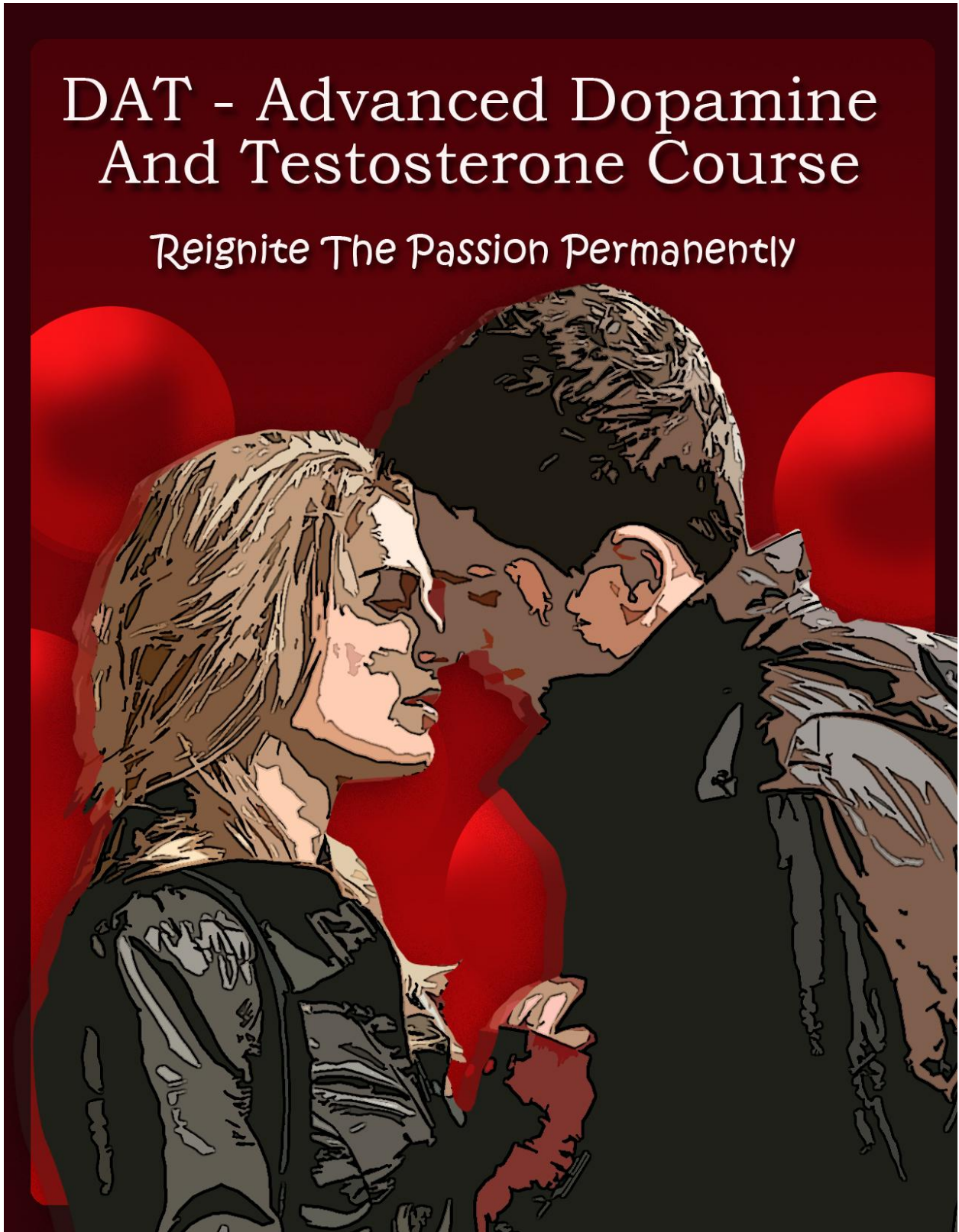


DAT - Advanced Dopamine And Testosterone Course

Reignite The Passion Permanently



Contents

| | |
|---------------------------|----|
| CHAPTER 1..... | 3 |
| CHAPTER 2..... | 5 |
| SCENARIO NUMBER 1: | 5 |
| SCENARIO NUMBER 2: | 6 |
| CHAPTER 3..... | 10 |
| CHAPTER 4..... | 15 |
| CHAPTER 5..... | 17 |
| CHAPTER 6..... | 19 |
| The Separation | 21 |
| CHAPTER 7..... | 23 |
| CHAPTER 8..... | 26 |
| Next - The Isolation..... | 28 |
| CHAPTER 9..... | 30 |

CHAPTER 1

Welcome to my Dopamine and Testosterone Fix Training series.

(From here on out referred to as DAT)

I want to thank you for joining me.

I'll be communicating your DAT material over in small bite sized chapters that you can consume in just a few minutes.

This content will be light on fluff. And heavy on meat and potatoes.

It's simple...

Follow the steps I show you. You'll get the hormones you're looking for.

Late last year I documented 3 days of my own DAT game in Las Vegas.

The security men that patrol the halls of every casino made filming this adventure difficult.

But I did manage to get the most critical points on tape.

As we get deeper into this series, I'll be referring to the parts of video that will interest you most.

Make sure you save the video and this ebook in a place where you can find them easily.

You'll want to refer back to them once you begin to execute your first DAT.

It's important that you do more than just read the chapters and watch the video.

You must take action if you want this to work.

As we move forward from here I want you to make this promise to yourself:

"I will design, craft and execute at least one DAT in the next 30 days".

Don't worry about the details now. Those will all come later.

Just make the promise...

You won't regret it.

CHAPTER 2

I brought up three items in the video that you absolutely need to know:

1. Separation
2. Location
3. Isolation

These are critical items that must be included in every DAT you execute.

Today we're going to look into the first of these: **separation**.

I'm going to give you a couple of real word examples to demonstrate this important concept.

SCENARIO NUMBER 1:

