

THE SOCIAL INTELLIGENCE ADVANTAGE

Reading People & Situations Like a Pro

By The Gorgeous Diaries

Introduction: You're Not Confused — You're Untrained

Hey y'all. Let me ask you something real quick.

How many times have you looked back at a relationship — a guy who played you, a situation that went nowhere, a man who showed you exactly who he was early on — and said to yourself, 'The signs were there. I just didn't see them.'

Girl. The signs were ALWAYS there.

You weren't blind. You weren't stupid. You weren't too trusting or too naive. You were untrained. Nobody sat you down and said, 'Here's how to read a person. Here's what behavior patterns actually mean. Here's how to separate what someone says from what they actually do.'

We teach little girls to feel. To be empathetic. To be nurturing. And all of that is beautiful — but nobody adds the chapter that says: AND you need to be able to see people clearly. Because the women who get chosen — really chosen, not just claimed temporarily — they move through the world with their eyes wide open.

That's what social intelligence is. It's not being cold. It's not being suspicious or guarded. It's being so grounded in your ability to observe, assess, and respond accurately that manipulation becomes nearly impossible to pull on you.

| You can be warm AND wise. Open AND observant. That's the goal.

This book is your training manual. By the time you finish it, you will know how to read body language in dating contexts, identify the social cues most women miss, assess a man's real interest level without guessing, spot manipulation before you're emotionally invested, and navigate group dynamics like you own the room.

You perfect what you practice, baby. So let's start practicing.

Let's get into it.

— *Morranah & The Gorgeous Diaries Team*

Chapter 1: What Is Social Intelligence (And Why Most Women Don't Have It)

Let's start by getting clear on what we're actually talking about, because 'social intelligence' gets thrown around like it's just another way to say 'people skills.' It's not.

Social Intelligence vs. Emotional Intelligence

You've probably heard about emotional intelligence — the ability to identify, understand, and manage your own emotions and recognize emotions in others. That's important. But social intelligence is a different skill set, and here's the key difference:

Emotional intelligence helps you understand HOW you and others feel.

Social intelligence helps you understand WHY people behave the way they do — and what they're likely to do next.

A woman with high emotional intelligence might deeply understand that she feels anxious when a man goes quiet. A woman with high social intelligence will also read that his silence is a behavior pattern — one that tells her something specific about who he is and what he's doing.

See the difference? Emotional intelligence keeps you in your feelings. Social intelligence keeps you in the data.

Why Dating Requires Social Intelligence

Dating is essentially a high-stakes information-gathering exercise. You are trying to determine — as quickly and accurately as possible — whether this person is who they say they are, whether their actions match their words, and whether investing more of your time and energy is strategically sound.

Most of us weren't taught to approach it that way. We were taught to follow our feelings, trust our gut (which is often just anxiety or excitement), and hope for the best. That's why so many smart, beautiful, accomplished women find themselves nine months deep in something that wasn't going anywhere from day one.

| *The signs were there. You just needed a framework to read them.*

The Core Skills of Social Intelligence

Social intelligence in dating breaks down into four core competencies:

- Observation — noticing what's actually happening, not what you hope is happening
- Pattern Recognition — connecting individual behaviors into meaningful patterns over time
- Behavioral Analysis — understanding what specific actions reveal about a person's intent

- Strategic Response — choosing how YOU respond based on accurate information, not assumptions

This entire book is built around developing these four skills. Each chapter adds a new layer until reading people accurately becomes second nature.

The Shift You Need to Make

Here's the mindset shift that makes everything else in this book work: stop interpreting people's behavior through the lens of what you WANT to be true, and start reading it through the lens of what IS true.

When he texts you every day but never asks you out, you want it to be true that he's just shy or nervous. Social intelligence says: a man who wants to see you finds a way to see you. The behavior is your data.

That's not cynicism. That's clarity. And clarity, baby girl, is the most attractive thing you can carry into a dating situation. It means nothing shakes you. Nothing surprises you. Nothing catches you off guard — because you saw it coming.

That's the woman we're building in this book. Let's go.

Chapter 2: His Body Is Talking — Are You Listening?

Okay, real talk. Before a man opens his mouth and says a single word, his body has already told you a whole story. The problem is most of us were never taught how to read it.

