

*THE FOLLOWING EXCERPT FROM THE “STOP LOSING WOMEN” E-BOOK IS FROM “CHAPTER 7: STOP TALKING SO DANG MUCH,” PAGES 117-118*

**HOW TO STOP LONG-TALKING: THE BRAIN TIMER**

Now, you might not even be aware if you're the kind of guy that's long-winded. Or, you may think that, as long as a woman isn't trying to cut in and interrupt you when you're talking, it means she actually wants to hear everything you're saying.

Here's the thing, guy: as a generalization, most women don't like conflict and have learned to tolerate and/or be accommodating to people they interact with, especially men. So, on your dates, these women may not do or say something to you like “Hey, let me get a word in edgewise” or “you're been talking most of this whole time, I thought this was supposed to be a conversation!”

Therefore, it's your job to monitor how much you're talking, and if you're making enough pauses to make it feel for her like a back-and-forth conversation is happening vs. her feeling like she's being monologued to, over what now feels like a LONG dinner.

Here's my general rule of thumb: if you've been talking for 45 seconds to 1 minute straight, your conversation is starting to feel a little one-sided to the woman across from you.

Over the years I've developed an internal clock in my head that usually helps me pause my conversation around the 30 second mark; that way, it gives the woman I'm on a date with the chance to take part in the conversation we're having and give her the

impression I actually want to hear from her (which I do).

The point is, you need to really start to analyze how long you talk when it's your turn. Try asking friends and family if you ever sound long-winded ('cause if you're doing it on dates, you're DEFINITELY doing it in your day-to-day with other people). Work on learning how to get your points across in a more compact way. Start catching yourself when you can feel that an answer you're giving to something is a bit long, and study the faces of the people you're talking to so you can see the effects of your long talking (be it an eye-roll, a glazy look, etc.).

The less you can talk, the more even in tone the conversation will feel to women, and the more likely they are to view you as a great communicator. Again, women want to hear what you have to say, but galvanizing the conversation gives the impression you only care about hearing your voice and what you have to say, which is never a good thing.



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