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## SPECIAL FEATURES

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### The art of attracting women

**After RALPH dude Andy Athans confessed his last girlfriend was two years ago and he was too shy to approach girls, we sent him packing to the Attract Women school.**



Cute uni babes Luisa and Greta plant one on RALPHman

Hosted by leading dating coaches Alex Nova and Matt Hedberg, aka Ziggy H (his pseudonym in the pick-up artist online community), they provided Andy with a night's worth of invaluable tips and techniques to meet gorgeous girls.

#### Picking up tips

##### Talking

- Have a three-second rule where after seeing an attractive girl you approach and talk to her.

#### Check out the girls Andy attracted

### VIEW GALLERY

- Act spontaneous, but have a reason for talking to her.
- Be the leader of the conversation.
- Talk loud and slow, it shows confidence and people will hear you better.
- Talk about interesting things, such as hobbies or travel.
- Humour is important, but it's not everything.

#### Body language

- Be confident and approach with a friendly smile.
- Have a time constraint and show with your body language you're about to leave.
- When approaching a group of girls, your energy level must be on par if not higher than theirs.
- Act as if she likes you.
- Don't lurk on the edge of the dance floor looking at the girls while sipping a beer. You stand out like a vulture.
- Instead of accidentally leaning in towards her, sit up, cross your legs, back off a little and she'll do the work for you.

#### Grooming

- Focus on your strengths and don't look at your weakness.
- You don't have to be good looking, you'll just have to look good.
- Ask the type of girl you want, if she likes a man with or without facial hair.

#### Clothes

Don't wear more than three different colours.

- Don't tuck your shirt inside your pants.
- Have a watch, chain or ring that says something about you. Have a story behind every accessory, because if a chick compliments you on your accessories, you want to keep the conversation going.
- Choose a sexy stereotype, such as a rock star, rapper or movie star. If you look like everybody else you will be associated with everybody else and more likely be rejected.

#### Anxiety and approaching girls

Ziggy H, who is currently writing a book, said many people are afraid of approaching a women.

"To get rid of a phobia you have to exploit yourself to the phobia," the 21-year-old says. "If you have a lower goal than to pick her up, your only goal is to say something. Add goals as you go, then you get less nervous from the start."

"Women want to be approached by a fun, confident guy and the fear about approaching is only in your head and makes you frustrated. There is no rejection, only elimination. Give her the opportunity to bring herself into your world."

The Swedish-born dating coach says it's important to have a reason for approaching a girl and walk up with a short quirky opener, such as, "Who do you think is prettier, Jen Hawkins or Miranda Kerr?"

Former student Mark Joseph, better known as Ill Maestro in the PUA online community says the more you practise approaching girls, the better you get at it.

Ill Maestro, now a part-time dating coach, has a 60 percent success rate, thanks to being spontaneous and using cocky humour.

"I've now become a very confident person. I'm in control and girls like a guy who know what he's doing," the 29-year-old said.

#### Saxon Cheng

#### Your say: What's the funniest pick-up line you have ever heard?

**Attract Women seminars are held in capital cities around Australia for blokes aged 18 to 45 years old. Every weekend, clients are taught three hours of theory followed by practical coaching in bars and clubs. Attract Women also teaches guys how to turn a phone number into a date as well as tips on online dating and kiss closes. For further information, call 0431 397 932 or jump onto [www.AttractWomen.com.au](http://www.AttractWomen.com.au)**

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