Body language in dating contexts is not about amateur psychology tricks. It's about understanding that human beings communicate on multiple channels simultaneously — and the nonverbal channel is often the most honest one. It's harder to control. It's harder to fake consistently. And when verbal and nonverbal signals contradict each other? Always believe the body.

The Rule of Clusters

The most important thing to understand about body language: never read a single signal in isolation. One signal means nothing. Three signals pointing in the same direction means everything.

For example — crossed arms alone doesn't necessarily mean he's closed off. Maybe he's cold. Maybe it's just comfortable. But crossed arms + minimal eye contact + body turned slightly away from you + short responses? That's a cluster that tells you he's not fully present or engaged.

Read clusters. Never read single signals.

Signs He's Genuinely Interested

When a man is genuinely interested and present, his body tends to do specific things without him realizing it:

- He faces you directly — his body, chest, and feet point toward you even in a crowded room
- He leans in — not in a creepy way, but he closes distance when talking
- He mirrors you — if you tilt your head, he tilts his; if you lean back, he follows. Mirroring is unconscious and deeply tied to connection
- His pupils dilate — yes, you can actually watch for this in good lighting. Dilated pupils are a biological response to attraction
- He touches his face or neck when talking to you — these are self-soothing nervous gestures that show you're affecting his composure
- He finds reasons to touch you — a brush on the arm, adjusting something on your shoulder, even removing an imaginary piece of lint. These are manufactured excuses for physical proximity
- He maintains eye contact longer than necessary — not in a staring contest way, but he holds your gaze with warmth

Signs He's Performing Interest

And then there's the man who knows what interested looks like and performs it. Here's what performing versus genuine interest actually looks like in practice:

- His body is turned toward you but his eyes scan the room — physically present, mentally absent
- He makes all the right moves on the first date but the patterns don't hold — genuine interest stays consistent; performance fades
- His smiles don't reach his eyes — a genuine smile (called a Duchenne smile) involves the muscles around the eyes. A polished social smile is mouth only
- He touches you but avoids your gaze immediately after — confident, genuine interest holds eye contact; performance looks away

Pay attention to what happens AFTER the first impression moment. That's when the real body language comes out.

What His Hands Tell You

Hands are one of the most expressive parts of the body — and most people don't control them consciously. Here's a quick field guide:

- Open palms facing up — openness, honesty, receptivity
- Hands in pockets or arms crossed — self-protection, guardedness, discomfort
- Steepled fingers (fingertips pressed together) — confidence, superiority, he thinks he knows more than you
- Frequent hand-to-face touching — nervousness or deception (touching the nose or mouth area particularly)
- Hands on the table, relaxed — comfortable, at ease, not trying to hide anything

Your Field Assignment

Before you move to the next chapter, go somewhere public — a coffee shop, a mall, a restaurant — and watch strangers interact for twenty minutes. Don't listen to conversations. Just watch bodies. Notice clusters. Notice when verbal and nonverbal signals don't match.

This is how you train the skill. Your dating life gets better the more you practice reading people in low-stakes environments.

Chapter 3: The Social Cues Most Women Miss

Body language is chapter two because it's the most obvious layer of nonverbal communication. But there's a whole other category of social cues that operate at a subtler level — and these are the ones women wish they'd caught earlier.

These are behavioral signals that reveal character, intent, and long-term patterns. And they show up early. Always early.

How He Introduces You

This one right here deserves its own seminar. Pay very close attention to how a man introduces you — or how he doesn't.

'This is my friend' after three months of exclusive dating? That's data.

No introduction at all when you run into people he knows? That's data.

'This is [your name]' with no qualifier, said with pride, while keeping a hand on your back? Also data — and a very different kind.

A man who is proud of you, who is choosing you, who sees you as his, introduces you in a way that makes that clear. There's no ambiguity. He is HAPPY to let people know who you are to him.

▮ *How a man introduces you tells you exactly what role you play in his life.*

Whether He's Present or Performing

There are men who are genuinely engaged in a conversation with you — curious, responsive, present. And there are men who are performing engagement while internally already thinking about what comes next.

How do you tell the difference? Present men ask follow-up questions that prove they heard you. Performing men ask new questions that reset the conversation to topics they want to talk about. Present men remember specific things you said last time. Performing men ask you the same questions again. Present men respond to your emotional content. Performing men respond to the surface content and move on.

