



How to Get **Any** Girls Phone Number in 60 Seconds!

And walk away with her email address too

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On any given day a hot looking, or even just OK looking girls, get approached by guys who want to get in their pants. Most of the guys that approach them are not very good looking. Not that this is very important as you will soon see. What IS important is that pretty much not one of them has anything remotely interesting to say.

Most guys, when trying to approach a girl to get a date or get her phone number start and TRY to maintain a conversation that is painfully awkward or embarrassingly obvious of the guys' intent with the girl he has just approached.

Now try to place yourself into the mindset of a hot single girl like the one pictured at the top of the page.

How would you feel if **every single day** while you were busy doing things during your day 5-10 girls approached you and started conversations with you.

Now that by itself would not be so bad but throw into the mix that just about every single girl that approached you was average looking, at best, most of them not good looking at all AND every single one of them had an ulterior motive and wanted something from you while pretending they were just being friendly.

I know it would take me about 2 or 3 days of this to get pretty damned pissed to the point of wanting to punch every single one of them in the mouth for daring to insult my intelligence and disrespect me as a human being!



Now when you think about that girl that you approached last week that acted like a “bitch” you can have a greater appreciation of what a hot girl goes through on a typical day.

What ends up happening is the girl puts up a psychological barrier as a defense mechanism. She can spot the guy on the prowl approaching from 100 yards away so before you even open your mouth to utter your first sparkling words of wit to her she has already shouted “*get lost, go away, and leave me alone!*” a dozen times in her own head.

Can you begin to see how, right from the get go, your fighting an uphill battle??

This is actually good news though.



Can you remember a time when you drove in your car to work and as you got several miles down the road it was as if you were asleep because all of a sudden you realized you were already $\frac{3}{4}$ of the way there and didn't remember driving. You were in a trance because you drove the same way over and over again every single day so it has become a deeply engrained habit.



This is what it is like for a hot girl who gets approached every single day, day after day, week after week, by the “same” guy over and over again. Rejecting the guy and nicely telling him to “get lost” has become a deeply engrained habit through repetition.



Now if while you drove that same route to work and all of a sudden a 3 mile stretch of the road was painted pink you would “wake up” out of your trance and notice the pink road simply because it is different from the usual.

Herein lays the foundation of the first psychological principal that we are going to use to get any girls phone number. Make yourself different from the other guys that approached her in the past and do it in such a manner that it “wakes her up” from her “rejection trance”

Now you could be different by letting out a lot of loud farts as you’re approaching her but we don’t quite want to be different in THIS way.



STEP #1 to getting a girls phone number:
Approach her.

Now this is obvious. My personal opinion is that the grocery store is one of the best places to

approach a girl because you can tell lots of things right off the bat. For one the actual approach becomes easy and natural. You can also see if she is married (both hands on shopping cart) you can tell if she has kids (diaper, formula in the cart) and you can get an idea of her eating habits and culinary likes and dislikes. So if you don’t like kids and see tons of diapers and formula you know to turn the other way and run.



Pretend you are shopping and be fairly nearby the girl in the same aisle as she is. As the girl is lingering in a certain part of an aisle is time to strike.



Sidenote:	What are the easiest women in the world to get into bed ?
	<p>If your main reason for getting girls phone #'s is to get laid consider this. The easiest women in the world to get into bed are unhappily married women! Why is this? Although girls CAN love the physical aspects of sex just as much as guys the sense of connection a woman has for the man she sleeps with plays a huge role in that. So if a woman is in an unhappy marriage the volume of sexual activity goes way down. Add to that the fact that a married woman can't just go off and find someone else like an unmarried person can. Because of her situation she is forced to be extremely discreet about solving her frustration problems with another guy. So, in a nutshell, you have an emotionally and sexually frustrated babe who is going to have a tough time doing anything about it!! Talk about opportunity. Now I am not saying that I personally advocate getting involved with married women the fact is that if you're looking for unattached and easy action a married girl is the way to go. There is a web site specifically designed for frustrated married people called Ashley Madison and it is free to join.</p>

Ask her a “dumb single guy who lives alone and doesn’t know how to cook” sort of question. It doesn’t have to be an overly brilliant or witty question which is great because it takes a lot of pressure off to be brilliant or witty. If she is near bread and grabs a loaf of whole wheat bread you could say *“Do you really think whole wheat bread is that much healthier than white bread like they say in the news?”*



You have achieved the first objective and that is starting the conversation.

STEP #2 to getting a girls phone number: Imitate her.

This is a principle that is referred to as mirroring. It has been proven that more than 80% of communication has NOTHING to do with the actual words that come out of your mouth but instead is non verbal communication like your body posture, voice tonality and volume.

