



# MANIPULATE THE DATE

Colin Christopher

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# Dedication

This book is dedicated to Nadine Harvey and Christine Klein.

Nadine, you were the sister I never had. A common question countless dates have asked me to spark conversation is, "If you could have dinner with anyone, alive or dead, who would it be and why?"

Nadine. I will always have dinner with you. You were taken too soon. I miss you little sister.

Mrs. Klein, I know you preferred your first name, but even now I have trouble calling you Chris. You'll always be Mrs. Klein to me. You were one of the most inspiring teachers I've ever had. You were also taken too soon.

Your Raveen hypnosis records in drama class are where my fascination with hypnosis began. Thank you for playing them. I likely would not be a hypnotist today if you hadn't been my teacher then.

# Acknowledgments

To every woman I've ever met, dated, befriended, or been in a relationship with, I'm a better man for having known you. Thank you.

To all the people I've hypnotized, from hypnosis shows to the hypnotherapy chair and everyone in between, you inspire me!

To my friends Anna Manoulik, Anny Slegten, Brian Degenstien, Craig Parker, Darcy King, Derek Perron, Devin LaForce, Gary Quedado, Kori Maleski, Matt Gillott, Morgan Wong, Roger Sharma, Sara McMillan, Sammy Cooray, and Sheldon Fingler, your conversations and wisdom kept me grounded during my hard relationship times. Thank you for being sounding boards and showing me things would get better.

To Rochelle Erricker. Thank you for reminding me there is wonder, beauty, and kindness in the world. Miss you English!

To Bruce Serbin. Thank you for watching the Disney channel with your kids. Who knew it would help lead to this!

And last but not least, to honor a promise, to Megan, Shawn and Dar from the Ramada in Kansas City, thank you for keeping me from walking to the Steak and Shake!

All of the stories in this book are true and based on my personal experiences and/or the experiences of my clients. To protect privacy, all names of people have been changed, and in some instances, small details have been omitted or changed for their protection. That is of course with the exception of Craig in the Introduction. Why not change Craig's name? Well, as you're going to see, I clearly enjoy throwing him under the bus! You're welcome Craig!

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# Introduction

It was snowy Christmas night. I had just finished an event where I hypnotized 15 volunteers at a company party inside a community hall, in small town Alberta, Canada.

Craig, my new production manager, was fresh from 7 years working theatres at sea for Celebrity Cruise Lines. We had worked together many times on ships, and he had decided to make the move back home. With his skill and experience, he was a natural choice to coordinate and run my events and I hired him immediately.

It was his first performance on land with me and he did an excellent job! The show was fantastic and there was a lineup of audience members wanting my autograph and to talk to me about hypnosis.

Off to the side of the lineup, one woman stood patiently for about 20 minutes, waiting for everyone to leave. She clearly wanted to talk alone and when everyone in line had left, she walked over to speak. I was expecting her to ask about hypnotherapy regarding a sensitive personal matter that she didn't wish her co-workers to overhear. Craig was a few feet away, within earshot, packing up the last of the sound system.

In a drunken aggressive slur, she asked, "Do you ever just bring someone backstage, rip off their clothes, and take 'em hard from behind?"

I paused. The silence seemed eternal. Suddenly, I heard Craig choke out that cough you hear people make when things get uncomfortably awkward! I angled my body and stared at him: A look of disbelief was on his face.

I crooked my head back to the woman and said, "No..."

Then, as I smiled like an angel, I pointed conspiratorially at Craig and said, "But he does!"

His look of shock was equaled only by her look of disappointment. She

turned around and drunk stumbled out of the building.

When she was gone, Craig exclaimed, "That was crazy! Does that kind of thing happen a lot?"

I said, "Oh my God, all the time! Let me tell you about this date I had the other day..."

Over the 2-hour drive home I shared some dating stories and at the end of the trip, Craig said, "You should write a book!"

I thought, "Well, if I do that, it would have to help men and women navigate the dating world and avoid the crazy I've gone through."

