



Thank you for downloading the Alpha Lifestyle Manual. Alpha Lifestyle is dedicated to helping all men live the life of their dreams. In this manual we are going to share with you several concepts and ideas to guide you on the path to your dreams.

We at Alpha Lifestyle want you to live your dream life in all areas. We cover the topics of creating your dream life, Women & Dating, and almost everything important to guys!

The 3 Topics we chose to cover in this free manual are:

Section 1: Banter Lines

Section 2: The Power Of Affirmations

Section 3: How to use the law of attraction

Before we get started make sure you familiarize yourself with our terms and conditions and privacy policy.

With that being said enjoy the ebook! Should you have any questions feel free to contact me via [Twitter](#) or [Facebook](#)!

Disclaimer: Results will vary, and you should not use this information as a substitute for help from a licensed professional. Good luck!

© 2011 Alphalifestyle.com, All Rights Reserved.



Alpha Lifestyle Banter Lines

This is a lifetime of testing and tweaking rolled up into one running list of banter lines that have been proven to work when you're talking to a woman in a high-impact environment (like a bar at night). If you use them in their proper contexts, you'll have a brilliant success rate with them, but keep in mind that they are only here for you to use in an emergency, when you can't think of anything else to say.

Banter to Say in the Beginning of a Conversation:

- Did you come over here just to flirt with me?
- I can tell just by looking at you that you're trouble.
- Do you guys have ID? (check their IDs) OK, good. Thanks... I don't work here but you look great in this photo!
- I saw you checking me out, if I didn't come and say hi I was scared you'd follow me home later.
- I walked by twice and you didn't flag me down, try to grab my ass or anything what's going on over here?
- Hey thanks I've been waiting for that. (Reach for her drink, slowly)
- I didn't mean to do this in front of your friends but we're through.
- Welcome to (Bar Name). Glad you made it.

Banter for the Middle of a Conversation:

- You better be getting back to your friends before they realize you're over here flirting with me.
- You're cool. You can help me pick up chicks.
- We'd never get along. We'd fight all the time. And I'd win.
- You're my new girlfriend for the night.
- I'm going to take you home in my little pocket and ask my roommates if I can keep you. Are you housebroken?
- I'm too high maintenance for you.
- I promised my friends that I wouldn't date bad girls anymore.
- No, it's fine, you don't have to buy me a drink.



- (When someone else walks up) How many months have we known each other?
- It'll never work out. I'd never take your shit and you'd never take mine.
- Stop flirting with me in front of my friends. I promised them I wouldn't go home with anyone tonight.
- You must've driven your parents crazy.
- Do you mind watching my drink? Don't put any roofies in there or anything. If someone tries to steal it kick their ass.
- Let's see if we can find you a man.
- You can't just talk to random people, that's weird.
- I'm so attracted to you in a totally non-sexual way.
- I'm a big fan of your work. I like what you're doing here.

'Drive-By' – Use When You're Walking By and then Walk Off After:

- Hey I know you! Ok, I'll see you later.
- Hey, it's you! I can't be seen talking to you again, I'll be right back.

If She Drops or Spills Something:

- See... This is why we can't have nice things.
- It's ok, you don't have to be nervous.
- Relax. You're going to hurt yourself.
- It's a good thing you're pretty.

If She Says Something Ridiculous:

- Clearly, your boyfriend isn't spanking you enough.
- I gotta go, I left a knife in the fork drawer.



The Power of Affirmations

Affirmations are a powerful tool you can use to influence change in your life. Many people wonder do affirmations work and are they worth the commitment. I will explain exactly how affirmations work and why they do indeed work.

How do affirmations work?

Affirmations are positive statements that are repeated out loud in order to change your beliefs, habits, and thought patterns. Many of the great success authors advocate using affirmations daily. With repetition the subconscious mind accepts the affirmation and the statement becomes part of your way of thinking.

Why do affirmations work?

If we repeat affirmations daily the subconscious mind will accept the affirmations as true. The subconscious mind can be directly influenced. It does not filter what it receives and it can be influenced by repetition. Therefore we can change our thoughts and beliefs by repeating affirmations. Many people don't understand exactly how the subconscious mind functions so they ask do affirmations work. The subconscious mind is a very powerful tool that few people understand and make use of.



Tips on using affirmations

Make sure you use the right tonality - When reciting your affirmations you must say them in a powerful, positive, and loud tone of voice. For example if your affirmation is "I am happy and I radiate happiness" and you say it out loud in a depressed low tone it won't have any effect. You have to say that particular affirmation in a happy, loud, and bubbly tone of voice. For any affirmation you can figure out what the right tone of voice is, make sure you feel the emotion of the affirmation.

Feel the affirmation - The feeling behind the affirmation is what makes it work. If you your affirmation states "I am confident and I love myself" you have to feel confident and love towards yourself in order for it to work. The subconscious mind is highly responsive towards feeling and emotion. Be sure to feel the words as you recite them.

Be consistent - Consistency is the key if you want to create changes using affirmations. Make a commitment to recite your affirmations every morning right once you wake up for a month.

If you implement these 3 tips into your affirmations I guarantee you will see results. If people would stop asking do affirmations work and put the principles into practice they would be able to create the positive changes they desire.



How To Use The Law Of Attraction

I'm certain the majority of you have seen the film or read the book "*The Secret*". If you haven't I strongly urge you do to so. I'm also aware that the majority of people wonder does the secret work and how they can apply it into their life.

So, does the secret work? The answer is **YES**. The secret is the law of attraction and the law of attraction is a universal law. It works just as the law of gravity works. We aren't able to see gravity but we don't question its existence.

Everything that has ever happened to us we have attracted into existence through our thoughts and feelings. Whatever we think and feel on the inside we manifest in the outer world.

You always receive on the outside a exact reflection of how you think on the inside. Your beliefs become your realities. What you expect to happen usually does, regardless if the belief exists in reality or not. If you confidently expect something to happen it will. *Once you think you are.*

An example from my life to show you the secret works :

1) A friend of mine and I were playing basketball at a local park and we were talking about going to the Raptors Vs. Heat game that night. We wanted to go to the game but tickets were \$500 each and the game was sold out. One hour later while we were still playing an older man in a mint condition blue restored mustang pulled up next to us while we were playing and asked if we were interested in going to the raptors game that night. I replied how much would you like for the tickets? He said you guys can have the tickets it looks like they will go to good use.

The issue is that most people learn about the law of attraction and don't apply the principles. Then they go on to ask does the secret work instead of applying the secrets they learned for themselves.



Here's a few things you can daily to use the power of the law of attraction in your life:

- **Have an attitude of gratitude** - Every morning when you wake up state as many things as you can back to back that your grateful for.
- **Visualize** - One of the best tools available to harness the power of the law of attraction is visualization. See and feel yourself in possession of what you want. The feeling is the key.
- **Feeling** - Thoughts become things but the underlying feeling is what manifests what you want. Believe yourself to be already in possession of what you want and know it is yours. Before you know it you will find a way to attain it.

From now on instead of asking does the secret work, apply the principles and witness the magic they will work in your life. Remember to have faith and know what you want is on its way.

If you haven't already done so watch the film or read the secret & the power by Rhonda Byrne. If you have already seen the film watch it again, and again, and again, until you start using the principles every day!