

Magnetize **Mr. Right**

Stop Wasting Time With Mr. Wrong and
Meet the man of your dreams



Nadine Piat

MAGNETIZE
Mr. Right

By

Nadine Piat



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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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Introduction

Do you ever feel that finding love is much harder than you thought it would be?

With more and more ways to meet men, surprisingly there are *still* a lot of women scratching their heads trying to work out how on earth they are going to experience the love they want.

If you're anything like me, you grew up believing that one-day you would meet your Mr. Right and fall madly in love - "The End". It would just happen. Except with 47% of the population being single, and many of those who are attached are unhappy, it would appear that there are many women (and men) still searching for the very thing that is supposed to make the world go around... and that is... LOVE.

That's right, love is the universal language. Love is what everyone wants, *one way or another*, yet it still eludes many. It remains out of reach, a mere illusion!

Over the past 8 years I've counseled enough women to know that not all women are familiar with how to find true love. For a few women it comes easily and for others no matter how smart, attractive, funny and interesting they are - love doesn't seem to develop for them.

They read my blogs and reach out to me for tips, information, and advice on why they can't seem to find a man - a real man; worth keeping. While each scenario is different, most of my female readers and clients have similar obstacles to overcome if they ever want a shot at true love.

This is why I decided to write an ebook that will touch on some of the common problem areas women deal with in finding their one and true soul mate. It will also provide some encouragement and knowledge for those who feel that perhaps Mr. Right does not exist.

It is my every intension to give insight not only on the opposite sex, but I also want to focus on the many *blunders* that we as women make in general...

Blunders? ... What blunders? (Is probably the thought that runs through your mind)

Many women don't realize that much of the reason why they cannot find someone has a lot to do with what's going on for them internally. This is not to say that you have anything "major" going on, it could be as simple as a mindset shift or a slight change in the way you approach men, that could dramatically change your love success.

It's easy enough to go out and find a one night stand or even a guy that *will do* for now, someone to have a mediocre relationship with or something casual, but finding Mr. Right, well, let's just say it requires more than just physical attraction.

And perhaps, you're not single, you're in a relationship and wondering if the man you are with is the right man for you?

The truth be told, there are a variety of things we can do that in essence can prevent us from ever finding real happiness in the area of love. The obstacles can range from not loving ourselves to not knowing exactly what we want in a man, and until you are able to pinpoint the problem and come up with the right solution,

you're going to be forever trapped in a web of what I call, *going nowhere* dating and relationships.

I know firsthand that being a woman can sometimes feel like a challenge, particularly in this current world when gender roles have blurred. Many women don't even know what it means to feel feminine anymore; we have been so focused on being equal that we've forgotten to stay connected to the core magnetism of the feminine. That said, men are more confused than ever too, and this is why dating, finding love and keeping love, can be more challenging than it ever has been or needs to be.

Finding Mr. Right does not have to involve tons of trial and error or settling for less than you deserve. I have written this ebook for women who are at their wits end with finding love and tired of meeting men they're not compatible with...

It is my hope that this information will encourage you to look beyond the surface and really dig deep into the "meat" of finding a good man. This guide will teach you to first be honest with yourself, and will then show you clear steps for finding the man of your dreams.

So read, enjoy, share, and be confident that there is a special man out there just waiting for you to cross their path.

PART 1

The Biggest Mistakes Women Make When Looking For A Love Match



Chapter 1

Tinkering Tales

Unraveling your stories creates an easy path to love

Before I go into detail about the different traits of men, true compatibility, and the secrets to finding the man you want, it's important to overcome the biggest barriers to love...

...your fears, insecurities and other little blocks...

No matter who you are and whether you've been single for 5 days, 5 months or 5 years. We all have beliefs and blocks that can act like a fortress, that keep us locked away from heartfelt love and intimacy.

Some years back I shared with a friend, who happens to be a healer and medium, that I was having difficulty meeting a compatible partner. I passionately claimed that I was open to love and ready for a committed relationship. I said to her that I kept meeting men who were often intense with me to begin with, and then within the first few weeks or months of dating they would reveal to me how affected they still were from a previous relationship, or they would share that they'd not long ago had a breakdown and were still suffering and/or on medication.

Sure, these men wanted love, though they were not ready for the love I wanted. I was perplexed! I couldn't work out why I was attracting and reliving this unfulfilling relationship dynamic over and over again.

Conversely and strangely, I would also attract the relationship ready types of men. Men that would do anything for me and who held a strong and unrelenting torch for me. They wanted commitment; yet they were in some way never "right" for me, *well so I thought*. I would always find reasons as to why they were not my match.

