



Dear %%name%%,

This is a longer than normal Power Tip - however its powerful and thought you'd like the powerful information.

**Today's Power Tip:**

**You see her; you want to meet her... but how?  
Maybe it's Time for you to MAN UP!**

You're out... you see them everywhere, walking along the streets, in cafes, in bars and clubs, at the beach and at the gym. They have this walk, dress, hair, smell, legs, shoes and their presence. It's like they're beautiful gifts from God put on the planet to bring you both joy and frustration.

They're women and just about every heterosexual man loves to have them in his life, create a family with, have sex with, have fun with - and why? Because you're a man and she's a woman and that's what Mother Nature intended.

However for the large majority of men in the world, they still have absolutely no idea about themselves and how to meet and connect and have amazing relationships with women. And it just may be because you're not... Manning Up!

I do know, for a growing number of guys out there who have stopped letting his ego run his life and who have gotten over watching TV and killed the lazy monster, are aware of the revolution for men that is going on in the world. A revolution to help guys get a handle on how to get confident and become better able to meet, connect, build attraction, date and have far more success with women.

If you're one of these guys onto this training and information, studying it, applying it, good for you!

If you're not, here is the entrance for you into a brave new world.

Before we go on, we must discuss the other guys with their ways and means to attempt to connect and meet women.

The building site whistler guy, the horn honker guy, the staring guy, I'll buy her a drink guy, I'll interview her (what's your name, where do you live, where do you work) guy, I'll dance next to her and hope she'll talk to me guy, internet dating guy, stalk her at the water cooler at work guy, stay home and watch porn guy, or the get drunk and make a complete jackass out of myself to meet her guy.

Forgive them, for they do not know better.

Yes, so we get it that unconsciously some guys don't even want to meet a woman. They're just being men at the basic level, doing things they don't even realize they're doing or know how to do otherwise. Reacting to just what comes out. So we'll leave them to their whistling and horn honking.

We have the guys that would like to make changes to their lives. They're in a relationship or marriage with a woman they're no longer compatible with or never were compatible with. They have constant dysfunction, problems and arguments, but the thought of leaving her with the prospect of being alone and not being able to meet another woman, scares the hell out of him - so he stays.

I know from my role as a trauma counselor if you're a guy that is so scared and insecure from childhood or other experiences. This can have profound affects on boys and how you grow into men and how you see yourself and relate to women. Maybe you have been lead to this article because it's time to find ways to let go, to forgive yourself and others and realize you deserve to have a wonderful life filled with love just like everyone else.

So men... do you fall into any of these categories where you're realizing you don't have any idea?. Do you want to get an idea? . Your strategies to have her in your life... are just not working? Or you need to let go of stuff that is holding you back. It is time for

you... To Man Up!

With a great interest in social science and personal development and after a heart breaking relationship many years ago, I made the decision, enough's enough... no more! I went on a quest to learn how to take more productive control of my life and emotions as a man and create superior, mature, happier, more fulfilling relationships in my life.

Then I went out into the world and started asking these amazing women I was meeting and have in my life why they're single or still in crappy relationships. And the answer I consistently get is, Trevor, they seem afraid of us, us girls just sitting over here. Yes we may give them a bit of a challenge, but they're just funny little girl games. No one is Manning Up!

So I want to share some of my key findings with you to help you get a far more rewarding and fulfilling handle on your life.

Guys, right at the beginning and at the end of all of this manning up journey, was my epiphany or realization that the voice in my head is not our friend. It's just a brain processing data and a whole pack of beliefs I picked up from somewhere and none of it is true or false, it's just what we decide it is.

Call it your Ego, call it your thoughts. Whatever it is! You need to wake up, stand back and look at your thoughts, Man Up to it, become aware of it everyday, get a handle on it and stop letting it run your life!

Here's the voice in action %%name%%. You're not good enough. She wouldn't be into a guy like you, you're too ugly, she's too pretty and she must have a boyfriend, what if she tells me to fuck off, where will you be then? You don't have enough money. She'd be more into those guys over there than me. Approach her, what? She'll think I'm a stalker. Lies, lies and more lies!

Just when you think you're a mind reader, with you're brain telling you she likes a tall guy; she'll like a little guy. Just when you think she likes a guy with hair, she'll love the bald shaved look. Just when you think she likes a young guy, she likes an older guy. Just when you think she'd like a clean cut executive, she likes a mud covered tradesman. Get the idea. Man up, take control and stop thinking you're David Copperfield and can read minds.

