result, laughing at how dumb she was to fall for it. I must not be a 10, because a man treating me this way would not make me think "why is he unaffected by my beauty? He must

be able to get any girl he wants." but "what an ass" and "If he's treating me this way when he wants to attract me, how much worse would he treat me after he got what he wanted?"

Mystery makes assumptions about his readers. The obvious one is that his target reader is a hetero man, presumably young(ish?) who wants to sleep with beautiful women. I grant that for 98% of the readers, this is true. But he also assumes that the reader lives in a large city with an inexhaustible supply of "targets." If there are only a handful of eligible women in your town, you don't get a chance to practice.

And you would need a lot of practice to make this work. Lots and lots of practice. For an introvert (like me) just going up to strangers and talking to them is extremely difficult and draining. Mystery recommends four hours a night, four nights a week to just practice "opening sets" (making the acquaintance of a group of strangers.) I think that unless you're an extrovert with a lot of time on his hands, you're going to have to work your way up to that. You probably also want a mentor to let you know when you're doing it wrong. I think sometimes people get so wrapped up in what they want and their own desires that they forget to watch and listen.

It's not a terrible goal, however, and I say this as a feminist. Shocking as it may seem to the uninitiated, women do not say to themselves "Well, I spent over an hour agonizing over my outfit and putting on make-up and doing my hair and jewelry to go out to a bar. *I just hope I don't meet an attractive man who seduces me. That would be awful!*" Having more men out there who are capable of seducing women isn't a bad thing. This writer doesn't strike me as a guy who dislikes women. He even says that a one-night-stand is not the goal, but an intimate relationship with a beautiful woman. There are distasteful parts of it. The idea of dog-training another person into doing what you want them to do is creepy, as is the idea of a supposedly spontaneous date that the guy you just met has been on with countless other women. I guess it must work, but it seems so false.

I recommend this as a beginning primer for men who are hopeless in meeting women. Absolutely read the glossary first. Mystery will SLAM you with buzzwords, TLAs (three letter acronyms) and other made-up terms that he presumes you already know.

Jeff Yoak says

This book was something of a disappointment to me. After reading *The Game: Penetrating the Secret Society of Pickup Artists* and finding that his mentor, Mystery, had a book I was interested to read it. *The Game* is extremely well-written and has insights into people and interactions that extend beyond simple interest in picking up women.

Mystery Method begins with what I'll generously call wildly speculative claims about evolution and gender traits. I almost didn't make it through the first couple of chapters. In the spectrum between cynics who presented with integrations of data into ideas always see the leaps and criticize them to model-builders who make those leaps, Mystery is so far out at the latter as to have a difficult time establishing any credibility.

The book improves considerably when he talks about picking up women. His penchant for model-building really helps him to organize a hard-won, trial-and-error expertise into something that can be taught and analyzed. I found myself respecting most of this part.

Still, in the end, since I'm more interested in learning about the aspects of human interaction that emerge in books like this than in building solid game in picking up women, the book felt a little flat. It might be good if you want to be better at approaching women, I'd suggest reading it. If you're interested in more general

learning this touches on, it is fairly weak.

David Nunez says

I heard about this book and was very curious about what it's like being a PUA. While reading this I feel that this is really learning to demonstrate one's own high value. I like how Mystery takes one through different scenarios. This is definitely a book that should be re-read to be able to know the steps and protocols and not to mention being able to practice the methods. I do feel that this book goes beyond just the teachings of being a PUA, but really learn about yourself, and how people behave in general.

I believe that the Mystery Method can help beyond just picking up women, but can help dealing with people in every day life. I would recommend this book!

Manny says

OMG! Is this the real life prototype for the Tom Cruise character in *Magnolia*? He sounds scarily similar...

hey.emily says

Every single woman should read this. Know your enemy. Also, avoid cornballs doing any of the following for attention: getting chummy with your boyfriend, doing card tricks, wearing a giant fuzzy hat or other such ridiculousness, or anyone who has given themselves a nickname.

Nathan Rose says

While searching for a book titled "1001 Ways for a Middle-Aged Father of Five to Keep the Spark in His Marriage Alive, Be Romantic and Make His Wife Swoon Constantly," I found this one. Intrigued, I was amused at how the subject of one-night stands was treated so scientifically and mathematically. The book was written in a tone of complete and utter seriousness, and there were more formulas than some of my engineering texts. So, it was either intended as a totally serious book, or was 100% satirical without giving up the joke.

Read only if you're in for a laugh.

Feliks says

I don't much like 'Mystery' as far as his personality goes. His is a narrow and two-dimensional mindset; tuned into in this one particular pseudo-field but not well-rounded in any other way. Also: I definitely don't like all the imbeciles and losers who comprise his retinue. All these elaborate sagas about living together in

mansions. Please, grow up.