You woke up in bed with your woman. Then looked over and saw her familiar face.

You crawled out of bed together. Had breakfast together. Then teamed up for the dishes too.

You both went shopping. Came home and watched some TV (together).

Later, the two of you walked the dog.

Then you both took a nap. On either end of the same couch.

Then you got up - and took showers. In the same bathroom.

Got dressed in clothes. Taken out of the same closet.

Then you went out to the car. Drove together. Walked in together...

To the hotel where you planned to run your DAT (together).

Now let me ask you. Was this:

Novel?

Unique?

Exciting?

Dopamine Worthy???

Nope!

SCENARIO NUMBER 2:

You woke up in bed. Alone. With an erection.

(Of course you did. You have your DAT-HAT on).

You forgot about breakfast. Your mind was somewhere else.

On your game. Your girl. On sex.

You see, you haven't seen her for a while.

She went to stay with relatives, friends, whoever.

Or maybe it was you who left. A business trip, your bud's house.
The basement.

It doesn't matter who or where. The only thing that matters is this:

That you created separation. Between you and her. Before you ran your DAT.

So tonight is the big night. Your sexual rendez-vous awaits. It's time to prepare.

You shower and get ready. Alone

You walk out to the car. Alone.

You drive to the meet up. Alone

You walk into the hotel. Alone.

And inside, that girl you have not seen. That girl you really WANT to see...

Is waiting for you to come in. Walk her to the room. And have sex with her.

Now let me ask you. Was this:

Novel?

Unique?

Exciting?

Dopamine Worthy?

YUP!

Call it hide and go seek. Look at it like a game...

And play it because games are fun (ask anyone below the age of 11).

And games like this. Games centered around sex...are very good for your hormones.

Research demonstrates that human courtship is **STRONGLY** associated with dopamine reward pathways in the brain.

And this act of "playful separation" is one giant step towards that courtship driven, dopamine pot of gold.

It's a courting mimic. A copy of the real (courting) deal.

And guess what?

It works for men like you and me. Guys who've already bagged the prize. Who have already captured the girl.

