



**Get Real: The new paradigm for dating,  
relationships, and living life awesome - GET  
WHAT YOU WANT BY BECOMING WHO YOU  
ARE - Book 1 & 2**

*Zak Roedde*

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# Get Real: The new paradigm for dating, relationships, and living life awesome - GET WHAT YOU WANT BY BECOMING WHO YOU ARE - Book 1 & 2

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## **Get Real: The new paradigm for dating, relationships, and living life awesome - GET WHAT YOU WANT BY BECOMING WHO YOU ARE - Book 1 & 2** Zak Roedde

'Get Real' is not your typical self-help book. Not by a long-shot. You won't find any cheap tricks or 'ten steps to a better you' in here. You are not going to learn how to get what you want from other people by using techniques and strategies to emotionally manipulate them. If that is the kind of advice you are looking for, there are countless books, websites, and magazines waiting for you elsewhere. That is what most of the social-self help industry has become, and I want no part of it. What you are learning from these sources are usually nothing more than acting skills; acting like a confident person with high self-worth to get what you want from people. If you are good at acting, you might get what you want, but it is an act. This book is very different and it takes the exact opposite approach. You will learn how to become a confident person with high self-worth, not just act like one. This isn't done by adding techniques to your behaviours to become more than you are. The truth is, you already are this person. You just don't realize it because of the emotionally driven behaviours that stop you from expressing who you are. Being able to express who you really are requires stripping away and reprogramming your deep seated beliefs which are sabotaging or limiting your social success. It is your beliefs about yourself and other people which dictate your emotions, and it is your emotions which dictate your behaviours. Without those beliefs, your behaviours will automatically transform because of the change to your emotional drives. You will be: • self-fulfilled and brimming with positivity so that you do not seek happiness through another person • supremely confident in your personality and in doing and saying exactly what you want to say and do • emotionally indifferent to approval and disapproval and only interested in your own opinion Can you even imagine living in such a state? Imagine how easy it would be to stand up for what you want, to go for what you want, and to express your opinions, feelings, and personality freely. This would allow you to express who you really are, and become irresistibly attractive to those you bring into, or already have in your life. This isn't an exaggeration; it is your potential future. You could be male or female, young or old. You could already have good social skills and self confidence, or you could be a social hermit. You could be interested in casual dating, looking to find 'the one' or hoping to improve an existing relationship. Whoever you are, and whatever your social goals, this book is the answer, because the underlying principles are always the same. I know it is the answer because I have transformed myself from the insecure, inhibited, unassertive, and emotionally reactive person that I used to be. I have also helped dozens of other men and women do the same thing despite varying ages, situations, and social goals. You are not limited by who you are right now; you are only limited by who you want to be. Who you want to be is who you really are, and that is the 'you' that this book is going to help unleash. So prepare yourself to learn what you have never thought was possible, and go where you have dared not dream.

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