Generally speaking we tend to like people that are like ourselves. Mostly because if we are around someone that we feel is a lot like ourselves we feel a lot more comfortable and we instantly feel like this person understands us. This causes us to immediately feel a certain level of closeness to this person even if they are total strangers to us.

The way MOST people try to pull that off is by using words such as “*yea I know exactly what you mean*” or “*I feel the same way*” or “*me too!*”

But since we are now armed with the powerful knowledge that 80% of communication is NON verbal we too can apply the “me too” way of relating in a much more powerful way by mimicking her body language.

You don’t want to do this in an exact and literal fashion so it looks like you’re playing “Simon says”. But do this subtly. So if she speaks with a soft tone of voice keep your voice tone soft. If she repeats a



certain type of phrase over and over like “*I see what you mean*” do the same. If she speaks rapidly you speak rapidly. This may take a little practice to master it but once you do you will have an insanely POWERFUL way to create rapport with anyone you wish.

STEP #3 to getting a girls phone number: get her in a powerful, positive, state quickly (60 seconds).

By strong state we mean an emotional one. In other words get her smiling strong or laughing hard. You have heard the saying about first impressions? **Get her smiling strong or laughing and enjoying her conversation with you in the first 60 seconds.**

Accomplishing this might be the biggest challenge in the whole process and a lot of it will have to do with overcoming any fears or anxieties you may have about approaching women. Once you are relaxed and comfortable and having fun with the whole process of approaching women for the intent of getting their phone number then you will be able to relax and your real personality and ability to have fun will shine through. This is just a matter of practice. I had this problem and I overcame it by making approaching girls a small career. The end result was **I slept with 25 girls in about 2 years.**



And keep in mind my fear of girls was so strong that I was a virgin until I was 28!! And the 25 girls I slept with was when I was from age 28 to 30.



The REASON getting the girl in a positive state as quickly as possible is important goes way beyond first impressions. It is more of a setup for the next step which is...

STEP #4 to getting a girls phone number: walk away and don't ask for it.

What? Once you have gotten the girl in a strong positive emotional state when she is right in the peak of a positive emotion say "*Well it was great meeting you. I have to get back to my friends.*" Then **immediately turn and walk away!**

Remember in the beginning we talked about driving your car and going into a trance because of repeated action of driving the same route every day? And that if a stretch of road was painted pink you would be jarred out of your trance because of the sudden change from what your use to?

Well what a hot woman is used to is the guy asking her out or asking for her phone number during the conversation.

YOU, on the other hand, have just jarred her out of her "rejection trance" because you **did something totally different from what other guys do**. You walked away in the middle of a great conversation and connection leaving her hanging WITHOUT asking for anything.

As you're walking away she is going to be thinking all kinds' things like "*Does my breath stink?*" "*Do I smell?*"



After you have taken about 7 or 8 steps away from her stop, turn around and say “Do you have email?” **DO NOT** say “Can I have your email address” Because that is ASKING for something and when it comes to girls, at least in the beginning, **you don’t ask for anything.** **You tell.** This may sound cave mannish to you but trust me most girls want a man. And a man is strong and confident and makes decisions. It is often referred to as Alpha Male traits. So even if you aren’t REALLY strong, decisive, etc., just act as if and pretend you are.



So when she affirms that she does have email **walk back towards her pulling out a pen and piece of paper and look her right in the eye like you own her** and say “write it down for me. Maybe when I get a chance I’ll say hello” Hand her the pen and paper as if getting her email address like this is totally natural and normal.

While she is in the middle of writing her email address down say “Write down your phone number too.”

If she acts AT ALL hesitant to write down her phone number immediately say “Don’t worry. I’m no stalker. I just like to make friends” and say it with a bit of a giggle as if your subconsciously saying to her “that’s ridiculous to worry about giving ME your phone number” If she doesn’t have email then you will just have to go straight for the phone number.

The psychological principal here is known well to top salesmen. And that principle is: **get a person to make a small and easy commitment**



toward your end result and that softens and eases going for the bigger commitment.

Asking the girl for her email is relatively low risk. After all if she doesn't want to talk to you she can just delete the email. While she is in the middle of writing down her email address including her phone number is a lot easier for her and not such a big step compared to just straight out asking for the bigger commitment which is her phone number.



If you have done everything correctly you should now hold in your hand her phone number AND her email address. Congratulations!

STEP #5 to getting a girls phone number: get the hell out of there.

At this point you don't want to take a chance of saying or doing anything that might turn her off. You have done the hard work and have gotten her phone and email. So immediately smile, say something to the effect of "*All right. Maybe we will talk soon.*" Turn one last time and walk away.