Especially once you add two more ingredients into this courtship mix. Courting does more than just elevate dopamine.

Take elk bulls during the rutting (mating) season for example.

A rut is the elk version of courtship. A time when males work hard for female attention.

Care to guess what happens to these animals during the rut, this elk courting season.

The bulls experience a 200 percent spike in testosterone. At minimum.

And here's the kicker...

Very little of this testosterone is manufactured in the adrenal glands.

It's almost all produced in the testicles.

There's a clue for you...

A clue to where you and I are headed next.

Dopamine is a motivator. It makes you want to do things.

Things that make your life more fun. Interesting.

For example...

Ever jumped out of an airplane at 14000 feet?

That would be dopamine.

Sailed down white water rapids in a rubber boat?

You can thank dopamine for that.

And my point?

When you run your first DAT - put your focus on dopamine. First and foremost.

Do this and the testosterone and your game will soon follow.

Guaranteed!

We'll take a look at one of the most important of these next.

CHAPTER 3

Let's get back to the 3 essential ingredients needed to run a successful DAT.

1. Separation
2. Location
3. Isolation

We've covered separation. Now it's time to tackle **Location**.

We're going to grab a few tips today from the seduction community.

That group of (mostly) single men who have perfected the art of seducing women.

These seduction experts teach single men how to find women. Attract women.

And bed women.

One technique many of them teach is the location switch.

Here's how it works:

1. See girl in club
2. Make the approach
3. Create the sexual attraction
4. Remove girl from club. Take to another location

This first move isn't straight to the red velvet lined walls of the bachelor pad.

That comes later.

This is a move to a quieter location. Away from friends. Away from distractions.

And often suggested? A quiet hotel bar.

This location switch escalates the encounter and takes it to the next level.

The girl has given him permission to remove her away from friends. Away from familiar surroundings.

For her this is...

- Novel
- Risky
- Slightly dangerous

(Remember those words?)

He could be an axe murderer for all she knows. So she is taking a bit of a risk.

This courtship behavior, combined with the risk involved lights up the dopamine pathways in her brain.

Testosterone comes on next as her body prepares for a potential sexual encounter.

This all happens subconsciously, of course.

His dopamine gets fired up too. Along with (you guessed it) his testosterone.

It's a game single people play. And it's a game you and your girl can play too.

Here's how it rolls in our scenario...

Your woman gets decked out. Sits in a strange bar. Among strange men.

All alone.

This creates that Novel-Risky-Slightly-Dangerous feeling - leading to the same dopamine spike experienced by our single girl.

And like the single girl, she'll also experience a testosterone boost. As her body prepares for the sexual encounter she knows is coming.

[----- IMPORTANT POINT-----]

Make sure you always run your DAT in unfamiliar surroundings. A hotel neither of you have entered before, for example.

This will increase the hormonal wallop substantially.

[----- END-----]

Pull this move after you've created separation with your girl - and you'll both hit the hormonal highway moving at the speed of light.

This one two punch of separation. Combined with the unfamiliar surroundings in the new location will bring on a very strong hormonal rush.

Here's what comes next...

You enter the hotel. You greet your girl. You put your seduction hat on and elevate this hormonal rush even further.

A small gift presented at the right moment will achieve this objective in beautiful fashion.

I suggest a gift of adornment that she can use to put on a sexual display for you.

Jewelry is the perfect fit.

So give her this gift then continue to run your game.

But slowly begin to escalate the sexual tension now (the gift will ensure that she'll be receptive to this).

Kiss her. Compliment her. Touch her in inappropriate places.

Tell her what you plan to do to her later tonight in the room.

In other words court your girl, then seduce her hard.

But don't rush things...

Take your time. Enjoy the buzz because this phase is almost as good as the sex itself.

It's the anticipation. Combined with the sweet hormonal high the anticipation brings on.

So enjoy the ride!

And when the time is finally right - go ahead and escalate this situation one more time...

Upstairs - to the room - to have sex with her.

