

HOW TO STAND OUT TO WOMEN

5 WAYS TO INSTANTLY STAND OUT TO WOMEN (WITHOUT BEING FAKE)

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Free Downloadable Guide

HOW TO MEET WOMEN

A NO BULLSHIT GUIDE TO
CONFIDENCE, CONVERSATION,
AND REAL CONNECTION



VINCENT TORRES

1. THE MIRROR TEST

Before you talk to her — ask yourself:

“Would I date me right now?”

Brutal question? Maybe. But it'll save you from wasting time, energy, and confidence on conversations you're not ready for.

Let's break it down:

◆ Posture

When you walk into a room, do you look like a man who *belongs* there — or a man who's apologizing for existing?

- Stand up straight, shoulders relaxed but back.
 - Head up — like you're used to leading, not following.
 - Don't fidget. Stillness shows control.
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◆ Energy

Even if you're not talking, women sense your vibe.

Are you calm, present, and centered — or jittery, anxious, or bored?

Confidence isn't loud. It's controlled. It's grounded. It's *masculine calm*.

◆ Grooming

You don't need to look like a GQ model. But you do need to look like you *care*.

- Trimmed nails, clean skin, and fresh breath matter.
- Tame wild hair or facial hair.
- Smell clean — not like an Axe body spray grenade.

Women don't expect perfection. They expect **effort**.

◆ Facial Expression

Your face is a billboard for your thoughts.

Are you giving off "I hate being here"... or "I'm good either way"?

Try this:

Hold a half-smile when you're out. You'll look more confident, relaxed, and open. It's subtle — but game-changing.

✔ Quick Fix:

Before you leave the house, look in the mirror and ask:

Would I respect this guy if I were her?

If the answer's no — fix it.

Not for her. For you.

Because a woman doesn't want to be your reason to level up.

She wants to be impressed that you already did.

2. SPEAK WITHOUT SAYING A WORD

Before you ever say a word, you've already said everything.

Women (and people in general) make snap judgments in **under 2 seconds**. That means the way you walk, hold yourself, and carry energy is doing all the talking — whether you're ready or not.

◆ Own the Room Without Needing to Dominate It

You don't have to be the loudest or flashiest guy in the room. In fact, that's often a red flag.

But you *do* need to move like a man who's used to being noticed — even if he doesn't need it.

- **Walk with purpose**, not in a rush
 - **Take up space** — don't shrink or fold in
 - **Breathe deep** — it calms your nervous system and centers your energy
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◆ Make Eye Contact Like a Man Who's Not Afraid

Most guys look away too quickly, or avoid eye contact altogether. That screams insecurity.

Your challenge:

Next time you enter a coffee shop, bar, or restaurant:

- Walk in just a little slower than normal
- Hold calm eye contact with **two people** — not in a weird staring way, just enough to signal: *“I see you. I’m aware. I’m good.”*

This isn’t about *her* noticing you. It’s about you practicing masculine presence. Do this enough, and **you’ll radiate confidence without needing to say a word.**

◆ **Bonus Move: The Pause**

Confident men don’t rush. They don’t fidget. They don’t fill silence just to feel in control.

Try it:

- When someone asks you a question, pause before answering.
- When you approach a woman, pause and smile before speaking.
- When you make a move, **let it land.**

Silence and stillness — when used right — are **powerful tools.**

3. CLEAN YOUR CLOSET (IT’S NOT JUST ABOUT STYLE)

Your clothes are either saying:

“This man has his life together.”

or

“He’s given up and hopes you won’t notice.”

There’s no in-between. And no, this isn’t about fashion. It’s about **presentation.**

◆ **You Don’t Need to Be Stylish — You Need to Be Intentional**

Most guys confuse “style” with “labels.”

But it’s not about brands. It’s about:

- **Fit** – Clothes that compliment your frame

- **Condition** – Clean, wrinkle-free, and not faded
- **Simplicity** – Neutrals, solid colors, zero noise

You're not dressing to peacock. You're dressing to signal **competence and confidence**.

