

HOW THIS ONE LITTLE THING CAN “SCREW UP” YOUR LOVE LIFE FOREVER

The Frog Syndrome

By Marius Panzarella

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The Frog Syndrome

Welcome to: ***The Frog Syndrome: How This One Little Thing Can Screw Up your Life***

I've very excited about this new report. It illustrates a truly important concept that has taken me years of experience as a dating coach to fully understand. In fact, this concept is so powerful that not only can it help you attract women; it can help you in other areas of your life as well.

You see...over the past few years, I have worked with tens of thousands of men around the world. I have received countless success stories from just about every corner of the world.

And here's something I've discovered from working with these guys:

Most guys are held back by their “pre-defined roles” - roles that society has imposed on them.

Let me begin by asking you a couple of questions...

Would you be surprised if:

- 1) A “shy guy” you knew suddenly flirted with all the girls at the office and became a chick magnet overnight?
- 2) The “dumb jock” at school suddenly became an honors student?

- 3) The “Math Wizard” in math class failed a Math quiz?
- 4) The asexual “good boy” in the office turned out to be a frequent visitor of the local brothel and a collector of porn magazines?

No matter what your answers are, you should see my point: *Society always has a certain image of an individual.*

But this isn't the point I want to make. The point I really want to make today is...

Most person actually enjoy *acting out* the role society imposes on them.

For example, I believe that...

- 1) “Powerful Loners” are only lonely because they feel the need to act “powerful” by isolating themselves from people. (If you have no idea what a Powerful Loner is, you need to either download my *Smart Dating Course* or wait for me to write about the subject again on my newsletter.)
- 2) “Shy guys” are shy because they are afraid of breaking their “nice boy” images.
- 3) “Boring guys” never flirt because they are afraid of being seen as “not serious” in a woman's eye.

So in a way, these guys are getting exactly what they want.

They may whine about being shy, boring, or lonely - as many of my readers do.

They may get depressed over not being able to flirt with or talk to women - as many of my readers do.

They may email me and ask me for help - as many of my readers do.

But deep inside, they are staying the way they are because they *want* to.

They do this because...

- 1) Their mind is afraid of change.
- 2) They feel the need to follow the law of consistency.

The Mind Is Afraid Of Change

“The mind is afraid of change” is a concept I have explained in some of my past articles. If you have been reading my articles for the past few years, you should know what I mean. But for those of you that don’t, here’s what I mean when I say the mind is afraid of change:

For the average guy, sticking to a pre-defined role is EASIER than making his own decision or changing himself.

Why? Because the unconscious mind is TERRIFIED of change.

I want you to imagine your mind as a little elastic band. When you do something that is “out of your boundaries” - such as talking to a beautiful woman - your mind is going to get stretched out to its limits.

But just like an elastic band, your mind will want to return to its original shape. It’s going to keep telling you,

“STOP THIS NONSENSE AND GO BACK TO THE WAY YOU WERE!”

Change and uncertainty are scary to your mind. It would rather see a bad, predictable result than a good, unpredictable result. For example, if you have been getting a lot of rejections from women, your mind will rather see you do something stupid and get rejected again, because that's at least predictable.

Furthermore, your mind has trouble distinguishing between “good” results and “bad” results. It doesn't care about the “bigger picture”. All it wants is to have an addictive or evasive response to a stimulus. For instance, your mind doesn't care if drugs are bad for you. All it knows is that taking cocaine feels good. Similarly, it doesn't know that hiding from or acting shy in front of a beautiful woman is bad for your love life. All it knows is that talking to a hot woman makes you nervous and therefore you should STOP.

These self-imposed limits are not too hard to overcome with the right guidance. In fact, I challenge you to overcome your self-imposed limitations all the time in both my free newsletter and my *Smart Dating Course*. So chances are, if you've been following of my newsletter for a few years, you should know about your self-imposed limitations already.

Now to my point on the day...the law of consistency and how it can destroy your life.

The Law Of Consistency

I have always acknowledged the power of consistency. In fact, some of my techniques in the *Smart Dating Course* are based on this concept (The *compliment command*, for example). However, I have never realized until very recently that the law of consistency has the power to completely make or destroy a man's love life.

Before we go any further, let me explain what the law of consistency is by telling you a short story.

During the Korean War, the Chinese communists helped the North Koreans to fight the Americans. As a result, the Chinese ran many of the prisoner-in-war camps in North Korea. Just like all good soldiers, these American prisoners of war had been trained to give nothing more than their name, rank, and serial number. But much to the U.S. military's embarrassment, the Chinese somehow managed to brainwash *every single* American prisoner they captured into collaborating with them in one form or another. ¹

How did it happen?

Through the **law of consistency**.