In other words, isolate!

That's where we're headed next.

To take things up another notch, try this.

Tell your girl to act like she doesn't know you when you arrive at the hotel.

Then in front of the bartender. And everyone else in the room. Start making your moves.

And when you finally do isolate. And take her upstairs to the room?

All the men in the bar will be smiling inside. And the ladies too.

Of course, you'll have the biggest smile of them all.

CHAPTER 4

Let's review what we've learned so far:

To run a successful DAT you need to separate - locate - then isolate.

Today, we're going to dig into the isolation phase.

This email will be shorter than the previous ones - because you've already done all the ground work.

You made the alpha / beta adjustments discussed in the beta male blues series. Then you executed your separation and location moves.

So your girl is going to be ready for this isolation.

Maybe even more so than you (don't be a bit surprised if this happens).

As you move toward this final step, it's important that you remember to maintain control of the situation.

You've been driving this ship. And you need to stay on as captain once you move things into the bedroom.

Primate studies have shown that dominance is strongly correlated with sex hormone status in males.

So the more dominant you are - the more sex hormones your body will produce.

If you played your cards right your girl will be more than willing to accept her role. To play the part of the submissive.

You've courted, seduced and captured her. And now it's time for you to take the prize. To take her.

So enjoy it, because this will probably be the best sex you've had in your entire life.

So reap the rewards - you earned them!

KEY POINT:

At the start of this isolation phase your alpha personality needs to be front and center.

The best way to describe this is - you need to take your girl. Sexually rapture her.

Trust me, at this point she'll be more than ready for this.

Then once the sex is finally over. You can allow your beta side back into the room.

But don't bring him back too early - because this sexual encounter won't be a sprint.

It will be a full blown marathon (I promise).

CHAPTER 5

Today we're going to talk about the video of the DAT I executed in Las Vegas.

Keep in mind as you watch these clips again that I went to extreme measures during this game for demonstration purposes.

You don't need to separate for 4 days before your DAT like I did. You don't need to travel to distant cities either.

You can push the envelope like this occasionally...

But don't attempt to go to these extremes every time you run a DAT. It's not necessary.

A few things to note as you watch this video.

During the separation we didn't see each other (obviously) but we did communicate via text.

I used text messages to keep the temperature high during the separation.

I recommend you do the same.

On day two I gave my girl a gift.

This is a powerful courting move that I suggest you use.

The law of reciprocity comes into play when you give her a token like this. And her instinct will drive her to give you something back.

And since you're heading to the bedroom later, that's where you'll most likely receive this prize.

Also note the constant location switches - the push for new and novel activities - and the massive focus we put on separation.

These are the things you need to dial in on during every DAT you run.

But most importantly, make sure the two of you are having fun.

Check that.

Make sure she's having fun...because once you get her going you're going to have a good time no matter what.

So monitor your girl and adjust your game depending on her emotional state.

What you're looking for are sexual displays. A desire to push things in the bedroom. And a hunger for slightly risky behavior.

You'll see these things in my girl when you view the pic at the European style pool.

Or the pink dress she surprised me with on day three.

These were all clear signals that she was a willing participant in this game. So I knew I could run the game hard, because she was ready.

Keep these signals in mind and use them to gauge your girl when the two of you begin to play.

CHAPTER 6

It's time to move onto the creation and execution of your own DAT. But before we begin, we need to make sure that you've done your homework.

By now you should have:

1. Read the entire Beta Male Blues email series.
2. Adjusted your alpha / beta behavior based on your girls needs.
3. Wrapped your brain around the three components of a successful DAT.
4. Watched the entire video to see how my DAT played out in real life.

And finally...

5. Taken over the driver's seat in your relationship.

This last point is very important.

For a DAT to be successful - you must be in a successful relationship.

And since you're the dominant person in your relationship, it's your job to ensure that it is successful.

Your DAT depends on it. Your happiness depends on it. So make it happen.

The following information will help you achieve this objective:

As you begin this planning phase, it's important that you place your focus on her.