Additionally I feel there's some gaping holes in the method he's so proud of. Careful reading reveals far too many 'exceptions'--'differences' between the type of guy he is vs the type of guy the rest of men are--incongruities which make it work for him, rather than work en-masse.

You could almost boil down his whole system into one concept: "When you enter a room, be 'Mr. Wonderful'. Be the 'life of the party'. Don't be afraid to 'make a fool of yourself'. Be a man's man". Uhh, these concepts go back to 1950s cocktail parties. Farther back than Ross Jeffries, even.

There's good reasons why its impractical and even foolhardy to try to push the envelope in the way that he and his cheesy friends have done. Its not just that riding the media circus as much as he's doing (to rake in money of course) means its much easier for women to be alerted in advance to all the Jedi-mind-tricks he urges guys to employ. [He makes big bucks, but kills the element of surprise a lot of his tricks depend on].

Its just that his method needs to be a lot smoother; a lot more scientific; more grounded in an academic footing. It needs to be more *subtle*. Not so ham-handed, so clumsy. Success should NOT depend so heavily on a 'numbers game'. You shouldn't have to meet mass quantities of women to get 'a percentage of them' into bed.

MM concepts are also not that innovative, in and of themselves. Its just a mixture of pop psychology, magazine-tips; and fringe culture insights. Any intelligent, well-read, conversational, socially-attuned guy was aware of most of what he outlined long before his book came on the scene. Perhaps we never formulated these principles into diagrams and step-by-step procedures; but yeah I think most of us knew about simple techniques like 'ask open-ended questions'. Du'oh.

For me, my biggest complaint about MM is that it takes no account of men's individual personalities. All his individual students become just ONE (one fairly revolting) personality like a Herb Tarleck or something. But individuality is simply buried in the section about "be the best person you can be, re-invent yourself along these lines, present yourself to best-effect, don't retain old, bad habits". Gee, really? That simple...just join the Borg. No thanks.

And it goes without saying that MM entirely glosses over the concept of 'individual female personalities'. He grossly underestimates their instincts; their abilities, and their intuition. Rampantly.

Observe: the Mystery Method works best on a certain type of unsavvy, infrequent reader, beach-girl, model-type girl, doesn't it? That's the only kind he ever talks about. Ditzzy blondes and party-chicks. As if that's the only kind of desirable woman out there; as if '8s, 9s, & 10s' are the only worthwhile 'targets'.

And what happens when a girl is bright enough to figure out you're scamming her? Well nothing, if you're Mystery (or anyone like him). You bluff and charm your way through it. But the far better method is to always just 'be yourself'. [This enduring concept--one which not a lot of money can be made from--unsurprisingly, gets minimal accord in his system.]

Now. All that being said, I still find the Mystery Method to be the best of all the dating systems out there. Its really the only one with workable elements that can be extracted for one's own, personal style. Its the most coherent and accessible. He is genuinely (as he trumpets) miles ahead of any of his copycats. His are the only two books for this genre, which I ever found remotely readable.

I honestly think he did something very clever and ingenious--pulling a lot of disparate, unconnected theories together (bits and pieces that were lying around from 'failed systems') and packaged them together into something new and useful. His skill lies entirely in that re-organizing and re-structuring; in making a clean,

clear, fresh start for this field of male self-improvement. He's an Elvis. A re-compiler, a re-interpreter of dating lore.

I definitely give him credit, for being the best presenter of the information and at the same time, revolutionizing a stagnant area of male development. Creepy Neil Strauss was right about one thing: lots of guys need some help in social skills. Simply as an introduction to socialization for the completely backward, hamstrung chump/fumbler; MM is valuable in that it can give beginners much-needed confidence.

Still, what 'Mystery' should do is grow up and stop obsessing over the 'fantasy threesome' that he can't seem to shed.

Mza says

While reading this book I tried using the techniques Mystery prescribes to get my wife into bed, but it was too late. She already was in bed.

"All right, wife," I said, "*The Mystery Method: How to Get Beautiful Women into Bed* is the last trashy book I'm reading."

"But, balli," she said, "trashy books are the greatest."

"Yeah, I know, and this one, despite its grossness and weirdness, contains good insights that aren't available from other, more respectable sources. Still, it's no *Nicomachean Ethics*."

In fact, the book is bizarrely free of ethics of any sort, save for in this one, lonely passage:

"If you have sex with the woman only once and disappear, when she wants you to stay in her life in some capacity, a protection circuit in her head will punish her, sometimes severely, for compromising her chances of survival and replication. I've been told that it feels to a woman as if something very important has been stolen from her, and it's unethical to subject anyone to such painful and regretful feelings."

Remember, guys, fuck that woman many, many, many, many times.