There are some very charismatic men and women who get along exceptionally well with everyone they meet; you know the type, the people you feel an immediate attraction to, or connection with. That connection can be in the form of friendship or romance. In some amazing romantic meetings, you might even feel it's love at first sight!

Some men and women are just there. You feel nothing for them and you pass them by.

Then some men and women are difficult to be around and you want to avoid. They're socially awkward and seem to say the wrong thing at the wrong time and irritate you. Sometimes you know why you don't like them. Other times, you can't put your finger on the reasons for your dislike - you just don't feel attracted to them and it's difficult to connect.

When I was younger, especially in the world of romance, I was the socially awkward guy. The outcast. Women did not feel or communicate attraction to me. In social situations, I was always awkward and mostly left out.

For the longest time I thought dating was just luck. I thought my lot in life was to wait for the right woman, and like Hollywood movies led me to believe, one day I'd gaze across a crowded room and there she'd be: The woman of my dreams! I was the nerdy, quiet man, and she would be the beautiful, popular woman. She'd see the potential in me and bring me out

of my shell and we'd get married, have babies and live happily ever after.

Hollywood steered me wrong...

In reality, some people have a natural gift - an ability to make friends easily and have wonderful romantic relationships. Others, like me, found themselves socially inept. And so, I had to learn, through research, trial, and error, what comes naturally to some others.

I didn't know this when I first started, but I was in the perfect profession as a clinical hypnotherapist and performing stage hypnotist to learn how charismatic people manipulate others subconsciously - not nefariously, but in a way where they can easily create and participate in excellent relationships.

Hypnosis allowed me to naturally express my fascination with manipulating the subconscious mind to better my hypnotherapy clients and myself.

Part of hypnosis and manipulating the subconscious to be a better person involved studying, experiencing, and consciously practicing human interaction. I voraciously read, practiced, evaluated, and learned all I could so I could consciously Manipulate the Date.

This book chronicles the good and bad of my experimentation, and it dissects, into a learnable process, the subconscious framework that governs dating and relationships.

This subconscious framework not only governs dating and relationships, but also every type of communication and human interaction you participate in, from political elections, to buying a car, to how you perceive your favorite celebrity, or react to a food commercial.

In my experience, charismatic people can naturally navigate this subconscious framework - easily and without conscious awareness of it.

Less charismatic people, like me, can consciously learn this framework and become more charismatic, many times even more so than someone with innate charisma. They can do this because they understand what is

happening on a subconscious level and can manipulate that understanding consciously.

The purpose of this book is to outline, explain, and give specific exercises for you to learn and master the subconscious process of navigating this framework, especially focusing on dating and relationships. Once you learn it, you will be able to identify when the subconscious process is affecting you, being used on you, and when you can use it to help yourself.

Learning and properly executing this subconscious process will give you a greater ability to improve your communication skills to create attraction, understanding, and satisfaction between yourself and a potential (or current) mate. No matter your gender or sexual orientation, if you're single, in a relationship, or somewhere in between, you can use and apply the process to boost your confidence and competence in cultivating the meaningful relationships of your deepest dreams and desires.

When it comes to achieving meaningful relationships, there is an insidious lie you constantly hear. In all my years of dating and relationships, my friends and family told me this lie. The media repeats this lie. Hollywood tells you this lie. You hear it so often you can't help but believe it. This lie is told over and over again, especially to children.

To be fair, the lie is well intentioned and meant to help kids develop and have a chance at growing up to be healthy and productive members of society with healthy self-esteem.

I grew up hearing this lie. I heard the lie, or some version of it, often. I constantly repeated it to myself when things went badly in my relationships. I believed the lie for a very long time. The lie is:

You are good enough. You're good enough just the way you are. Inside, you're an amazing person and when someone takes the time and gets to know you, they'll accept you and love you just the way you are.

As an adult, analyzing my failed relationships critically, it was obvious I wasn't good enough to have a successful relationship. After all, if I were good enough, I would have been successful.