Presence is rare. It's also deeply attractive and deeply revealing of character.

How He Treats People He Has Nothing to Gain From

This is the one that will save you so much heartbreak. WATCH how a man treats:

- Servers and waitstaff
- Customer service representatives
- Parking attendants
- His mother (or other women in his life he doesn't need to impress)
- People who cannot do anything for him

This is his character without the performance. You are currently someone he wants something from — attention, validation, company, intimacy, whatever it is. So he's managing how he shows up to you. But the guy at the drive-through? He's not performing for them. That's who he actually is.

A man who is patient, kind, and respectful to people he has no reason to impress is genuinely those things. A man who is dismissive, condescending, or rude to service workers will eventually treat you the same way.

Pattern Over Individual Incidents

One of the most critical social intelligence skills is learning to read patterns across time rather than judging individual incidents.

He cancels once — maybe something came up. He cancels three times in a row — that's a pattern.

He forgets something you told him once — maybe he was distracted. He consistently forgets things you've told him — he's not investing in knowing you.

He's a little inconsistent in his communication once — life happens. He's hot one week and cold the next for two months — that's a pattern of behavior, not a bad day.

Patterns, not incidents, tell the truth about a person. Give grace for individual moments. But do not ignore the pattern.

The Discount

There's a behavior pattern called 'the discount' — where someone consistently minimizes your feelings, your experiences, or your perceptions. It sounds like:

- 'You're too sensitive'
- 'That's not what I meant'
- 'You're overreacting'
- 'You always do this'

The discount is a cue that this person is not interested in your emotional reality. They're interested in their own comfort. When you raise something that makes them uncomfortable, they redirect it back to being a problem with YOU.

One instance — maybe they were having a bad moment. A consistent pattern of discounting your feelings? That's a character reveal, baby. Believe it.

Chapter 4: Reading His Interest Level Accurately

Let's talk about the question that has broken more hearts, sparked more 'what did he mean by that' group text threads, and caused more unnecessary anxiety than any other question in modern dating:

Does he actually like me?

Girl. Here is the truth that will set you free forever: a man who is genuinely, romantically interested in you makes it clear. Not always with grand gestures. Not always immediately. But with consistent, escalating action over time.

The confusion happens when we mistake attention for interest, availability for pursuit, and chemistry for compatibility. Let's break all three down.

Attention Is Not Interest

Attention means he responds to you. Interest means he initiates. Those are two completely different things.

A man who always responds to your texts but never starts a conversation is enjoying YOUR attention. He's not demonstrating HIS interest. He is the passive recipient of your pursuit, not an active participant in building something.

Interest shows up in initiation. He reaches out because he was thinking about you. He plans things without being asked. He creates opportunities to be around you. He is in motion toward you.

Ask yourself: Is he building toward something, or is he just responding when I reach out?

Availability Is Not Pursuit

A man who is always available to hang out when you're free is not necessarily pursuing you. He might just enjoy your company, think you're fun, appreciate the physical connection, or simply have no one else filling that space right now.

Pursuit is intentional. It has direction and escalation. He's not just showing up when invited — he's creating reasons to show up. He's investing effort. He's making plans. He's moving the relationship FORWARD.

Ask yourself: Over the last month, has this situation escalated or have we been in the same place the entire time?

Chemistry Is Not Compatibility

This one is crucial. Chemistry is a feeling — that electric, magnetic pull that makes you feel alive when he's around and slightly crazy when he's not. It is real, and it is powerful, and it is absolutely not a reliable indicator of relationship potential.

Chemistry can exist between two completely incompatible people. Between a woman who wants commitment and a man who is not built for it. Between an anxious attacher and an avoidant. Between two people who bring out the worst in each other.

Compatibility is about shared values, consistent behavior, aligned life goals, and mutual respect. Chemistry is a feeling. Compatibility is data.

You can be wildly attracted to someone and completely wrong for each other. A man who is right for you will have both chemistry AND compatibility. Don't settle for just the feeling.

The Real Interest Checklist

Here is a straightforward framework for assessing whether a man is genuinely interested or just enjoying your energy:

- Does he initiate contact consistently, not just respond?
- Does he make concrete plans versus vague 'we should hang out sometime' statements?
- Has the situation escalated — more depth, more commitment, more exclusivity — over time?
- Does he remember specific things you've told him?
- Does he introduce you to people in his life?
- Is he consistent — same energy on Tuesday that he had on Saturday?
- Does he show up when things are inconvenient for him?