See guys, the beautiful thing about woman is, she will take your lead. While yes... they say and would definitely not turn away a good looking wealthy guy, that comes swooping in on a limousine carrying her favorite pair of Prada shoes, just because he liked the way she crossed the street, which is fine and socially understandable considering the insatiable appetite she has for gossip magazines and romance novels.

But take the lead and get your thinking right, hear that voice of lies, but go for it anyway and along the way throw out all the crap of buying drinks, interviewing her, getting drunk and staring at her. Freeing yourself up to Man Up and going for it as a confident man that wants to meet her as a man does.

Showing her your confident, light hearted, fun smile, get her heart racing, communicating in a way that gets her emotions racing, displaying your manly qualities as an intriguing, interesting man that doesn't hold back yet doesn't give it all away in 5 minutes. Her fantasy of your limousine and Prada shoes will go out the window.

Backed with some good skills, she'll like you so much... she'll even convince her superficial girlfriends as to why you're not 6 foot and don't drive a Porsche and it doesn't matter that you haven't cleaned your car for 3 months.

Let me tell you, approach any woman you feel you want to meet, as a confident man that is fun, smiling and open. And even if she's not interested, almost all will be flattered you tried and your skills and confidence will be that much better for the exercise. So you'll be even better prepared for when the next lady comes along in your life you want to meet. See, no matter what happens, I'm 100% confident that the worst thing that can happen... Is... wait for it.... Nothing!

That's right. If she turns her back, says nothing, or says thanks but no thanks, or fuck off. The worst you have been afraid of all these years... is.... Nothing! You walk away and will wake up in your bed tomorrow morning.

Ok... I hear what you might be thinking. Oh I've tried to meet women and they just shoot me down or turn their back on me. It's not a nice feeling inside.

Sure... I agree not every woman you meet is going to be into you no matter how confident you are. See guys, the thing about woman is... some are taken, some are gay, some do like a certain style of man, some hate men for a whole variety of reasons.

And women that are of a higher perceived quality, fit, healthy, well presented, intelligent, fully capable of making babies, are not about to be too easy to meet as they need to see if you're man enough to hang in there and show them you're able to Man Up!

See guys, there are many many wonderful women out their waiting to meet an amazing guy like you. But if you're not manning up and only going up to the plate and swinging the bat once, betting all your cards on that one swing...and it's a gutter ball. You're setting yourself up for being a crap baseball player. You'd get back up to the plate and swing again, yes?

But there are literally 1000s of men that do this everyday in their pursuit... or more realistically... lack of pursuit of women, due to many imagined fears and not manning up to overcome these lies lies and more lies the brain gives them.

So what does it take to Man Up and get a handle on your life for more happiness, confidence and being able to meet great woman and have fantastic relationships?