Here's an example of how the law of consistency worked:

When an American prisoner arrived at a prisoner camp, he would be interrogated and asked if America was "perfect". Once the prisoner had answered this question with a "no" (no country could ever be perfect, after all), he would then be asked to make a list of the problems America had. Once this seemingly innocuous task had been completed, the prisoner would then be asked to sign the list and read it to other prisoners.

Here's the interesting part...

To be consistent with the things he had written down, the prisoner would start "believing" or even defending his viewpoint. This would be the prisoner's first step to becoming a collaborator. Later on, he might be asked to write an essay

¹ Schein, E. H. (1956) The Chinese Indoctrination program for prisoners of war: A study of attempted brainwashing. *Psychiatry*. Vol. 19, May, 1956: pp. 149-172.

to discuss the problems he had listed in greater detail. The essay might then be entered in an “essay contest” and be broadcasted all over the nation – sometimes even to American forces in South Korea.

Interestingly enough, this simple “publicity” over the radio waves would often be enough to turn the American prisoner into a true collaborator. Aware that he had written a pro-communist essay by his own will, the prisoner would quickly realign his self-image and collaborate with the Chinese in order to be consistent his new “collaborator” label. Instead of “changing sides again” by fighting against the brainwashing, the prisoner would look for reasons of why he *should* be sympathizing the Chinese communists. This usually resulted in further acts of collaboration, which in turn made the new “traitor” label even more consistent and stable. Sooner or later, the prisoner would be brainwashed into a full-time collaborator.

Scary, eh?

According to psychologists, humans have a great *desire* to be consistent with something they have already done or committed to. Basically, once a person has made a decision or taken a certain stand, he or she will do EVERYTHING in the world to justify it.

Here are some examples:

- 1) People tend to have more faith in a horse or in a hot stock *after* betting on it.
- 2) People tend to follow a political party *after* they have done something to support it. This is why “partition signing” is one of the favorite marketing tools of political parties. As soon as you sign your name in that little box, you’ll feel like you’re one of them.

- 3) College boys only become part of a fraternity *after* they've passed the initiation rites.
- 4) Guys that have committed themselves to being "nice boys" or "shy guys" tend to get defensive and send me hate mail as soon as they read one of my newsletter articles on self-improvement or on developing social skills.
- 5) Strange but true example: Students of other dating coaches sometimes send me hate mail when they see me teaching me something that is not consistent to their beliefs, such as my "Love Balance Scale" or "Cumulative Score Theory". (I bet I will get a few hate mails JUST for saying this!)

Take a moment now to ask yourself...have you made any decisions in your past that are now stopping you from having success with women?

A lot of times, I hear a reader say something like, "I can't do this. It's not my personality..." or "I don't think flirting with women will work, Marius. It's just not me..."

It makes me ANGRY...because most of these guys don't even know who they really are. Their perceptions of themselves ("serious", "not a flirt", "shy", etc) are merely results of their attitudes, beliefs, and memories – memories of what other people have told them who they "should" be.

The really sad thing is that most guys don't even know they are merely acting how what *other* people have told them to act out.

Here's a classic children's story I've told in my *Confidence With Dating* program...

Once upon a time, there lived a handsome prince. An evil witch put a curse on him and said, "You're now a frog."

The handsome prince immediately turned into an ugly frog.

Years later, a beautiful princess found the frog by a pond and gave him a kiss. The ugly frog turned back into a handsome prince.

They lived happily ever after.

To most people, this is just the classic story of *The Frog Prince*. To me, it's an allegory of how most men live their lives.

You see, most people on this planet are defined by other people's perceptions of them the moment they are born. Just like how the evil witch points a finger at the prince and says, "You're now a frog", society likes to tell us what we "should" become.

- 1) Mothers tell us things such as, "It's okay, dear. You're just a shy boy."
- 2) Relatives want us to become engineers, accountants, or lawyers.
- 3) Our fathers want us to throw ball and become the athletics they never were. When we fail, we are called "sissies".
- 4) Our mothers want us to be "nice" to women, not flirt with them.
- 5) "Geeks" on Internet UseNet groups want us to rebel against society and the "real" world. "Real life? What real life?" is a line they tout proudly on Internet message boards.

In short, the world is always trying to assign us with stereotypical roles in life, be it “the shy kid”, “the smart kid”, “the musician”, “the geek”, “the nerd”, or even “the player”.

It also gives us a lot of misinformation about the things we “should” or “shouldn’t” do, such as flirting and talking to strangers.

This is bad, because as soon as we accept such a role, our brain will become constrained by it. The law of consistency will start working its power on us and we will feel obliged to act like the person society wants us to be.

For example, a guy who’s been branded as a “shy guy” will AVOID contact on purpose “just” to be consistent to his self-image. This is the case with many of my readers.