If the answers are mostly no — he's not building toward something with you. He may enjoy you. He may even care about you in some way. But interest that doesn't escalate into action is not the kind you should be investing in.

The 60-Day Rule of Evidence

Here's a practical framework: give every new connection 60 days of observation before drawing any major conclusions. In the first 30 days, you're both on your best behavior. In the second 30 days, the real patterns start to emerge.

By day 60, you should have enough behavioral data to answer the question — is he moving toward something with me, or is this staying exactly where it is?

If it's staying exactly where it is after 60 days, it's staying there forever. Don't let yourself convince you otherwise.

Chapter 5: Spotting Manipulation and Games Before You're Already In

Okay y'all. This is the chapter that does the MOST work. This is the chapter I wish somebody had given me at nineteen. This is the one you're going to bookmark and come back to.

Because manipulation doesn't announce itself. It doesn't show up on date one wearing a sign that says 'Hi, I'm going to play with your emotions.' It shows up wearing charm, intensity, and promise. And by the time most women recognize it, they're already emotionally invested — which is exactly the point.

So we're going to learn to recognize the fingerprints of manipulation before the investment happens.

Love Bombing

Love bombing is the practice of overwhelming someone with affection, attention, and intensity in the early stages of dating — moving way too fast, calling you his girlfriend after two weeks, talking about the future constantly, making you feel like the most special person alive.

Why is this a manipulation tactic? Because it bypasses your rational assessment process. When someone makes you feel that good that fast, your brain starts to associate them with safety and love before you actually have any evidence that they're safe or loving. You become attached before you have information.

The signs of love bombing:

- Extreme intensity very early — 'I've never felt this way about anyone'
- Moving unusually fast on labels, exclusivity, future planning
- Constant contact that feels overwhelming but also addictive
- Grand gestures before you actually know each other
- Putting you on a pedestal in a way that feels too good to be true

Real connection builds gradually. Healthy interest escalates steadily. Love bombing accelerates so fast that it leaves your ability to think critically in the dust.

| *If it feels too intense too fast — that's not romance. That's strategy.*

Future Faking

Future faking is the pattern of painting a beautiful picture of the future — vacations together, meeting his family, moving in, building something — with absolutely no intention of making any of it real. It's using the future as currency to keep you present.

It sounds like:

- 'I can't wait to take you to [place I will never actually take you to]'

- 'I want you to meet my family soon' — for six months straight with no actual introduction
- 'We should do [specific thing]' that never gets planned or followed through on

The key distinguishing feature of future faking: the future is always referenced but never scheduled. Real plans have dates. Real intentions produce action. Future faking produces nothing but a feeling of potential that keeps you invested in something that isn't moving.

Hot and Cold

The hot and cold pattern — periods of intense connection followed by sudden withdrawal, then a return to warmth — is one of the most effective and least understood manipulation tactics in dating. Not because it's always intentional, but because it's always effective.

Here's the psychology: inconsistent reinforcement is more addictive than consistent reinforcement. When you never know which version of someone you're going to get, your brain becomes hypervigilant and preoccupied with them. You think about them more. You work harder to get back to the 'hot' version. You become anxious in their absence.

It keeps you hooked. And it keeps the power firmly in their hands.

What to watch for: Does he have a consistent pattern of going quiet for days, then returning with warmth and attention, then going quiet again? Is the withdrawal never explained and the return never acknowledged? That's not a moody person. That's a pattern of behavior.

Triangulation

Triangulation is the use of a third party to create jealousy, competition, or insecurity. It can look like:

- Casually mentioning other women who are interested in him
- Being vague about who he's spending time with
- Posting ambiguous content on social media that suggests female attention
- Comparing you to an ex in ways that make you feel you need to compete

The goal is to make you feel like you could lose him at any moment — which activates your attachment system and makes you work harder to secure his attention. It's manufactured scarcity, and it works on a lot of women because it targets our deepest fear: not being chosen.

A man who uses your insecurity as a tool to keep you engaged is not a man you can trust with your heart.

Manufactured Scarcity

Related to triangulation — manufactured scarcity is the practice of making yourself seem less available than you are in order to inflate your perceived value and create urgency.

