Adam LoDolce



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# Adam LoDolce





How to Build Self-Esteem, Confidence, and Social Freedom to Transform Your Dating and Social Life

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Being alone sucks. It just does. The only thing that sucks more than being alone is feeling helpless about being alone. But you already know that – that's why you picked up this book. What you're about to discover is that Being Along Sucks! is the future remedy to your problem. Adam LoDolce takes you step by step through a tried-and-true program that will improve your social life and teach you how to be more attractive. You read that right: Being attractive is a learned skill, and you can start your journey to a better you by simply applying the techniques outlined in this unique book. Dating and attraction expert Adam LoDolce shows you how to achieve the results you want in your dating life and beyond by following a program that will stretch your body, mind and personality to fit the mold of the person you've always wanted to become. Meet more people; date better ones; and live your life the way it's meant to be lived. With humor and insight, Adam forges a path for both men and women to follow on a journey of self-improvement and empowerment. Drawing from the experience of his own past social transformations and his expertise as a premier dating coach, Adam LoDolce gives you the tools you need to leave loneliness and helplessness behind. All you need to do is use them. Adam LoDolce is a professional speaker and dating coach based in Boston, Massachusetts. Through his company, Ultimate Social Freedom, he has helped thousands of people around the globe achieve dating and social success. Information on Adam's speaking engagements, coaching programs, and other Ultimate Social Freedom products can be found at www.UltimateSocialFreedom.com. Adam also provides free dating advice at his online TV station www.SociallyFreeTV.com.

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I hate to admit it By Adam S. Wolpe

I am an incredibly stubborn person.... so needless to say buying this book was a huge step for me in regards to pushing my pride aside and realizing my social skills towards women needed a tune up. If you are like me you might feel some resistance towards admitting your game could use some work. A friend of mine actually had gone out with Adam on a few sessions personally and highly recommended him. If this friend wasn't my best, or someone I had trusted for years, I would have never considered a self help book like this. After reading this book I have noticed an immense change in my attitude which has not only transferred over to my work but just the enjoyment of life in general. I have been able to accomplish things in regards to meeting women that I never thought possible. After watching a few of Adams videos online I am in awe of what he has accomplished in regards to spreading his confidence to others. I HIGHLY RECOMMEND THIS BOOK.

1 of 1 people found the following review helpful.

Nothing special, but it does put your head in ...

By Tanner Carothers

Nothing special, but it does put your head in the right spot. I was looking for something with a little more

substance.

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Awesome Advice

By Amazon Customer

Adam gives great advice to anyone looking to be more social. This could apply to your dating life, your platonic situations, or any social interaction in general. I love this book and how its written and I'm do thankful that Adam was so kind to share this info for free!

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