◆ **What to Toss Immediately**

If you want women to take you seriously, get rid of:

- Wrinkled or dingy shirts
- Worn out shoes (especially busted sneakers)
- Overly graphic tees with slogans, cartoons, or “funny” text

You're not a walking billboard. Save the clever phrases for conversations — not your chest.

◆ **Build a Grown Man Wardrobe**

Start with this base:

- 3 fitted solid T-shirts (black, white, and navy)
- 1 pair of dark denim jeans (no rips)
- 1 pair of chinos (gray or khaki)
- A clean pair of white or leather sneakers
- A collared shirt or two for nights out
- One casual watch — digital or analog, doesn't matter — just wear one

Add slowly. Upgrade one piece per month. Think like a man building a toolkit, not a costume.

✔ **Pro Tip: Ask a Female Friend**

Seriously. Ask a woman with good taste to rate your current outfits. She'll be honest — and you'll see where to level up fast.

4. BOOST TESTOSTERONE, NOT EGO

Here's the truth nobody told you in school:

Your confidence is chemical.

When your testosterone is low, you feel sluggish, reactive, anxious, foggy. You hesitate. You avoid risk. You second-guess everything.

And guess what?

Women feel that instantly.

This isn't about being jacked — it's about being *biologically aligned* with the traits you want to express: drive, presence, focus, and calm control.

◆ **Low T = Low Swagger**

Symptoms of low testosterone include:

- Fatigue
- Brain fog
- Mood swings or irritability
- Low libido
- Weak drive and low resilience

If you're dragging through life, constantly "tired but wired," chances are **you've got a hormone issue — not a motivation issue.**

◆ **What Actually Raises T**

Forget overpriced pills and sketchy supplements. The real formula is simple — but not easy.

Do these 4 things for 30 days:

- **Cut alcohol** – Just 1-2 drinks per day can crush your T
- **Lift weights** – Compound lifts (squat, deadlift, pull-ups) trigger testosterone naturally

- **Cold showers** – Daily cold exposure reduces cortisol and boosts hormonal resilience
- **Sleep early and deep** – Most testosterone is produced during deep sleep (stage 3) — protect it like your life depends on it

Bonus: **Sunlight and Vitamin D** also play a huge role — get outside every morning.

◆ **You Don't Need to Be Ripped**

This isn't about becoming a bodybuilder.

It's about becoming **energetically alive**.

When your hormones are balanced, women can feel it before you even speak.

Your eye contact is stronger. Your handshake is firmer. Your presence is magnetic.

5. DON'T TRY TO IMPRESS HER — CHALLENGE HER

Most guys walk into an interaction thinking:

"How can I win her over?"

That's the wrong game.

Why?

Because when you try to *impress* her, you immediately give away your power.

You signal that **she's the prize** and you're the contestant.

Instead, flip it.

You're the prize.

You've built yourself. You know your value.

She's not auditioning you — *you're evaluating her*.

◆ **How to Hold Masculine Frame**

This doesn't mean acting aloof, cold, or arrogant.

It means:

- Calm eye contact
- Comfortable silence

- Speaking slowly and clearly
- Laughing only when something's actually funny
- Letting her talk — and actually *listening* without trying to impress

When she feels your grounded presence, she'll **lean in**.

◆ The “Qualify Her” Mindset

Start seeing yourself as someone who **filters**, not begs.

Ask yourself:

- “Is she kind?”
- “Is she emotionally intelligent?”
- “Would she add peace or chaos to my life?”

If the answer is no — move on, respectfully.

Women respect men who have standards. Most guys don't.

◆ Why This Works

Most men chase approval.

Few men offer a real, grounded challenge.

When you calmly observe, smile like you already know what's up, and lead with intention — she'll feel it.

Women remember men who **make them question their own value**, not men who worship theirs.

✔ Mindset Shift:

You're not the man that gets “picked” or “settled on”

You're the man that decides who gets access to your world.

READY TO MASTER THIS?

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