If you're good enough to drive a car, you drive it. If you're bad at driving, you crash the car. The evidence of you being good enough is your current relationship status. If you were good enough, you wouldn't be crashing.

If you've been unsuccessful in dating and relationships so far, the objective reality is: You are NOT good enough. But you can be!

That's the really great news – you can become good enough – You can educate yourself, you can change your thinking, you can be a better person.

The catch: You have to want to be better and you have to put in the time, work and effort. If you don't want to put that effort into yourself, that's a clear indicator (ironically) that you're not good enough. Logically, how could you be good enough to invest in someone else if you don't have a burning desire to invest in yourself?

If you truly desire investing in yourself and becoming a better you, you're going to love this book. If you don't wish to invest in yourself, that kind of thinking is the first thing you will have to change. Make the conscious decision to change that thinking right now and commit to investing in the most valuable asset you have: You!

Everyone on this planet has the potential to be a better person. You have to decide to live up to that potential. The good news is you can have much fun becoming good enough to participate in the relationship of your dreams. Yes, there will be time, work, and effort required; but it will be fun along the way. And the payoff will be immense!

As you consciously decide to tap into your potential and you experience the process, some of your emotions will be laid bare and may leave you feeling temporarily hurt or angry: Especially as you recall and resolve bad memories and feelings of hurt. You will also experience excitement, hope and a sense of moving forward towards more meaningful relationships. Stay with the process! And please, when you're experiencing negative emotion, be patient, kind, gentle, and forgiving of yourself.

Become more than you are. Become the incredible person that is the

perfect match for the awesome partner you desire. Enjoy and experience the wonderful relationship(s) you want.

Visit me on Facebook, Twitter or my website and share with me how your relationships are progressing.

Facebook: <http://www.facebook.com/colinchristopher>

Twitter: <http://twitter.com/colinontv>

Web: <http://www.manipulatethedate.com>

I wish you luck and great success on your journey!

A handwritten signature in black ink that reads "Colin Christopher". The signature is written in a cursive, flowing style with a large initial 'C'.

Colin Christopher

Lake Louise, Alberta, Canada

August 20, 2015

# 1. Manipulate the Date - 7 Simple Steps

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The process of Manipulating the Date is simple. Like great art, seeing it with your own eyes makes it seem like it takes no effort at all to create. It is so simple it can be broken down into 7 easy steps. Therein lies its beauty. Here are the steps:

1. Planning
2. Practice
3. Interaction
4. Uniqueness
5. Emotional Entanglement
6. Continuation
7. Evaluation

Within the simplicity of these 7 steps rests a multitude of subtle variations. Like great art, context, practice, patience and masterful skill are required to create a masterpiece.

Reading the 7 steps above, they may seem familiar. You are correct. This framework governs the basis of all person-to-person interaction from dating to relationships to sales to political posturing to celebrity endorsements to simple friendships and everything in between. If you have seen these 7 steps before, that's great! You're ahead of the curve. If you haven't, by the end of this book, you will be caught up.

I will discuss and break down the process at length and how it relates to Manipulating the Date and all other person-to-person interactions in coming chapters. For now, regardless of whether you've seen these steps in some fashion before, or they're completely new, you need only see the framework above. This will help you will understand what Manipulate the Date is built on so you can put the process into action.

To begin understanding the subtle variations of Manipulating the Date, let's first see the context and origin of the process.

## 2. In the Beginning - The Origin of Manipulation

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Like everyone, I grew up a product of my surroundings. My father was an orphan. My mother grew up in post-World War II Germany, and they had nothing. Mom had to take care of her younger brothers and sisters. As a result of the war, both my parents had the classic signs of hardship and abuse that scarred a war-torn generation and went through things as children that no child should ever have to go through.

The result was a couple who immigrated to Canada to start a new life. The challenge with that was they were completely alone, in a country where they didn't speak the language, and with the mentality of growing up in post-war Germany where they had to work 15 hours a day just to have a meal.

They were not very good at social interaction. They fought tooth and nail to eat and survive. Don't get me wrong, I deeply respect their stories of hardship and perseverance, however, because they never had the opportunity to live a normal life as children, they had difficulty raising my brother and me. Money was limited and we grew up in a lower income neighborhood.