1. You need to get yourself in check by having a look at what you have been thinking about yourself all these years. If it's not working for you, its time to change it. Read books on visualization, goal setting, change your thinking.
2. Do whatever you have to do to start imagining a better future and see yourself being more confident, fun and getting better at meeting and communicating with women. Oh yes I hear some of you... oh that's the Secret. Yes maybe it is. But are you doing it. Or are you on auto pilot thinking only about the negatives in your life.
3. Be her man and be in more control of your life. If you have dysfunctional behavior such as extreme jealousy, control, abusive, man up and get this stuff dealt with. Don't inflict it on a woman.
4. If you have an ego running the show that says you're too cool and don't need to make changes to yourself, but you're still alone and unhappy or in crazy relationship. You might want to realize an over active ego is actually for scared little boys. Not men willing to take charge of their lives and become a better man for his woman. Get coached, get educated and forget what your mates might think. If they're good friends they'll support your growth and development.
5. Lighten up. Men are way too serious. Laugh at all the funny things we have to do as humans to live more happily. Start smiling when you walk down the street and give a woman a nice smile. It doesn't matter if she smiles back or not. You live in your world and you're smiling. Smile before you walk into any gathering, so you'll have the smile on your face when you walk in. It's warm and women feel much safer around men that smile.
6. Become a better communicator. Women love great communicators. Man up and get out of your lazy comfort zone. Work to have more meaningful conversations with men and women at work and in social gatherings. Think and have some interesting stories to tell them. Ask questions and really listen. Talk to the people you meet everywhere. In shops even the person riding the bike next to you at the gym.
7. Imagine yourself as being a lighter hearted funny, witty guy. Mixed with a little bit of harmless banter and cockiness. Everyone loves to laugh and have fun.
8. Women are interviewed by men way too much. They've finished work for the day. The last thing they want is to be interviewed at the gym or when relaxing having a wine out. Being a fun, interesting guy will be much more to your advantage than how nice your suit is.
9. Become interesting, get a hobby or two and love it, do courses, read books, read a couple of women's magazines, travel. Learn some things around spirituality, connection, energy, relationships.
10. Spend some time on your own getting to enjoy your own company. Go for walks, feel loneliness and being alone. Just sit and breathe - don't think. A man that can be in his own company and like it is a powerful man.
11. Take better care of yourself. Exercise, eat good food. If you're fat, man up and lose weight. If you want to meet a higher quality woman or any woman for that matter. You don't have to be an Adonis but she'll see you respect yourself enough to take care of yourself. This will help your confidence and when you feel better in yourself you give off a confident energy to others.
12. Look at how you dress and smell. Do your clothes fit you or are you a mess? Clean your shoes get your teeth cleaned up. Cut your hair or shave your head. Shower lots; wear underarm deodorant and nice aftershave. Most women hate guys that stink.
13. Make no apology for your desire as a man to want to meet a woman. Women are very perceptive, no matter what you say to meet a woman; they always know you are trying to meet them to have sex with them. So own it and go for it. They'll be fine either way, that's why they sometimes walk off. You'll live!
14. Go and meet her. Confidence to woman is like breasts to men. Very very appealing. Make an interesting statement; 'nice necklace, reminds me of one I saw in Peru. Have you been to Peru?' It doesn't have to be the Academy award winning opener. Just that you tried will put you into the top 3% of male society by having done it as a sober man.
15. When first meeting a woman she will have her guard up so you have to do 90% of the work for atleast the first 10 to 15 minutes to feel comfortable with you. So have lots to talk about and statements to make. With a few little questions for her along the way. You are the man you have to take the lead and start the process in the beginning. OK!
16. Prepare yourself – have a plan on what you can talk about – contact me and Ill charge you heaps but help you put a communication plan together to successfully meet and connect with any woman.
17. When you take a woman out, yes you do pay for the meal, movie, and dodgem car ride, what ever it is. Yes you do open the door. Yes you do pull out her chair. As a man should. No ifs and buts about it.

18. If you haven't had sex yet and built a man woman attraction, do not be her counselor in the hope she will fall in love with you. She will only attach the meaning of you being her friend and not a man that wants to be with her as a woman. After you have a sexual connection you can be there for her as her man that manned up!

So, these are some basics on Manning Up for you and you woman. Remember also guys, yes, push yourself - however also be kind to yourself. Changing and developing takes time with emotional ups and downs.

Enjoy the learning and your development. See the wonderful thing that happens to you when you learn to value yourself and your life, it all becomes a wonderful journey, whether you're manning up for a woman or yourself.

Women need you to be men to be there for them. That is part of our role on this planet guys. Don't be afraid of them, they're also doing their best with what they know. I love the quote from the movie Hitch: 'Sometimes women need a man to help them just get out of the way of themselves'.

Get a handle on yourself and keep a check on that voice in your head and take control of it. You have the power to change your thoughts and become that man women are waiting to meet. Man Up and go out there and meet her as a good man should.

Heres to your powerful journey!

### **A Revolution in Manning Up - Power Tips**

**Helping Men to Change your life for more confidence, fun, happiness, success, lifestyle and learn how to attract your women, create amazing relationships, regardless of looks and money!**

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## ***Trevor Russell***

**Social Scientist – Coach – Facilitator**

### **Testimonials**

Trevor Russell has an amazing ability to connect with people. Ive seen it again and again. He is playful, funny and loves people. They feel comfortable and love being around him. The man is a master of creating connection. Take control of your life - intimate, business, friendships. Live the dream because life pays the price we ask of it. - **K-Man**

Someone once said: If you want to be successful, find someone who has achieved the results you want, copy what they do and youll

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## iReach

achieve the same results! Through hard work, massive action and lots of fun Trevor has mastered the art of connecting with women. He is someone you want on your team when it comes to unleashing your superhero qualities and fully embracing your manhood. There are countless women waiting to be rescued, so give yourself the gift of the Russell Revolution today. - **Miss Leah Model and Dietician**

I remember the first time I met Trev. It was at a conference on a Tropical Island, and he swept me off my feet. He seemed to know me instantly, and I felt comfortable with him straight away. He is easy to talk to, a great listener, and has a gorgeous mind, body and soul. Trev is the sort of person that brightens up the room, and is the life of the party. Everyone has fun when he's around. He's an extremely good communicator, and personally I feel like I can talk to him about anything and everything. He makes me feel beautiful and sexy, and I have learnt a lot about myself during the time I've known him. His daring, caring and humorous personality would be irresistible to any woman who is looking for a friend or lover. - **Michelle**

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