Some unavailability is legitimate — he has a full life, he's busy, he has his own priorities. That's healthy. Manufactured scarcity is strategic — deliberately not responding for extended periods to create anxiety, randomly canceling plans to see how you react, giving you less than you deserve to see how much you'll accept.

The test: does his unavailability feel genuine and consistent with an otherwise full life? Or does it show up selectively, often right after things start going really well between you?

If his disappearing act happens right when you're feeling secure — that's manufactured.

What To Do When You Spot These Patterns

First: don't panic and don't immediately confront. Collect data. Give it time to confirm. One instance of any of these behaviors could be an anomaly. A pattern cannot be denied.

Second: adjust your investment accordingly. You don't have to make a dramatic statement or leave immediately. You can simply choose to emotionally invest at the level that matches the actual reality of the situation, not the potential you've been sold.

Third: trust what you see more than what you feel. When your gut says something is off, and the behavioral evidence backs it up, that's not anxiety talking. That's your social intelligence doing exactly what it's supposed to do.

Chapter 6: Reading the Room — Group Dynamics and Social Situations

Everything we've covered so far has been about reading a man one-on-one. But some of the most revealing information about who a person actually is shows up when other people are in the room.

Social situations are where character lives. Because in private, anyone can manage their presentation. In groups — around his friends, at a party, at a family event — the real person comes out.

What Happens When You Meet His Friends

Meeting his friends is a major data collection moment. Here's what to watch:

How does he act around you in their presence?

Does his energy toward you stay consistent, or does he become more distant? Does he include you in conversations or leave you on the periphery? Does he check in on you or get so absorbed in his people that you disappear? A man who pulls away from you when his friends are around is managing a perception — and it's worth knowing which one.

How do his friends treat you?

People don't treat their friend's girlfriend poorly unless their friend has framed her in a way that makes it acceptable. If his friends are dismissive, rude, or weird with you — ask yourself what he's said about you, or what he hasn't said, that creates that energy.

How does he talk about you when introducing you?

Back to chapter three — how he introduces you in front of his people tells you everything. 'This is my girl' hits different than 'this is my friend,' and both of you know it.

Reading Group Energy

When you're in a group social setting with someone you're dating, pay attention to:

- Who does he naturally gravitate toward when he doesn't think you're watching?
- How does he handle social tension? Does he manage conflict well or create it?
- Is he the same person in groups that he is alone with you?
- How does he treat people at the edges of the group — the quieter person, the outsider?

The edges of social situations reveal character. The person who goes out of their way to include the person standing alone at the party, who's kind to the server without an audience, who handles social awkwardness with grace — that person's character runs deep.

What You're Signaling in Social Situations

Here's a part of this chapter most people skip: what are YOU signaling in social situations?

Social intelligence is bidirectional. While you're reading the room, the room is reading you. And the signal you're sending matters — not because you need to perform, but because you want to make sure your signal is accurate to who you actually are.

Are you warm and confident when meeting his people? Or does anxiety make you quiet and closed off? Are you secure enough to let him have his own conversations without pulling for his attention? Can you hold your own in social settings without relying on him to manage your comfort?

A woman who is socially intelligent is also socially at ease. She doesn't need to be the loudest person in the room. She just needs to be present, grounded, and genuinely herself. That energy is magnetic and it's unmistakable.

The First Event Rule

Pay very close attention to the FIRST major social event you attend together. It sets a pattern. How he includes you, introduces you, checks on you, and represents you in that first group setting is usually very close to the template for how he'll handle every one after it.

If the first event leaves you feeling unseen or peripheral — that's data. Address it directly. If the first event leaves you feeling proud and included — that's also data, and it's worth appreciating.

Chapter 7: Building Your Social Intelligence Practice

Knowledge without application is just trivia. You can read everything in this book and understand every concept perfectly — and still find yourself confused by a man six months from now if you don't actually practice these skills.

Social intelligence is a muscle. It gets stronger with use. Here's your training plan.

Observe Daily in Low-Stakes Environments

The best way to build your ability to read people is to practice constantly in situations where nothing is on the line. At the coffee shop. At the grocery store. At work. On public transit.

Practice reading clusters of body language. Practice noticing when someone's verbal and nonverbal signals don't match. Practice identifying patterns in how people treat others. None of this requires you to say anything or do anything — just watch and analyze.