My brother fell in with a tougher crowd and was rebellious. He got into a little trouble and they sent him to a boys' school away from home. He was 10 years older than me, and never around when I was little. So each of us grew up somewhat as an only child and our social interaction was

limited.

Mom was determined to avoid the issues she faced with my brother. Wanting me to stay out of trouble, she sheltered me constantly. I remember I was around 6 or 7 and got a cavity and because she was distraught about it, she brushed my teeth for weeks on end. She didn't try to teach me how to brush my teeth better; she felt she needed to do it for me. This happened in many areas of my life, but the area it most profoundly affected me was in my relationships with, well, everyone.

Anytime my mother was present she would answer questions for me when people asked me something. The old adage of course, strangers were bad and were never to be spoken to. It wasn't that I was not around other people. I just had no clue how to successfully interact with others because it felt like the opportunities were limited.

I constantly felt insecure, felt I didn't know what to say, and I was worried I would screw up. In fact, I did. At 8 I was playing tag with some kids in the park at school. As I was running, arms flailing as kids' arms sometimes do, my hand accidentally hit the boy beside me in the mouth and knocked out one of his teeth. He was 7 and smaller than me. He bled and cried as a 7-year-old would.

I felt horrible and brought him in to school to the principal's office so they could take care of him. I went back to my class and walked in late. Before I arrived, one of my classmates had told the teacher I deliberately punched the boy in the face and knocked out his permanent adult tooth on purpose. I was yelled and screamed at by the teacher in front of everyone in my class. I watched the clock as she yelled. Five minutes of humiliation and degradation by an authority figure in front of peers I desperately wanted as friends.

Five minutes is the blink of an eye in the grand scheme of life. But to a boy that was already socially awkward, it was an eternity. I spent most of my lunches and recesses alone after that. It didn't matter that it was an accident to anyone in the class.

Mom spoke with the boy's mother that night and it turned out it was a baby tooth that was already loose and falling out. He had a new tooth a few weeks later. But that didn't matter. I was treated like and felt like an outcast. No one wanted to play with me. Thankfully I switched schools the next year. It was always hard for me to make friends, but it felt even harder after that.

The first time I asked a girl out I was fourteen. I had two good friends. Steve and Maria. They were both sort of on the A-List for popularity. They were on the senior volleyball and basketball teams. I wasn't on any of the teams, but we were friends because we used to go to the library at lunch time in the winter and do homework together. Steve was super friendly and always talked to me and included me in conversations.

One day Steve comes up to me at my locker and says, "Colin, Maria likes you! You should ask her out!"

I said, "I like her too. She's great! I'm excited!!! I'd love to go out with her."

But now the pressure was on for me. I had no clue how to ask her out and I was terrified. So I did the smartest thing I could think of and I started avoiding her.

Three weeks went by, with several awkward lunch homework sessions where I barely spoke to Steve or Maria.

One day Steve has enough and pulls me aside after school and barks at me: "Colin, why aren't you asking her out? What's wrong with you?"

I tell him "I can't Steve. I'm too nervous. I've never asked a girl out before. I don't know what to say."

Steve's starts laughing and says, "Is that it? You're gonna do this! It's easy. You already know she likes you, just walk up to her and ask her on a date. Wait for her in the foyer entrance at the beginning of lunch tomorrow, and I'll make sure she walks by you."

Of course, by lunch time, everyone in school seemed to know I was going to ask Maria out. Looking back, I think everyone was excited for it to happen. Steve had put the word out and it seemed everyone knew we liked each other. Students gathered in the lobby to see it happen.

Time slowed down. I looked at the crowd there. Maria walked up to me with a beautiful smile on her face and that look of anticipation a girl gets when she knows the boy she likes is finally going to ask her out.

