



Be Irresistible Presents.....

# One Simple Idea To Supercharge Your Dating

**Discover The Oscillation Method  
for Dating Success**

**James Bauer**

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# One Simple Idea That Will Supercharge Your Dating Success

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**Dear Past Self,**

Thank you for changing my life.

You opened my eyes to capabilities and possibilities I never imagined possible. You faced challenges that made you stronger and more in control of the course of your life. You reached out toward the things you care about in life.

And you did so as a leap of faith. You allowed yourself to be stretched. Because you believed it might be possible to accelerate your success in life.

I'm writing to tell you. It worked.

Always in your debt,

**Your Future Self**

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Hello, my name is James Bauer.

I am a dating coach for women. I specialize in transforming lives in the best way possible. I help women tap into knowledge and skills that lie dormant within them. To unleash a torrent of actions that yield beautiful relationships.

In this brief report, I have the privilege of sharing one sliver of my knowledge. It has a power to change your luck with men forever.

I would like to offer a new mindset. A shift in your perception of what you are capable of when it comes to meeting a man worthy of your deepest affection.

In this special report, you'll learn how to apply the principles of "oscillation." Between focused effort that should involve some stress and self-discipline. And relaxation in which you recover and become stronger for the next round of focused effort.

**Oscillation simply means a back-and-forth movement.** Oscillation is your ally when you're trying learn a new skill. Or overcome an emotional, mental, or physical barrier.

First, I'm going to explain the basics of how oscillation works. Then I will show how you can use it to radically change the game when it comes to meeting quality men.

Let's imagine this scenario. Someone asks me to train for a marathon. I go outside and begin running. I travel maybe five or six miles. Then I feel too exhausted to continue.

I go back to the person who told me to start training. I tell her that I need a different technique. Because my training technique of running made me more tired instead of more able to run.

That person would probably laugh at me. They'd remind me that I have to oscillate. Between pushing myself mentally and physically—and resting.

Both the pushing with effort mode and the relaxation/recovery mode are essential aspects of the training. Without both

aspects, I will make very little progress.

### **Training the mind is often very much like training the body.**

After a period of exertion, we often feel worse than we did prior to the exertion. But over time, our mind increases its capacity to manage what we require of it. As long as the relaxation and recovery component is also included.

Take studying for long periods of time, for example. When in college, I experimented with increasing the degree of focus I used in my study time. I would concentrate on developing a more complete focus to increase the efficiency of my study time.

At first, this was mentally exhausting. But, over time, my mind adapted to the stress that I was putting on it. Because I would reward myself with playful, fun activities. Activities that didn't require concentration. The relaxation part of the oscillation.

My initial work left me feeling exhausted and worn out in general. But as a result of that work, my life became easier. I was able to study for shorter periods of time. With improved grades and more time for fun activities.

### **Controlled stress is less taxing on the mind than uncontrolled stress.**

This principle was originally studied with rats. The experimenters rigged the rats' metal cages to have random electric shocks. The shocks would continue until the rat hit a bar to turn it off.

Only one rat had the bar in his cage. But all the rats were on the same electric circuit. So they received the exact same amount of shock time.

All rats showed stress hormone elevations upon initiation of the experiment. But after a few days, the rat with control over turning off the shock returned to baseline cortisol levels, a powerful measure of stress.

The rats without control showed increasing levels of stress. And deteriorating physical health. To the point of eventual death, in some cases.

The same amount of shock is experienced in a totally different way. When there is a sensation of control over the stress.

This is one reason why oscillation towards stressors decreases the overall stress impact in your life.

Here's another quick example of the powerful application of oscillation in the areas of your life where you want to regain control.

Think about the lifestyle of a woman who eats a very simple diet of healthy foods with bland taste. Foods like oatmeal, grilled chicken, and whole grain cereals.

Now imagine she has a special treat one day. She will enjoy that treat to a much greater extent than someone who eats rich, fatty foods all the time. As a result, the healthy eater feels satiated on both a physical level and an emotional level. She has more control over her own reward system.

Let's say she has been emotionally trampled at work. Or in some personal relationship. She can pull out a Snickers bar. And she will experience a dopamine rush in the brain. Dopamine is a neurotransmitter associated with all things reinforcing and pleasurable.