Adjust your alpha / beta behavior to that sweet spot. The spot where she feels loved, safe, secure and content...

...all while maintaining your supreme alpha position in the relationship.

This last point is especially important for men who lean towards the beta side of things.

Catering, working hard to please, backing down, giving in to demands won't get it done.

She'll be much more content if you display more alpha. I promise.

So don't try to nice her to death. It won't work. Up the alpha instead.

Random acts of affection - sexual displays - and spontaneous acts of kindness from her are all signs that you're on the right track.

Keep an eye out for these signals and keep tweaking until they arrive.

A quick warning: Don't look at this task as something you have to do.

Look at it as a plan to seduce her. To get the dopamine - the testosterone and the sex you need.

And always remember...

This simple act of planning is enough to get your hormonal fires burning.

So enjoy this planning phase, because it's all part of your DAT.

Next up...

By now she should be showing the signs of a girl who is ready and willing to be seduced.

For example:

She'll talk to you more often

She'll dress nicely for you

She'll find reasons to touch you

And finally...

Her nagging side will diminish or disappear altogether.

These are all clear signals that you've achieved your first objective.

You've gotten your woman on board. And she's ready to come outside and play.

This means it's time set a date. So choose it now.

While checking your calendar keep one thing in mind.

The Separation

Your date must take this into account so plan accordingly.

Next...

Tell your girl that you've made a plan for the two of you on this particular date.

Mention that she needs to pack an overnight bag. Then leave it at that.

This will strike up her dopamine match instantly

If you're feeling flush. Hand her your credit card and tell her to go buy a new outfit for this occasion.

Then mention that you don't want to see it until the night arrives (do this and that match will turn into a flame thrower).

After you get her consent, it's time choose your location.

I suggest a hotel with a bar or restaurant.

The hotel supplies the room. The bar or restaurant supplies the initial meeting place.

The spot where you will meet, court and seduce her after your period of separation.

Next...

The day before the event go into separation mode (refer back to day 2 for help on this).

Then meet up at the location the following day (refer back to day 3 for help on this).

Finally, reconnect with your girl. Then run your game hard until the two of you wind up in bed -upstairs in the hotel room.

That's it!

You've just run a successful DAT. So pat yourself on the back.

But keep in mind...

This entire process may only take a week for some of you to execute. For others, it will take a bit more time.

The important point is that you get started.

The time to begin is now.

Here's another tip for you...

Work on increasing your sex rank as the date approaches. Focus on fitness, muscle accumulation, grooming and your overall look.

New clothes can take you a long way in this department.

The bottom line is, you want to be looking and feeling sharp when you walk into that hotel.

You'll feel better about yourself and your girl will feel better about you, too.

CHAPTER 7

We've already discussed how dopamine is responsible for the high we feel when we do something dangerous or slightly risky such as skydiving or white water rafting.

We can use this risky behavior to our advantage in our quest for more dopamine and the testosterone that always comes along with it.

All we have to do is add a shake or two of this secret sauce into our DAT equation.

But I need to warn you...

You want to select activities that appear dangerous to the mind. But are not really dangerous in the real world.

This is important. We don't want anyone to get hurt or in trouble.

Examples of things NOT to do:

- Sex with minors
- Sex with strangers
- Sex with prostitutes
- Group sex - partner swapping
- Sex that involves excessive pain or violence

I'm sure you get my point.

Now let me give you a couple of examples of things that do qualify (in the mind) as dangerous or risky. But are really not.

1. Take your girl to dinner. But have her remove her panties before you leave the house.
2. In the middle of a sex act pick up the phone and dial an acquaintance. Have her carry on the conversation while you carry on with business.
3. Insert a remote controlled vibrator into her vagina. Then activate at the appropriate time.

Can you see the difference here?

In the first examples you really are taking unnecessary risk.

In the second you're not.

But what you are doing is activating the dopamine reward pathways in the brain. Safely.

Hint: Women absolutely LOVE these types of things.