A guy who’s been branded as a “good boy” by his mother when he was a kid will pretend he’s not interested in women.

A guy who’s been called a “sissy” will pass the ball to another teammate rather than shooting the basket on his own in a basketball game. He’ll rely on his teammates to “cover” him because he believes he’s the loser of the team. (That was I!)

A student who is supposed to be good at Math will focus on Math in order to be consistent with his “Math Wizard” image. He’ll even neglect other subjects or sports just so that he can remain a “Math Wizard”.

A man who’s known as a “nice guy” will keep being nice just to protect his self-image. He’ll keep getting stepped over by woman like a carpet because he doesn’t want to destroy the “nice guy” image women have given him.

As you can see, these roles that society puts on us can quickly become the biggest obstacles in our lives. In fact, the typical guy will limit himself for decades in order to be consistent to something someone has said to him when he was 10.

This is why **you must be careful to not be defined by other people's visions of you. The world will always, always, always be trying to assign you with various roles in life. As soon as you accept such a role, you'll be stuck.** Your power and personality will be limited to the confines of the role. As a shy guy, you will always have to shy. As the Math geek, you will always have to be good at Math. As the nice guy, you will always have to be "nice" to woman because you fear that if you stop, women will start seeing you as a jerk or asshole. As a powerful loner, you will never be able to reach out no matter how much you want to, because you think it is your job to keep up your "I don't need others" mask.

Promise me one thing. From now on, **be responsible for your own identity.** Define your own self-image. In fact, have more than one. Don't just become the teacher or accountant your mom has told you to become. Don't keep acting like the guy people "know" you at. Keep working on yourself to become the person you would like to become.

Here are a few tips:

- 1) Realize that what made sense 10 years ago may not make sense now. For example, even though it was wrong for you to talk to strangers and to think about women when you were 10, it doesn't mean it's wrong for you to do so NOW.
- 2) I am often asked, "Won't people think I am weird if they suddenly see me change?" The answer is "no". It's like the foreigner who thinks people will find him weird if he gets rid of his accent. That's not true at all.

People will just think he has finally learned to talk right.

Remember: Nobody cares about your success as much as you do!

- 3) As I have stressed in the past, your present situation is a result of your past actions. But one day your present will become your past and your future will become your present, which means whatever you do NOW will have a big impact on how your life will be in 5 months or 5 years. If you work on your social skills now, you will be more sociable in 5 months, period.
- 4) Take up a few new hobbies and learn a few new skills.
- 5) Try things that you normally would never try. Be adventurous – it will expand your self-image quickly.
- 6) A good way to break out of your past is by giving yourself a physical makeover. Remember: you are not changing “who you are”. You’re merely deciding on how the world will see you! (Control = responsibility. Remember that!)
- 7) Ask yourself where your blind spots are. If you’re not good at flirting, admit it and start flirting. If you’re a powerful loner, then break out of your shell. You can’t reinvent yourself if you keep on doing the same things you’ve been doing all your life. To get different results than what you’re getting now, you must begin by doing different things. If you need additional help, consult my *Smart Dating Course*.
- 8) Make new friends who exhibit the qualities you’re looking for. (Humor, adventurous, etc.) If society is going to be influencing you anyway, at least work it to your advantage. Surround yourself with people who

will *improve* your identity and self-image. If you're a computer geek with no social life, then stop "killing monsters" with your online friends. Hang out with people with active social lives.

- 9) Chase after your dreams and ambitions. Go after the things you REALLY want.
- 10) Redefine your definition of "being yourself". After reading this report, you should realize that most people are NOT really "being themselves" when they say they are. All they are doing is letting OTHER people control their lives.

Remember my favorite saying, "**Control equals responsibility.**" The more power or control you want over your love life, the more responsibility you'll have to put into it. Don't be the "average" guy people perceive you as. The power is in YOUR hands. So use it.

This concept also applies to other areas of your life, such as school, work, and business. So go ahead and reinvent yourself in every other area of your life. I don't care which area of life you apply this concept to – I just want to see you go out there and be all you can be.

And if you're serious about reinventing yourself in the dating game and breaking out of your old self-image, then you should follow my *Smart Dating Course* at:

<http://www.datebeautifulwomen.com/ebook.html>

After all, you do want more excitement in your life, don't you? The moment you read my *Smart Dating Course*, you will see what it can do for your love life. Just look at what some of my readers have to say about my course. They are pretty cool stories...from "Average Joe's" just like you.

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Greetings,

I hope all is well on your end. I wanted to confirm that you received my money order.