A person who needs a candy bar every day has lost control over this particular form of self-indulgence. It is what their brain is accustomed to. Eating the richer, less healthy food has become a baseline.

My point is that, from a happiness standpoint, the person who eats healthy foods is not actually depriving himself of anything. Our sense of happiness is all relative to what we're used to. If you get yourself used to eating healthy foods, you get a temporary ripple of happiness in your mood when you splurge.

You can apply this principle to areas of your life you want to improve - but find stressful. Your ability to accelerate your goals will be greatly enhanced.

Some people apply this principle to goals they have for improving something they are already fairly good at. Such as studying, in my example. However, very few people apply the principle to areas where they are truly struggling.

The reason may become obvious if you think about it. The instinct to conserve energy becomes very strong when we're feeling overwhelmed. As a result, we pull back. We relax at any chance we get.

That's a problem. Our capacity to endure stress in this particular area will shrink the more we pull away from facing the stress.

Later, life will throw an unusually large amount of stress at us in this particular area. And we begin to unravel emotionally. Or fall apart. Our attempts at avoiding stress weaken us over time.

Consider the military. The highest levels of military training involve intense use of oscillation. They train soldiers to endure stress in the forms of sleep deprivation, sustained concentration, hunger, severe physical exertion, and feelings of fear and uncertainty.

But the military does not use these forms of training indefinitely. They use these methods for short periods of time.

The time they force their soldiers through these intense training modules has been studied. It was discovered that soldiers cannot endure intense averse training for more than about ten weeks. Or they begin to drop out quickly.

So after the training is complete, they rest. After resting, a simple one-mile jog or a single night of staying up on a stakeout without food and water is a breeze.

Their capacity to endure that specific form of stress has been increased exponentially. Because of the prior oscillation towards the stress.

### **Let's apply this idea to something of an emotional nature.**

Let's say I'm a person prone to depression. And my primary psychological motivation is to avoid stress. To avoid stress, I sit in front of the TV. I do nothing the second I get home from work. Every day. I avoid socializing. I'm too worn out from work and constant worry due to my depressed state.

Over time, my capacity to endure stress weakens. Like a muscle that's not being used, my capacity to deal with people and find deep energy reserves within me diminishes.

Then, life throws me a very difficult situation. Such as the death of a loved one or sudden unemployment. I have a true mental breakdown. Because my capacity to endure stress is now smaller than the level of stress my life requires of me.

Consider how this situation could have gone differently. What if I had consistently reached for a deeper level of emotional engagement and willpower with oscillation?

Some nights, I came home and pushed myself to exercise instead of watch television. I slept more soundly because of my exercise.

Some nights, I came home and felt like watching TV. Instead of giving in, I pushed myself to call a friend. I strengthened

a relationship with someone instead of watching TV.

Because of the increased social support, my mind would be less taxed with worries. Because I pushed myself physically on some nights, my relaxation on other nights would become more effective. More deeply relaxing and recuperative.

My relaxation phase of the oscillation cycle would be deeper. It would be more effective. Because I experienced it as a deeper contrast to the days when I pushed myself to new limits. Pushed myself beyond my comfort zone.

At first, this effect will be small. But it builds momentum with time. Your capacity to truly and deeply relax becomes more satisfying relative to the degree of stress you expose yourself to. Your ability to find deep reserves of energy increases.

## **Unleashing Oscillation to Claim Your Man**

Now let's talk about how to apply this idea to the world of dating.

As you know, the odds are against you. Finding a guy you really like is hard enough. Finding a guy who really likes you back is even more difficult.

But it is worth it. And it will happen with the proper methods.

Don't settle for someone that treats you fairly well. Don't settle for someone you sort of like. There are over three and a half billion men in the world. A person who is just right for you is definitely out there.

There are several variables we want to manipulate in your favor. Here they are.

1. The frequency of opportunities to meet new men
2. The number of men you interact with on a surface level
3. The number of men who see you and are impressed with you
4. The number of men who know you are available and looking
5. The number of recurring interactions with men that share interests in common with you
6. The confidence you feel when actively learning about men who pass the first level of interest
7. The value you place on your time

Okay, let's go through each of these quickly. Then zero-in on the most critical reasons and action steps for each one.