Time stood still. Sweat dripped down my back. Suddenly I had tunnel vision. Panic! My stomach did backflips! My mouth was dry. When I finally spoke, it didn't feel like I was the one talking. Even to this day, as I write this, I'm not sure what Valentino channeled through me to say the magic words every girl dreams of hearing from a boy:

I said, "So... I heard you want to go out with me?"

Maria took a step back with a look of disgust and replied, "What?" and she stormed away.

The foyer erupted with the laughter of 300 teenagers and it felt like I died inside. There was nowhere to hide. All I could do was stand there and watch. Steve walked up to me and asked, "What the fuck was that Colin?"

I couldn't speak. I turned and walked into the locker room and cried.

Maria waited three weeks for that moment and I screwed it up.

To this day when I bump into people from that school, the "So, I heard you want to go out with me" story comes up.

Maria, if you're reading this, I'm sorry I screwed up. I really did like you.

The humiliation of that day stayed with me for years and I reacted badly and formed a thinking habit where I believed approaching a woman and talking to her would result in humiliation. It took me a long time to get over that self-imposed limitation.

There are many stories I could use to illustrate the multiple factors that kept me from being able to be social. But to sum it all up, the reality is initially I was never shown how, and then circumstances as a child and young adult created a social interaction vacuum in my life. It wasn't my parents' fault. It wasn't my teacher's fault. It wasn't my friend's fault. It wasn't my fault. It was a combination of factors.

Even though it wasn't my fault, it was my life and I had to take responsibility for it so I could function better in social situations. Especially if I ever wanted any hope of participating in a romantic relationship.

Taking responsibility for my social destiny began when I was 25 and working on a cruise ship as part of the entertainment staff. I was at the social center of hundreds of people every day; thousands every week. Constantly surrounded by a sea of people, I had never felt so alone.

As socially awkward as I was, part of my job was to go and strike up conversations with guests. It was actually put into my daily schedule by my boss: "Socialize with guests 4:30 – 5:30 PM."

So, forced to socialize or be fired, I began approaching seniors and speaking to them. To my amazement, people spoke back. My initial conversations were the standard, "Where are you from? What's your name? Tell me about your grandchildren. Tell me about past cruises you were on." And we'd talk.

Mostly I was a questioner and I listened, because I didn't really think I had much to say. But this forced work socialization allowed me to come out of my shell and relate to people and get to know strangers.

I wish I could say my social life thrived after this. It was a little better. I was able to form friendships with my coworkers and speak about things and have conversations. Conversations and interactions were mostly superficial. All that time I still didn't understand how to create meaningful conversations with shipmates or guests on the ship. Conversations certainly happened, but I stumbled into them backwards and almost

always felt awkward and out of place. But I was doing it. I was speaking to people.

Now friends of mine, especially from my teens and twenties will most likely say I was very talkative and friendly. But what my friends don't realize is, they were the ones who initiated conversations with me and started our friendship. I'm grateful they did because I was just unable to begin new friendships with anyone without them making the first move. And even then, it took persistence on their part for me to come out of my shell and interact on a meaningful level.

Of course, having friends that were kind enough and social enough to begin friendships with me was wonderful. That is... until it came to starting or having a romantic relationship with a woman.

Imagine a man so socially awkward, a man who could not ask for directions from a bus driver, a man on a cruise ship full of beautiful, eligible women: Imagine a man unable to strike up a conversation! Imagine a man who thought approaching a woman in public, a woman who clearly and genuinely was attracted to him, would result in pure humiliation in front of his peers. Remember my smooth pickup line? "So, I heard you want to go out with me?" Imagine a man, frozen, like a deer in headlights. That was me!

After learning how to chat up seniors about their grandkids in the middle of the ocean, I returned home and made a decision. It was time to meet the woman of my dreams, get married, have some children and live happily ever after.

How was I going to do it? I still could not approach anyone (male or female) under the age of 70 and strike up a conversation. The answer was simple. I had two friends that met their wives on the Internet and I thought, "Well, if they can do it, so can I!"

This is where Manipulating the Date first began.

Step 1: Planning.

