

Chapter 9: Jack

Excerpt from “Make Your Own History”

*Daily Challenge: The Eye Contact Exercise.*

*It's just like practicing free-throws. Over and over again. Repetitive movement gets the muscle memory going until the skills are second nature.*

*Eye contact. It's what they want. And by “they” I mean women.*

*Men don't want eye contact. Eye contact to men is a challenge. Eye contact to a woman is an open invitation. Are they two sides of the same coin? Perhaps.*

*Don't read any further until you've picked a number between 1 and 10.*

*I'll wait.*

*You picked 7, didn't you? Doesn't matter either way. If you picked a small number you're an insecure puss-ass, if you picked a big number you're an egomaniac. That's why most people pick 7.*

*Today's exercise. You will make eye contact with that number of women. Some you are now wishing you picked a lower number.*

*You must make and maintain mutual eye contact. That's the tricky part. Any asshole can make eye contact with someone, it just takes staring at them long enough. The challenge is for you to present your face and your demeanor in such a way that they'll **want** to return the eye contact, and maintain it. That they'll **need** to maintain it.*

“Orson” by Mike Eserkaln [www.eserkaln.com](http://www.eserkaln.com)

*That's your challenge for today. 7 women for most of you, or 1 woman if you're a puss-ass.*