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12
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THE 15 MINUTE



Life's short. Solution? Live fast. Here are 15 things you can do in just 15 minutes that could change your life

BY BEN JHOTY
ILLUSTRATIONS BY JAMES GULLIVER HANCOCK

1 GET A GIRL'S NUMBER

Tired of furtive glances across crowded rooms that come to nothing? Use these tips from dating coach Alex Nova, founder of attractwomen.com.au, to make a killer connection, quick.

THE APPROACH

Strike while the iron's hot. Once you spot an attractive woman, approach within three seconds, recommends Nova. "This makes you less likely to become shy or nervous and you'll appear more natural."

THE LINE(S)

"Hi" Simple and effective, reckons Nova. "Most women will feel the pressure to say 'hi' back and wonder how you may know them," he says.

Observe and question When you see a woman buy an unusual drink, point at it and say "Wow, that looks different. What is it? Is it any good?" "By double-binding the two questions within your opening line, there's a big chance you'll find yourself in a conversation with her," says Nova.

THE LIGHT TOUCH

Introduce "neutral" touching right away, advises Nova. Shake her hand and hold it for an extra 4-5 seconds. If she says something funny, give her a high five.

THE CLOSER

Tell her that it's been fun chatting but you've got to get going, because you have things to do. Enthusiasm is contagious, says Nova, so suggest meeting up and continuing your conversation another time. Do not ask for her number. Instead, hand over your phone and say, "put your number here". Call it on the spot to check the digits are correct. "This way she also has your number – women hate getting calls from strange numbers," says Nova. That's it, you're done.