Only 2 words can describe your dating course Marius...BLOODY BRILLIANT!!!! I spent last Saturday taking it, and I've been practicing some techniques all week. I still have ALOT to learn and right now I'm just working on improving in my game, but I can see myself getting better everyday. As I'm sure it won't shock you to know, my long-term goal is to attract that friend of mine Annie until she can't take it anymore and she's begging me to add her to my trophy case, lol. I've actually been using "reverse psychology" and playing "mind games" with her, and OMG, it's working like magic! She called me at the beginning of the week and invited me out to a movie with her, but taking your advice of pulling away from her, I told her I was "busy" and just acted uninterested in the whole concept, I could tell by her voice that she was really sad and disappointed, then, out of nowhere, I started flirting with her for about a minute before abruptly ending the conversation and telling her I "had to go". I can tell it worked like magic because she's called my place at least a good 4 times since we spoke, lol...I will keep you posted on this story and my progress in the dating game, as I can already tell that there will be LOTS to tell...you are a damn genius Marius!! 😊

Have a great weekend!

Vinnie

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I've been saving this for when I'll write a real letter letting you know my experiences and opinions about your teachings, and how good they are.

But I have to tell you now: once again you did NOT tell me to go with the easy solution, your advice is hard to follow it demands an extremely high degree of self-control. And you know what? - this brings enormous credibility to what you say!!!

I know!! Because for the last three years my life as changed a great deal, and lot had to do with things I learned from Scott Peck - I'll get back to this later - all this to say: I BELIEVE you for a lot of reasons, and a very important one is because a lot of what you say is NOT EASY!!! - Just like life, but the rewards are GREAT!!!

In the end it makes it easier in fact, because although it's hard work it also means it's POSSIBLE! And this is motivating! I.e. if you work hard enough you'll get what you want, you just have to have a clear aim and KNOWLEDGE!! - And this Marius, you provide.

Thanks,

Jo from Portugal

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Hi, Marius,

I'm at my gym this afternoon, and two beautiful young women, oh, mid 20s, are on side-by-side treadmills.

As I walk by them on the way out, I stop and say, smiling, "YOU guys think you're hot!" (they are)

Do they turn and snottily ask, "EXCUSE me?"

No, they crack up laughing!

I say, "I have a cool, ocean-front condo, and, if you're good to me, maybe you can check it sometime.

No digits, but I get their names and their best smiles.

I'm downstairs a minute later and see them descending the stairs.

"Outta here already?" I ask, smiling again.

And they crack up again.

It could be the start of something good.

Even if it's not, I had fun flirting.

I'm not bad looking, but that's not it.

I just spoke up.

I would suggest to your subscribers to go for it.

All they have to fear is fear itself!

(Where I live is icing. I hit it off with them today because I teased them as though they thought they were all that - and they turned out to be harmless, good-natured girls. Guys, don't let looks intimidate you! If you see someone who interests you, go for it. You never know. It could be meant to be.)

Thanks!

Jeff, Florida

PS. Two of your best tips, Marius - teasing and giving them PERMISSION to come see my place. Working like a charm. I see them there more than once during your average week, so we may hook up soon.

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Marius,

I used to be that "powerful loner". But I didn't do it to attract women; I just did that because I felt that no woman would ever desire my company.

But thanks to your newsletters, advice, and overall wisdom, I have come to realize many things about women and life in general. I am much more sociable, happier, and above all confident in myself. Women now look to me in a different way and I walk the walk as I talk the talk. I'd never thought I would be this successful with women. I am taking charge of my life.

Everyone has power and potential and you were an integral part of helping me realize that.

Again, thank you Sensei Panzarella, you are truly a noble man. Farewell and good luck.

- Steve

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Man this book has all of the key ingredients, I read the introduction barely, went to the club and scored 4 wonderful ladies accompanying me and my friend back to the house. Amazingly, truthful and will elevate you game. Thanks Mr. P !!!

Bobby McKnight, U.S. Army

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Just as thousands of men across the world have used the *Smart Dating Course* to change their lives, you too can reinvent yourself and turn your love life around by applying the simple techniques and strategies taught in my course.

You will learn how to think and behave in a way that **sparks romance** whenever you meet a new woman. You'll be able to make women feel **attracted** to you...*no matter you what you look like, how tall you are, or how old you are.*

With literally *hundreds* and *hundreds* of the best ideas for gaining your confidence, approaching women, getting numbers, setting up dates, etc, you'll know EXCATLY what to do to go from the initial meeting to turning your dream girl in your sweet girlfriend.

Here's the bottom line: By the time you're done reading the *Quick Start Guide* in the course, you're going to feel like a new person...a person who's confident, comfortable, and attractive around women.

A final word: after years of helping men become successfully in the tough world out there, I have come to realized that those who succeed are always the ones who are willing to *change* and to *adapt*.

So let's get started.

<http://www.datebeautifulwomen.com/ebook.html>

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