It was a simple plan: "The Internet worked for my friends, therefore, I can use it to talk to a woman." It was much easier to sit anonymously behind a computer and send an e-mail than it was for me to talk to someone directly. This substantially reduced my social awkwardness.

To put things into perspective, this was 2002. Internet dating in 2002 was much different than Internet dating today. We were years away from the almighty smartphone with Facebook, Twitter, and the gentle Tinder swipe of left or right. People still felt privacy was more important than posting their drunken party pictures and relationship status on the world wide web.

Internet dating was still very new and it carried a stigma. Many people felt they had failed at the dating game by resorting to a computer to meet someone. I'm probably exaggerating a bit here, but it seemed like half the profiles of women at the time stated, "We'll tell our friends we met at the grocery store" or "Don't tell anyone we met online" or "I can't believe I'm looking for a man on the computer, but here goes..."

And so I put my plan into action and began my foray into striking up conversations with women... Somewhat anonymously behind my computer screen, in the evening, ... I know... romantic, right!?!

Out of that simple plan Step 3 began: Interaction

I can guess what you're thinking: Colin, you forgot "Step 2: Practice." You're absolutely right. At the time, I had no inkling that I could practice how to socially interact with someone. And so, in the beginning, "Step 3: Interaction" came before Step 2.

I sent my first email to Nancy. And I waited. She wrote back!

I was so excited I yelled out, "Holy Shit! This works!"

Nancy and I exchanged a couple emails, and I asked her out. Her picture was beautiful; She was into fitness and working out at the gym

2 hours every day. I was a competitive swimmer when I was younger, and I was exercising a couple hours a day 6 days a week. Fitness and health were important to me, and I felt that commonality was something we could share and build on. Plus, like me, she worked in a facet of the entertainment industry, and I thought, "Hey we've got a lot in common... This is awesome!"

I thought I had met my match! It was Fringe time (a festival that tours the world with multiple theatre productions and street performers) and I planned a walking date ending at the Fringe grounds to watch some street performers.

We met. Well, that's to say, she recognized me from my picture and approached me at the park bench where I was waiting to meet her.

"Hi Colin!" she exclaimed.

I asked, "Hi there, have we met before?"

She replied, "It's me, Nancy!"

It was then that surprising truth became apparent to me:

People on the Internet doctor their pictures.

Nancy, had photo-shopped her picture, was 4 or 5 inches shorter than she said, and easily had 50 pounds on me. Now, although I am attracted to physically fit women, whether you believe it or not, her appearance was not the deal breaker for me. It was the disappointment of her deliberate lies and meeting under false pretenses.

Unsure of what to do in the presence of such a bold face liar, I decided to be nice and continue the date. I started walking with her to the Fringe. A block and a half into the walk we had to take a break as she was becoming winded. We did make it to the Fringe eventually, watched a street performer, and parted ways.

The next day she e-mailed me and asked when she could see me again. I replied that I wasn't interested and she sent an e-mail asking, "This always happens when I meet someone. I like them and they're not interested. Why is that?"

I remember yelling out loud at my computer, "Well, you clearly photo-shopped your picture, you claim to work out 2 hours a day, yet you can't walk a block and a half without needing to rest. You're a fucking liar!" I was angry at being deceived.

But instead of expressing myself honestly I wrote, "It's just me and has nothing to do with you." I didn't have the courage to confront her about it. I regret not being honest with her. Even though she met me under false pretenses, I had felt I should spare her feelings. It was a very immature thought process and attitude on my part.

At the time, I did not understand how to talk to someone in a way that was firm and straightforward while being kind. If I did, I would have been able to communicate effectively with her and still express myself in a way that was true and responsible to my feelings about her deception.

I gained a newfound realization that "people lie on the Internet."

I just reread that sentence and am amazed at my naiveté at the time.

Out of that date "Step 7: Evaluation" was born. Yes, Step 1 to 3 to 7. Slowly I was discovering the framework of Manipulating the Date: Through one new experience at a time.

I thought about what happened, and the clear course of action was: "Talk more online before making a date." This way I would get to know a woman was sincere and could begin a relationship honestly.