It may take some coaxing to get her started, but once this ball gets rolling they'll be no stopping it.

So be warned!

The vibrator trick is probably the biggest turn on of them all. For her.

Especially if you click the on button just as she's placing her dinner order.

A red flushed face is a clear signal that her dopamine levels are about to explode.

Once this happens, get ready!

You've got a wild night of dopamine driven sex ahead of you.

You can also play this game by having her dress in an overtly sexy manner in a non sexy location.

These are good moves to pull while you're actively running a DAT (After the separation - but before the sex).

Have her put on a short skirt and high heels for a trip to the store, for example.

Or have her go bra-less for a walk outside.

Once you get back, have her walk around the room naked while you stay clothed.

In all three of these scenarios, she's exposing herself. Running the risk of being seen by someone she knows while dressed inappropriately.

This is good for her dopamine as it allows her to scratch her exhibitionist itch.

And you get to watch as she parades around in this exposed manner, so it's a win for both of you.

I've given you a few tips on how you can run a slightly dangerous scenario without truly putting you or your girl at risk.

The technique is powerful and will add a lot of punch to your game if you take the time to plan and execute it right.

But don't just stick with the suggestions I've given you here.

Part of the fun is coming up with new ideas and scenarios of your own.

As mentioned several times before the planning of these scenarios alone is enough to get your hormones percolating.

So run that game and add a little of this spice into the recipe on occasion.

Do so and you'll be very glad you did.

Next chapter we'll dig into the details of a short DAT.

I suggest that you add a little of what you learned today with what you'll learn tomorrow, because these two techniques work very well together.

For example, while running a short DAT you're not going to have the time to pull off an elaborate plan.

The remote controlled vibrator trick and a trip to a new restaurant will work beautifully within the constraints of a short DAT.

CHAPTER 8

Let's face it.

You can't book hotels, leave town or take time off work to run an extended DAT every week.

Very few of us have the time, money or stamina to pull that off.

But you can run a short DAT just about any time you want.

You can use these short DAT's as tools to keep your hormonal flames burning hot.

The last thing you want is to run a highly successful DAT then slip back to your old ways and let all your hard work go to waste.

The short DAT is the solution to this problem.

My own goal is to run an extended DAT once a month. And a smaller one two or three times a month (usually on Friday or Saturday nights)

These would be good goals for you to shoot for as well

So let's demonstrate what a short DAT looks like now.

What I'll do is tell you how I run mine. Then you can use this information to build your own.

My Short DAT Routine:

The day before, I have a conversation with my girl and tell her it's coming.

This is always a playful, sexy and fun exchange.

I normally give her several tasks she needs to complete as our time together approaches.

For example:

1. Wear your red dress
2. Put your hair up
3. Meet me at the restaurant at 7 pm

The execution of these tasks gives her the dopamine boost that planning for a sexual rendez-vous brings on.

It's also very alpha on my part. I'm running the show. Telling her exactly what to do.

This is good for my hormones and my sex drive.

Next, I move upstairs to my man cave and stay there for the night.

If you don't have a man cave, you'll have to improvise: the basement, an empty room, the couch.

Whatever it takes to create that separation, make it happen.

For example:

Sleep on the sofa in the living room. Get up early and go the gym. Shower at the gym and head straight to work.

Then meet her at the location that night. Separation accomplished!

Next:

You're working with a shorter window here, so you need to keep the pedal to the metal all day long.

You can stir the hormonal pot throughout the day by sending her sexy text messages or emails.

Try to push her submissive buttons by displaying a little dominance in these exchanges.

Women love to talk about clothes and items of adornment - so display your alpha here.

EXAMPLE:

You: Do you have bright red lipstick to wear with your red dress tonight?

Her: I have some red but it's not too bright.

You: Use my credit card and buy some before we meet tonight. OK?

Her: OK, I will.

Mission accomplished!

I normally drip feed her texts like this every few hours.

This is a very potent technique, so make sure you use it.

Next, the Location:

In a short DAT, I usually select a restaurant for our meet up location.