Remember, these are just my ideas to get you started. You know yourself and your situation best. You will come up with even better ideas for applying the principle of oscillation to your particular circumstances.

These examples just happen to apply to a lot of the women I have consulted with.

### **1. The frequency of opportunities to meet new men**

This one is kind of obvious. But in practice, this basic premise for success is often a sticking point. It can cause women to fail before they've even gotten started.

It's inconvenient to go out frequently. It can wear you down emotionally. It requires a higher level of energy to interact with people when you're trying to impress them.

This is where oscillation comes in.

Start out by stretching your frequency of pursuing opportunities to meet new men. Start small. Just do a little more than you have been in recent weeks.

Remember to oscillate. Really push yourself for short periods of time. Then completely take the pressure off yourself. Relax for a few days or weekends.

You'll be amazed at how quickly you accommodate the stress of seeking out and attending social events.

Many women are surprised that getting invited is often the trickiest part. I want you to train yourself to get better at it on purpose. Don't wimp out just because it's hard.

You are worth it. And your future relationship is worth it.

Here's an example of how you could apply oscillation in this situation.

You set a goal of four phone calls on Saturday to see which friend might be going out. You call seven people on Sunday to invite them to a bonfire. Yes, this means you might feel uncomfortable. Or you might be nervous only one person will show. You'll get used to it. You'll learn how to manage those situations. But only when you allow yourself to face that sort of problem.

The next weekend you don't push yourself at all. The weekend after that you aim for five phone calls on Saturday. One call to someone you don't know that well. You're stretching your comfort zone just a little. On Sunday, you research two community events posted online. You'll attend them in the next week or two with a friend. Or even by yourself.

## **2. The number of men you interact with on a surface level**

For many women, showing up at a social event is the easy part. They struggle with the discomfort of asserting themselves and initiating interactions with men.

I have specifically designed instruction materials available on my website, BelIrresistible.com, for this purpose. To enhance your skills with the subtle art of inviting attention from men. For now, focus on applying the skills you currently have by oscillating.

In this situation, oscillation means ten or fifteen minutes of purposefully pushing yourself outside your comfort zone. Followed by 20 minutes of allowing yourself to retreat to more introverted ways.

## **3. The number of men who see you and are impressed with you**

This one can take on many different forms. The emphasis here is on the word "impressed." This particular variable changes from one woman to another.

For you, it may mean pushing yourself to a new height in physical fitness. Let's say you are a beautiful woman who is self-conscious about showing off your attractive feminine features. This may mean practice with moving outside your comfort zone. Maybe selecting a more revealing choice from your wardrobe - or a friend's closet.

If you are particularly shy, this may require you to talk more when around men. How will they be impressed with your intellect or witty sense of humor if you keep it to yourself?

Think about what you know about yourself. Think about what your friends have told you about your personality or style of interacting with others.

How can you use oscillation to increase the number of men who get the chance to be impressed by you?

#### **4. The number of men who know you are available and looking**

This one is pretty straightforward. It either is or is not a problem for you.

How do you know? It's simple. If you're embarrassed to ask friends to set you up, you need to work on this one. If it's a secret you won't discuss with extended family members, you need to work on this one.

When looking for a good quality man, one of the deepest reservoirs is the concept of six degrees of connection. The idea is that every person in the world knows someone who knows you - if you go six connections deep.

The closer someone is to you as a friend, the more likely they are to do a good prescreening. They'll save you time when setting you up on a date. Get over your fear of asking your friends and family to help you with the most important part of your life.

#### **5. The number of recurring interactions with men that share interests in common with you.**

Here's the idea with this one. It's easier to strike up a conversation with someone when you share something in common with them.

For example, it's more natural to strike up a conversation with a man who shares your love for a particular breed at a dog show. If you are into rock climbing, it's easier to find excuses for repeated interaction when you meet a guy at a local rock climbing wall. If you enjoy literature, you'd have more opportunities to interact with men who share that interest if you attend a writing course at a local community college.