The Final Step: Call her

About 2 days after getting her phone number call her as long as it is not on a Friday or Saturday night. She is probably going to be wondering in the back of her mind why you're not out with your friends or another girl.



Any other evening between 7:30pm-9:30pm is best.

Make the phone call brief. Our intent here is the same as when we first met her. Once again we want to get her in a strong positive happy state quickly. Keep the phone conversation between 10-15 minutes and once again, somewhere between the 10-15 minute point when you have her right at the peak of a positive state, feeling good, laughing, etc., say *“Hey, it was really great talking with you. I am in the middle of doing some business work at home and wanted to get it done so I can get to bed before 4am.”* with a little bit of a laugh or chuckle in your voice.



Again the intent here is to leave a positive taste of you in her mouth. Remember when we first met her we told her we had to leave to get back to our friends? That was to subconsciously convey the idea that we have friends, we are social, and people like us.

This time we are trying to paint the picture that we also have an active business/financial life and are a successful guy.

Is this whole process lying or being dishonest ?

If this ebook makes you feel a little uneasy because you feel you are being dishonest or manipulative then consider this. You are being no more manipulative than every single woman on the planet that puts makeup on which is basically a visual lie. I mean really,



makeup is a tool that women use to make themselves look a lot better than they really look and this is all you are doing.

After the first phone call you probably can and should let your true self through more because once this new relationship has survived to reach phone call number 2 you want her to start seeing who you really are if it is YOU you want her to like or love.

Now I am NOT saying that at some point from phone call #2 or later you should “confess” and tell her that there really weren’t any friends waiting for you outside when you got her phone number or that you didn’t really have to get back to business work during your first phone call.

Just be more straightforward and let your true self shine through from the second phone call on.

If the 2 of you are not right for each other then this will eventually come out at some point anyway and believe me sooner is better than later.

So to recap:

- Start the conversations
- Get her in a powerful positive state as quickly as possible
- Once you get her in this state turn and walk away
- Turn back 7 or 8 steps later and ask IF she has email
- Take out pen and paper so she can write it down
- While she is writing it down TELL her to include her phone number



- Leave
- Call about 2 evenings later but not Fri. or Sat. night

Well there you have it. Remember if your not use to doing this it isn't going to feel natural at first. Practice and then practice some more. Before long you're going to be an expert at getting a girls phone number.

Listed below on the next page is additional tools and tricks to make you even more successful with getting the girls.

Additional tools and resources to make you popular with women



The [Simple Seducer](#) is a controversial new book that is being touted as the book that "**everyone who reads it gets laid.**" A rather bold claim however this guide is extremely thorough in terms of covering every possible method and situation for meeting and seducing girls. **There are 3 bonus publications included.** "How to smoothly undress a girl"

"Seduction discovery worksheets" which is a sort of motivational action plan for those who tend to get weak in the knees around hot women and "How to have multiple female sex partners". Out of the dozen ebooks on seduction we downloaded this one gets the top prize from us especially at a price of just \$17 you can't go wrong. 5 gold bars out of 5!

[DOWNLOAD HERE](#)

How to meet and pick up girls at www.matchbook-method.com



One thing we REALLY liked about [The Online Game](#) is that even though the price is \$47 **you are allowed to download ALL the materials and test drive them for 21 days for just \$4.95!!** Only after fully test driving the system and its effectiveness for 21 days will you be billed the remainder. On top of that there is a 60 day guarantee as well. About the only downside to [The Online Game](#) is that it is geared towards meeting girls on Facebook. So it is more of an online seduction system than a face to face seduction system. I guess if you have any fears of rejections from hot girls this system eases that concern. Of course there are certain obvious conveniences to meeting women online that meeting them in person don't allow. We found all the techniques for attracting girls taught in [The Online Game](#) can be applied to any similar web site like Myspace or Friendster.

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The dating sites below are willing to go the extra mile to readers of this ebook to acquire new business so take advantage of it as there is no guarantee as to how

How to meet and pick up girls at www.matchbook-method.com

How to meet and pick up girls at www.matchbook-method.com



long these special access promotions and discounts will remain valid. (We don't know how long these dating sites are going to like us)

Match.com	20% discount off the regular price
Match.com	3 days full access Free
Lavalife.com	Free to flirt & Free reply to emails sent to you
Lavalife.com	7 days full access Free
Singlesnet.com	Email girls Free
Chemistry.com	Pay for 1 month get 2 Free
Mingles.com	100% Free dating site
Metrodate.com	Meet single girls free
AshleyMadison.com	For meeting married women and men

How to meet and pick up girls at www.matchbook-method.com