By the time you're on a first date, you've already done hundreds of hours of observation practice. You don't have to think hard about it. It becomes intuitive.

The 30-Day Journal Practice

For the next 30 days, keep a simple daily journal entry that answers three questions:

- What did I observe about someone's behavior today that was interesting?
- Was there a situation where verbal and nonverbal signals didn't match? What did I notice?
- What pattern did I identify in someone I interact with regularly?

This practice builds the habit of observation and trains your brain to retain and analyze behavioral information. What you practice, you perfect.

Debrief After Every Date

After every date or significant interaction with someone you're dating, do a five-minute debrief. Not to obsess — to observe and record.

- What was consistent with what I've seen before?
- What was new or different?
- Were there any moments where something felt slightly off? What specifically happened?
- What patterns am I starting to see forming?

This is your data collection process. It keeps you grounded in evidence rather than emotion — which is where good decisions come from.

Seek Feedback From Someone You Trust

One of the best social intelligence tools you have is a trusted friend who will tell you the truth. Not the friend who hypes everything because she loves you. The friend who loves you AND will say 'Girl, that third example you gave me is a pattern you need to pay attention to.'

Run your observations by her. Get a second pair of eyes on the data. Sometimes we're too close to a situation to read it clearly, and someone who cares about your wellbeing AND will tell you the truth is invaluable.

Trust Your Pattern Recognition

Here is the most important thing I can tell you: at some point, your pattern recognition is going to give you a signal — a feeling that something isn't adding up, that the behavioral evidence is pointing somewhere you don't want to look.

Trust it. Not impulsively. Not without confirmation. But when the feeling is backed by actual behavioral evidence — when you're not just anxious but you're observing a real pattern — trust your assessment.

Your social intelligence is only as useful as your willingness to act on what it tells you.

The whole point of this book is not to make you a better analyzer. It's to make you a better decision-maker. To get you to the place where you can see clearly, assess accurately, and choose well — for yourself, consistently, without waiting for someone else to confirm what you already know.

You are not confused. You are trained. And now that you have the tools, you have a responsibility to use them.

You perfect what you practice, baby. So practice seeing clearly. Practice trusting yourself. Practice being the woman who doesn't get played twice — because she saw it the first time.

Conclusion: She Sees Everything

Okay, gorgeous. Let's bring it home.

Before you read this book, you might have described yourself as someone who 'always misses the signs' or 'gets too caught up in feelings to think clearly' or 'never knows what a man is really thinking.'

None of that is true anymore.

You now have a framework for reading body language — not just individual gestures, but the clusters that tell the real story. You know the social cues most women miss, from how a man introduces you to how he treats the server to whether his patterns hold up over time. You have a clear assessment tool for separating genuine interest from attention, availability from pursuit, and chemistry from compatibility.

You can identify the behavioral fingerprints of love bombing, future faking, hot and cold patterns, triangulation, and manufactured scarcity — BEFORE you're already emotionally invested. And you know how to read group dynamics, social situations, and the data that only shows up when other people are in the room.

A woman with social intelligence doesn't get blindsided. She sees it coming. She chooses accordingly.

But here's what I need you to remember: this is not about becoming guarded. It's not about being suspicious of every man you meet or building walls that nobody can get through. A woman with social intelligence is not cold — she's clear. She's not paranoid — she's perceptive. She's not closed — she's selective.

She moves through the dating world with her eyes wide open and her heart intact because she trusts herself to see accurately and respond wisely.

That's who you are now.

Combine what you've learned here with everything from the previous books in this series — your attachment style awareness, your boundaries, your situationship-to-relationship game plan, your availability strategy — and you are a woman who is extraordinarily difficult to play and extraordinarily rewarding to love.

Losers lose because they don't know the game. Winners win because they see the whole board.

Baby, you see the whole board now.

Go win.

— *Morranah & The Gorgeous Diaries Team*

Continue your journey with the complete Gorgeous Diaries series:

- Book 1: The Attachment Style Dating Blueprint

- Book 2: Boundaries Without Being a B*tch
- Book 3: From Situationship to Relationship: The 90-Day Game Plan
- Book 4: The Availability Advantage
- Book 5: The Social Intelligence Advantage (You are here)

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