Derek says

Fascinating pick up artist social marketing guide. The digital era of Casanova wannabes spawns one Erik von Markovik into fame, as the illustrious Mystery, the teacher and leader of the lady killers. A dating consultant who holds high dollar seminars and real time practice in the field, Mystery has written what is revered in the online community as the seduction bible. It contains explicit descriptions of his techniques, jargon, lines, approaches, and everything under the sun to attract and pick up women. The result of mastering the skills is creating instant physical and emotional attraction in the all-important first 30 minutes of social interaction with a new target. (babe). He then walks you through the steps all the way to the close. Whether your pursuit of women is your destiny, or a part-time sport, this is a college course you must take.

For this genre, I recommend the Mystery Method and two more.
The Game: Penetrating the Secret Society of Pickup Artists.

This is a fascinating journey by an author with marginal skills with the ladies (despite fame), who sets out on a life changing mission to master picking up women using the Mystery Method. The characters are philanderers, gigolos, wannabes, braggarts, and every dysfunctional category in between. Their quest is obvious, and thrust in your face; to sleep with as many beautiful women as possible. The author Strauss has written several best sellers, as well as for Rolling Stone, and literally has no competition when it comes to spinning tales of this type.

The other thought provoking mindbender that catapults your hooking up skills is
The_Professional_Bachelor_Dating_Guide_How_to_Exploit_Her_Inner_Psycho.

This is a devious sexual persuasion guide for hooking up, written by a psych doc who cruised the nightclubs with great success for a decade. It also contains an asset protection guide to set up pre-marriage to shield you from divorce.

Get these three, and get ready to laugh and learn. Really interesting books.
The Game

Victoria says

I borrowed this one from the library with the same skepticism as when I borrowed He's Just Not That Into You.

Mystery is right on the money with his social dynamic theories. It killed me to sit there and agree with him, especially since I *am* female! I think this is the first dating book that I've ever read that breaks out "the game" on a psychological basis, and more than standard advice like don't call the day after getting a number.

I'm actually sending off my coworker with this book as a parting gift because he desperately needs to improve his game. (He'll be on travel for a month, so he can practice his newly acquired skills there.)

David Hooper says

Interesting book. If you like psychology, you'll probably be into it. Lots of theories on social development and why we act the way we do. That part was interesting to me.

Last part is a bunch of "pick up lines" and suggested orders to use them, which I didn't find as interesting. It was more for somebody who really buys into this "method" to study and, hopefully, improve on.

Will it work? Probably. But if you approach enough women, which is part of the process, anything will work. There is part of this which is a numbers game. The author suggests you approach 16 women (or groups of women) per night and do it four nights per week.

For this stuff, it's a 3-star book. Interesting, but take it with a grain of salt. This isn't a magic formula to get laid.

As a marketing guy, I read this more to see how it was put together than anything else. The "pickup" market is HUGE and Mystery is the King. Show on VH1, high end seminars, etc...

For the guys interested in this subject... If he is doing this kind of manipulation to women, don't you think he'd do it to you as well?

Sure he is.

From a marketing perspective, it's pretty good. Lots of "code words" for things to give this niche a common voice/language and make this stuff seem like more than it is. Lots of "techniques" that aren't really anything at all.

More or less, this is a re-tooled self-development book. It's no different than a love and relationship seminar you'd see the back of Cosmo or Self...except that it's for men rather than women. He's selling the same thing, he's just doing it in your language. Men don't pay for "self help" but they do pay for tricks to help them meet more women and have more sex.

Overall, I think guys interested in meeting more women will find it helpful. Not so sure about how it would work on a "dating" or relationship level. Eventually, you're going to run out of pickup lines and will have to stand on your own. And there are no lines that will make you a more interesting person. The stuff in here is just a foot in the door...maybe. Take what works for you and leave the rest.

Douglas says

I've just re-read this book and its STILL the best book on picking up women I have ever read.

Going over the material again, it has reminded me of a couple key concepts and reminded me of other things I can use, now that I have mastered some of the others.

Its a great follow-up to the book, How to be Successful with Women. How to be successful with women really does a great job about laying out the fundamentals of dating. The Mystery Method provides advanced tips and guidance.

What makes the book so exciting is that Mystery has a totally different approach to women. Even men that have been single for a long time will learn that Mystery can take their game to another level.

I would HIGHLY recommend this to each and every single man out there that wants to date / marry a dime.

I now teach a dating bootcamp and a majority of the key concepts come from this book. The rest of the material is from the school of hard knocks.

sam kim says

holy crap... this is one of (if not the single) most masoganistic books i've ever read...

Amni says

I was lucky to have read the Evolution of Desire(a comprehensive book about the evolution of mating) first, because Mystery basically uses the findings purported in that book as the starting point for his ideas. With that said, I concede that the general points behind the Mystery Method are spot on. BUT. This is a crucial but. His examples, his way of showing disinterest, and his overall style when talking to women is crass. It lacks taste and refinement, and it wouldn't work, especially now in 2018.

Take his general principles to heart, sure, but for your own sake, ignore the mostly bovine material he fills them with.