It's not just easier to strike up conversations and interactions though. These are also people you are more likely to want to partner with in life. Because they share some of your traits, characteristics, or interests.

But let's say they do turn out to be a dud. You had the opportunity to realize that in a natural setting. Before any kind of commitment was made. You don't have to break up with someone when you never started going out in the first place.

When you interact with people repeatedly, it creates the natural conditions under which people find themselves falling in love. You're more likely to feel a connection with someone you meet and interact with on numerous occasions stretched out over a period of time. Same goes for him.

#### **6. The confidence you feel when actively learning about men who pass the first level of interest**

So you're at this social gathering. Two men have caught your eye. Neither is wearing a wedding band. Or a date on their arm. Both wear pleasant smiles and pleasing jaw lines.

Is this where you freeze?

The stakes are high. Everything seems just right. So some people find their anxiety going through the roof.

You end up acting strange and not really being yourself. But you really want to get to know these guys. Find out if they're worth your time. So you need to get comfortable with engaging deliberately to reel them in.

Remember, this doesn't have to be so hard when you use oscillation. You can push yourself outside your comfort zone for just a short time. You'll develop your confidence over time.

All it takes is two or three minutes of pushing yourself to be more assertive. To be more outgoing in your attempts to get to know people. Do this repeatedly with oscillation. You'll find that your confidence goes up. Way up!

It happens naturally. At its core, confidence is just a feeling of knowing what to expect.

When you've done it hundreds of times, you're confident in the range of outcomes you may encounter. And you are used all of those outcomes. They no longer make you nervous. You have built up your skills. And also some calluses that will serve you well.

## **7. The value you place on your time.**

It took a long time before I finally realized how important this last variable is. I think women are just more caring and committed to the idea of a good relationship.

As a dating coach, I have found it fascinating. In a painful way. It can be so difficult for women to cut a loser loose.

I don't use the term "loser" flippantly. I don't mean someone who doesn't have a lot going for him. I'm talking about people who don't treat you well. People who are clearly not interested in joining you to make the relationship the most beautiful it can be.

Does every relationship you get into become a long, drawn-out, painful experience before it finally crumbles? Then you are slowing down your progress. To a pace that will cripple your success in finding the man out there looking for you.

Valuing your time means setting boundaries. Here's where oscillation comes in.

Setting boundaries is something you do repeatedly. It's not something that you do once in a relationship. You don't have a talk with a guy once. And then sit back to admire your work for the rest of the relationship.

People change slowly once they develop a bad habit in the way they treat you.

Start by setting small boundaries in the form of requests. Then move to "if... then" boundaries.

For example: "If you don't call me or text me for three days in a row... then you can expect me to demand an explanation before I continue interacting with you."

Oscillate towards standing up for (1) yourself and (2) the standards you hold for a good relationship.

You'll be surprised how often he reacts by either leaving or rising to the challenge and showing what he really has to offer.

Either way, you win.

You'll develop your confidence and skills for setting boundaries and standards in relationships. And sticking to them. You'll eventually move to a point where you are comfortable letting guys go quickly when they prove to be unworthy of your time.

I hope this brief report was useful. Many questions may arise as you think about applying these concepts in real life.

Want to learn more about educational materials I created for women learning how men tick? Check out this [free presentation](#).

Wishing you the best in love and life,



**Focus Points:**

1. When you merely look for ways to avoid stress, your capacity to endure stress diminishes over time.
2. To meet the man of your dreams, you need to spend a lot of time in social situations. You must be willing to endure short episodes of increased stress. Then you will be able to feel more confident and relaxed in those situations. Over time, your mind will adjust to the new level of effort you put into being socially assertive.
3. Decide to live a life committed to your dreams. Don't "sort of" go after a great relationship. Commit to massive action!
4. Learn as much as you can about dating and relationships. If you're open to it, I'd like to help with this last focus point.

I'd like to offer you one remarkable shortcut that allows you to grab a man's heart in a way few people know about. It's remarkably powerful, and the effect is nearly instantaneous.

I've put together a free presentation on my method. You can literally change your luck with dating overnight using this one simple concept. So click this link now before the opportunity passes you by.

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