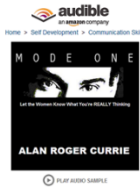




ALAN ROGER CURRIE'S

# M O D E O N E A U D I O B O O K R E L E A S E

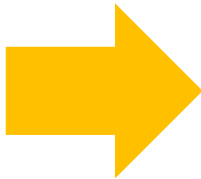
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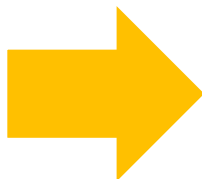
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**Take Notes!!!**

Alan does not allow you to just 'casually listen' to his audiobook if you really want it to help you! He encourages all of the single heterosexual men listening to his audiobook to **TAKE NOTES!!** Preferably, you should have a personal 'Mode One' journal to jot down notes in!

<http://modeone.net/journal>

Q U I C K O V E R V I E W

## INTRODUCTION

*Alan lets his listeners know who he is, and how the concept of 'Mode One' has now been discussed in over 40 countries*

## BACKSTORY

*Alan describes what experiences in his life ultimately led to his creation of 'The Four Modes of Verbal Communication'*

## MANIPULATIVE 'HEAD GAMES'

*How do men and women 'manipulate' each other? Alan explains the idea of 'Manipulative Head Games'*

## MODE TWO BEHAVIOR

*Do you respect your time, attention, and companionship? Are you dreadfully afraid of being criticized by others?*

## MODE THREE BEHAVIOR

*Are you afraid to approach women and start a conversation with them? Do you have a profound fear of being rejected?*

## MODE FOUR BEHAVIOR

*Does being ignored by women or 'friend zoned' by women leave you feeling bitter and hateful toward women?*

## CASUAL SEX vs RELATIONSHIPS

*Non-monogamous 'casual' sex is not for everyone! Neither is marriage or long-term monogamous relationships!*

## ALPHA MALES vs BETA MALES

*Alan discusses how a man's 'Alpha' vs. 'Beta' personality traits affect how women respond to him sexually*

## MODE ONE BEHAVIOR

*How does Mode One Behavior replace Mode Two? Eliminate Mode Three? Prevent Mode Four? Alan breaks it down!!*