And so this is where the structure of manipulating the date began: Based on my experience of that first date. I realized there must be a way to improve my results. Evaluating myself, and my interaction with my date allowed me to create new thoughts and plans that I could plug into the

# First 25 pages Free Afterword

I hope you enjoyed the first 25 pages of my book.

Want to purchase a full copy? Visit:

[www.manipulatethedate.com](http://www.manipulatethedate.com)

Also, remember to download your free copy of the companion questions and answers exercises. The downloadable pdf is perfect for helping you maximize your dating potential!



Again, I wish you great success!

Thank you for reading the first 25 pages of my book.

Colin Christopher  
Edmonton, Alberta, Canada  
January 9, 2016

# Learning Resources

Colin's TV Interviews and featured articles:

<http://www.colinontv.com/>

Success Through Manipulation Book:

<http://www.successthroughmanipulationbook.com/>

Free Weight Loss Program Using Hypnosis:

<http://www.freeloseweighthypnosis.com/>

Always Afraid? Conquer Your Fear Using Hypnosis:

<http://www.alwaysafraid.com/>

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<http://www.easybabybirth.com/>

Hypnosis Health Store:

<http://www.hypnosishealthstore.com/>

Free Hypnotist Course:

<http://www.freehypnotistcourse.com/>

Colin Christopher's Official Hypnosis Site:

<http://www.colinchristopher.com/>

Colin Christopher's Success Through Manipulation Speaking Site:

<http://www.successthroughmanipulation.com/>

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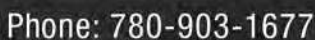
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**Success Through Manipulation: Subconscious Reactions That Will Make or Break You** tests how you react and think from the moment you hear the title.

Have you ever asked yourself, "Why do I keep making the same bad mistake over and over?"

The reason is simple: Because you're reacting the same way to your environment over and over again.

Success Through Manipulation gives you the tools to identify how your biases, preconceptions and thinking manipulate you so you can stop reacting negatively. It shows you how to become proactive and more successful in all areas of your life!

Download the first 5 chapters free and buy your copy at

**[www.stmbook.com](http://www.stmbook.com)**



# LOSE WEIGHT WITH HYPNOSIS FOR FREE

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In the news today, they say obesity is an epidemic. If this is true for you and you want to lose weight, there is help.  
And it's FREE.

When it comes to weight, lighter people think differently than heavier people. Because they think differently, lighter people don't have the mental barriers that heavier people do.

Using this FREE hypnosis program, you're going to put your mind and body into a relaxed state. Then you're going to train your subconscious mind to think like lighter people do. That way you can break through the mental barriers that are keeping you heavy!

---

[www.freeloseweighthypnosis.com](http://www.freeloseweighthypnosis.com)



# ALWAYS AFRAID? CONQUER YOUR FEAR!

Does Fear hold you back? Do you have anxiety?  
Phobia's get you down?

Stage Fright?	Bees?
Snakes?	Anxiety?
Spiders?	Phobia?

What are you afraid of?

There is help. You're not alone.

Ever wonder why you're afraid of something and someone else isn't? It's because they react differently than you do. Change how you react so you are comfortable and calm.

Using this hypnosis program, you're going to put your mind and body into a relaxed state to train your subconscious mind and change your fight or flight response. That way you can break through the mental barriers that make you afraid!

Try it. It's safe. It's relaxing. You have nothing to fear but fear itself!

[www.alwaysafraid.com](http://www.alwaysafraid.com)



# EASY BABY BIRTH

HYPNOSIS TO HELP PREGNANCY AND DELIVERY

Hypnosis for childbirth is becoming more and more popular with celebrities like Jessica Alba, Kim Kardashian and Princess Kate Middleton using hypnosis to help with their pregnancies.

Expecting moms everywhere are wondering if hypnosis is right for them. The simple answer is yes! Hypnosis can have a dramatic effect throughout all stages of pregnancy, helping women cope with everything from morning sickness, to stress, to pain and delivery.