But any place novel will do.

The main point is - it needs to be away from your home. Away from familiar surroundings.

A party, for example.

If you have one scheduled 2 weeks out, run your short DAT around this event.

Create the separation. Then meet up at the party later. Mission accomplished.

Use your imagination and you'll have no problems coming up with more short DAT scenarios than you know what to with.

Next - The Isolation

Camping out in hotels 4 or 5 times a month isn't practical.

So necessity dictates that the isolation phase for most of these short DATS will happen in your home.

So we need to figure out a way to make sex in these familiar surroundings unique - interesting - novel.

Here are some suggestions:

- Pull into the garage, close the door, and do the deed in the back seat of the car.
- Move things out of the bedroom and into the living room - the back yard - the kitchen table.
- Add props - sex toys - candles - music - or soft porn films into the mix
- Make the sex unusual. Tie her up for example. Or place a blindfold over her eyes.

The key point here is, you can't do business as usual.

Normal, vanilla flavored sex will kill the buzz you've created in your DAT - instantly.

So do whatever it takes to make the sex unique, novel and interesting (or slightly risky & dangerous).

Follow all these steps, and you'll easily create your own successful short DAT.

And you'll reap the hormonal rewards of this DAT for several days to come.

And when those hormones begin to fade again? You can start planning for the next one.

Your next round of hormonal goodness - brought on by novel sexual activity with your girl.

So enjoy the ride - enjoy the prize - and revel in all those hormones.

You deserve them!

CHAPTER 9

We are approaching the end of our DAT training and I want to leave you with some closing thoughts.

The main reason I created this series is because of emails that hit my inbox constantly.

Messages from men who have given up on sex. Or who rarely have sex.

Guys who've failed to grasp the extreme importance of sexual activity in a man's life.

Sex hormones do many things in your body. But their main purpose is to drive sexual reproduction. (AKA make babies).

And common sense tells you that once that reproductive behavior stops, sex hormone production WILL decline.

Put another way, I've never met a high T man who did not have a highly active sex life.

But I've met hundreds of low T men who are barely having sex at all.

The take home message here is this: You'll never achieve supreme hormonal fitness if you're not engaging in regular sexual activity.

And that's where this DAT system comes into play.

The focus on dopamine first and testosterone last works wonders in a Low T man.

If he'll simply take the time to get the ball rolling. Keep putting one foot in front of the other.

Until he sees that shining oasis. That's so damn close, he should be able to smell it.

THAT my friend - is your main goal. Starting right now.

You must take this information and use it. Otherwise you and I have both wasted our time here.

So if you haven't done it yet - grab a pen and start planning your first DAT.

Start off with a simple list: Write down the location. Figure out how you'll separate...

Then fantasize about what you'll do with your girl during the isolation phase (Create clear, graphic visual images in your head).

Then...put your pen down and pay very close attention to how you feel.

Did this small dose of planning ignite a little dopamine spark in your brain?

A novel sexual thought or two. A slight rumbling in your loins.

I bet it did.

Here's a suggestion: use these sparks as motivation to keep moving forward.

And don't give up until you've executed at least one DAT. From start to finish.

This decision to take action now will take you back to your days when sex was a priority in your life.

Back to that time when your libido was high. When you were living with all the sweet things that dialed in hormones bring to a man.

I've been on both sides of this fence and I can tell you now - I'm a much happier human being when I have mine dialed in.

When my sex drive is high. When I'm engaging in regular sexual activity. With my girl.

Do me a big favor and check in with me after you've run your first DAT. I'll be real curious to hear how you executed your game.

Who knows, you may even give me a couple of fresh ideas.

One more thing...

All you men who've slipped too far into the beta zone....

If your girl doesn't cooperate, tell me about it. I'll do what I can to help you out.

And I promise you. Once you get your game going again you'll be a much happier man too.

Think about that word....**Happier**.

Now let me ask you....what in this world is more important than that?

Nothing, right?

I agree. So why don't you get out there and run that DAT!

Make it happen.