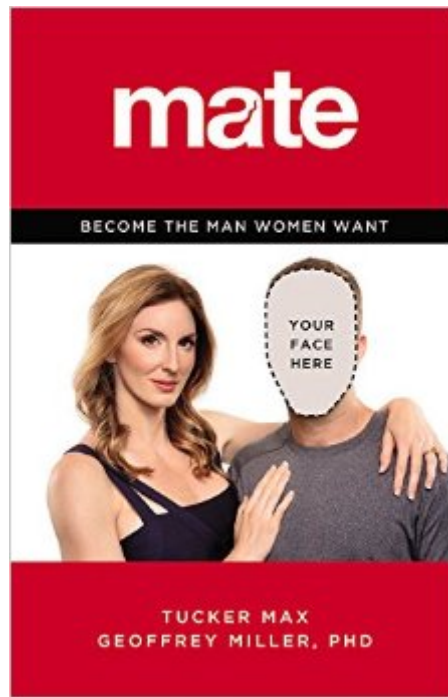


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# Mate: Become The Man Women Want



## Synopsis

The #1 bestselling pioneer of "fratire" and a leading evolutionary psychologist team up to create the dating book for guys. Whether they conducted their research in life or in the lab, experts Tucker Max and Dr. Geoffrey Miller have spent the last 20+ years learning what women really want from their men, why they want it, and how men can deliver those qualities. The short answer: become the best version of yourself possible, then show it off. It sounds simple, but it's not. If it were, Tinder would just be the stuff you use to start a fire. Becoming your best self requires honesty, self-awareness, hard work and a little help. Through their website and podcasts, Max and Miller have already helped over one million guys take their first steps toward Ms. Right. They have collected all of their findings in *Mate*, an evidence-driven, seriously funny playbook that will teach you to become a more sexually attractive and romantically successful man, the right way:- No "seduction techniques"- No moralizing- No bullshit. Just honest, straightforward talk about the most ethical, effective way to pursue the win-win relationships you want with the women who are best for you. Much of what they've discovered will surprise you, some of it will not, but all of it is important and often misunderstood. So listen up, and stop being stupid!

## Book Information

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## Customer Reviews

There are a lot of books out there on sex and dating. The majority are written by swindlers regurgitating some other con artist's derivative work. I think of a lot of it as that "whispers" game you played as a kid. One person starts a rumor and then 10 books later you have whole books filled

with nonsense. Then an enterprising young broscientist spouts off hearsay as facts to a big email list, and thatâ€™s your popular male â€˜datingâ€™ books. Given that, I was pretty quick to lump this book in with the rest when I first heard about it a while back. A few articles in my feed about the book later, curiosity got the best of me and here we are, writing a positive review for a Tucker Max dating book. Not where I planned to be at this exact moment in time, but hopefully useful to give some thoughts on the book. I think the mix of Maxâ€™s bro instincts, Millerâ€™s academic background, and their co-writer Nils Parkerâ€™s writing abilities make this the best book currently available for young men looking for more information on dating (or at least that Iâ€™ve come across). There was first hand research for the first time Iâ€™d seen in a book in this category, and simple advice based on legit science and no â€˜pump yourself up and get out thereâ€™ motivational speaker type nonsense.

I've been casually following the Mating Grounds podcast since its inception. While I've never been unsuccessful with women, I've found the podcasts to be an excellent resource for all things dating and relationships and surprisingly I have learned a decent amount of new knowledge. For those who have been a fan of Mr. Max's work and remember his "Guide to the Game" series on the old Rudio Media message board, it's quite interesting to see the evolution of the nature of his advice. While Mr. Max gave very good advice back then, his work with Nils Parker and Dr. Miller as well as his own natural maturation has produced a top notch product. As you'd expect from two authors with multiple books authored between them, *Mate* is well written in a linear fashion taking you from the basics of attraction to more complex topics like sex and relationships. The book does not impose any sort of moral judgment and is absolutely not a "pick up artist" book. Readers are encouraged early on to clearly decide on their mating goals (short, medium or long term) and to practice honesty and integrity in the pursuit of those goals, though this direction is not done for moralistic purposes but practical ones. Pretty much all of the advice in the book can be applied to any potential mating goal and the attempts to see things from a female perspective are very refreshing. My only complaint with the book so far is that the authors heavily impose their fitness and nutrition bias on the reader. For all of his positive traits, Mr. Max has always fallen outside the mainstream paradigm on nutrition and much of that advice given in *Mate* is questionable at best.

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