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**HYPNOSIS HEALTH STORE**

# **GET YOUR HEAD IN THE GAME AND HELP YOURSELF GET HEALTHY WITH HYPNOSIS!**

**Quit Smoking • Lose Weight • Become a Better Athlete • Improve Self Confidence • Study Better • Reduce Stress**

*And more ...*

Based on his experience as a clinical hypnotherapist and stage hypnotist, Colin Christopher has developed many excellent hypnosis self help programs

These programs work by putting your mind and body into a relaxed state. Once you're relaxed, Colin's hypnosis suggestions train your subconscious mind to think differently and focus your thinking to razor sharp clarity.

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Try before you buy. It's FREE to download Colin's hypnosis relaxation program. To get your free hypnosis relaxation program, visit the site and enter your name and e-mail address. The program will be e-mailed right to your inbox for FREE.

See how you like it. If you like the relaxation, you'll LOVE Colin's other self-help programs!

**[www.hypnosishealthstore.com](http://www.hypnosishealthstore.com)**

A black and white photograph of a stage hypnotist performance. A hypnotist is visible in the center, surrounded by a large, dark, silhouetted crowd. Bright stage lights create dramatic beams of light across the scene.

# LEARN HOW TO BECOME A STAGE HYPNOTIST FOR FREE!

**Love hypnosis or just curious how it works?**

Colin Christopher has been in front of over 250,000 people all over the world and has performed for cruise lines, resorts, casinos, corporations, and more. He is a stage hypnosis instructor certified by The American Council of Hypnotist Examiners and a practicing clinical hypnotherapist who will show you what it takes to be a successful hypnotist.

**In this FREE online course you will learn:**

- What it takes to get started in the business
- How to run successful shows and seminars from start to finish
- What hypnosis is and how it works
- Why you should learn hypnotherapy
- What can go right and what can go wrong in your shows
- How to write successful hypnosis scripts
- The ins and outs of creating self help products
- How to market yourself to cruise ships, resorts, casinos, corporations, or any other client you want

...and much, much more!

**Sign up today! It's FREE.**

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# COLIN CHRISTOPHER

## THE HYPNOTIST

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***YOU WILL BE AMAZED.***

***YOU'LL LAUGH.***

***YOU'LL LOVE COLIN CHRISTOPHER THE HYPNOTIST!***

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## **HARD PROBLEMS NEED UNCONVENTIONAL SOLUTIONS.**

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# About the Author

Colin Christopher is a keynote speaker, stage hypnotist and sought after authority in hypnosis appearing all over the world on networks like ABC, CBS, NBC, FOX, ESPN, Global, City, CTV and many others.

As a clinical hypnotherapist, hypnosis instructor, and author, Colin has also been featured in hundreds of prominent publications like the LA Times, Daily Mail UK, Metro New York, Psychology Today and ELLE.

Visit <http://www.colinontv.com> and watch TV interviews and read many of his feature articles.

## MANIPULATE THE DATE

If you're single, in a relationship, or somewhere in between, this book will genuinely help you boost your confidence and competence in cultivating the meaningful relationships of your deepest dreams and desires.

Join in on a fun and interesting ride with Colin Christopher, the hypnotist, where he shares crazy date stories that will entertain you and show you how to *Manipulate the Date*.

There is a hardwired subconscious framework that influences, governs, and manipulates **everyone** in any social situation from casual meetings to long-term relationships.

Anyone who learns and understands this simple framework can take advantage of it, use it, and have more fulfilling relationships.

Once you learn and understand it, you will be able to identify when the subconscious framework is affecting you, being used on you, and when you can use it to help yourself to improve your communication skills, create attraction, and increase the connection between yourself and a potential (or current) partner.



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As a clinical hypnotherapist, hypnosis instructor, and author, Colin has also been featured in hundreds of prominent publications like the *LA Times, Daily Mail UK, Metro New York, Psychology Today* and *ELLE*.

Visit <http://www.colinontv.com> and watch TV interviews and read many of his feature articles.

  
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