So my healer friend, said to me... "Nadine sweetie, you're fearful of commitment."

My response was quick, I said... "Huh? No way. Absolutely not a chance!"

I was adamant that I was not like the commitment phobic men I was attracting.

I was not fearful of love.

I was ready for L O V E!

Hmmm...

Even though I was certain that my friend was inaccurate in her assumption of my lack of readiness for love, she didn't waver, and lovingly encouraged me to go deeper - to sense if there was any truth in what she was saying to me.

So I sat with what she shared and focused on quieting my objections long enough to feel deeper into me. For a while I was confused. I really couldn't see how I was fearful of the very thing I wanted; commitment. I thought I was ready. Wasn't I????

The thing that had me *stuck* was that I wasn't particularly fearful of love itself. I had spent years and lots of money investing in my emotional health and ability to love.

But, I WAS fearful... though in what way?

After a few days it came to me.... I *got* what she meant...

I had a sneaky feeling that I was worried that loving another would stop me from living the life I wanted.

I thought that a partner might hold me back. Stop me from pursuing my dreams.

I was fearful of getting stuck in one city. I had spent many years building my business in a way that allowed geographical freedom in my life. I could travel and work from any city, town or country and I didn't want a man to take that away from me.

And this was what was eating at my love success and me.

Therefore my fear was not based on love itself, my fear was based on what I believed love could or would do to my life and my dreams.

Yikes. It was true!

I was fearful in a way that was not obvious to me about me. Fear of getting hurt was not a big fear of mine, nor was the fear of being cheated on or lied to.

Hence why my block was hiding.

So, if you would like to find the most wonderful man for you, you need to find the sneaky, the obvious, and downright insidious blocks in your psyche. I like to call these your 'Tinkering Tales' - these are the stories and lies you tell yourself that are useless, pointless and fruitless... they will not bring you love.

Let's see if you can identify some of your very own 'Tinkering Tales'...

Ask yourself:

- 🍷 **What would love add or take away from your life?** i.e. Loss of freedom, lose touch with your friends and/or children, lose your money, don't have time

with work commitments, maybe you think that you will lose touch with yourself in relationship?

- ❁ **What do you believe love could do to you?** i.e. Hurt you, hinder you in some way, stop you from doing something?
- ❁ **What stories do you have about love in general?** i.e. Love is hard, love is fun, love is difficult, love should be easy, love is for the young, I'm too old for love?
- ❁ **Do you think your personality suits love?** i.e. I'm too introverted for love, I'm too loud, I'm too shy, I've got too much personality for love, I'm too demanding for love? I'm too dominant and driven for love?
- ❁ **Do you think your physicality is hindering love?** i.e. Do you think that you're too old, too fat, too tall, too short for love? Do you believe that you are too pretty and that intimate men? Maybe you believe that you're too plain or not sexy enough?
- ❁ **Is your career/finances standing in your way?** i.e. Are you too successful or unsuccessful for love? Do you have too much debt for love? Are you too wealthy or poor (this can be different to success)?
- ❁ **What kind of emotional blocks do you have?** i.e. Are you still angry with an ex, did something happen in your past that stops you from trusting a man (more about this coming up), do you think all men are bastards? Do you think that you're not good enough?

The above points are a good starting point to get you thinking about the stories (tales) you have around attracting love into your life. Some of these will run under the radar and some may already be known to you.

Regardless, you've got to find your blip, your tripping point/s.

What's the mud in your water?

What's *tinkering* with your love success?

If you're finding it difficult to work this out then ask a friend to help you. Ask them if they think you have any blocks and be open to hearing what they are.

So, let's assume you can identify that there is a *tale*, a sticking point for you (maybe you recognized a handful of them)?

So what do you do about it?

In my Never Lose Him program I go into this in great detail, though I want to give you some practical tips to take away with you here.

Steps to overcome your love-blocking 'Tinkering Tales':

- 1. Take the time to get honest.** Don't label the feeling or thought as negative or bad. Nothing you think or have believed about yourself needs to be labeled. Instead see these beliefs for what they are, just thoughts, and choose to let them go. So how do you do that?
- 2. Let your beliefs go.** Let's say that you believe that you're not pretty enough for love. See the humor in this belief. Instead of saying "I'm not pretty enough for love", replace it with, "I used to think that I wasn't pretty enough for love". Let it become the PAST, not the present way of thinking.
- 3. Challenge the belief?** Is it true that you're not pretty enough for love? Do only pretty people find love? What does pretty mean anyway? What's the answer here?
- 4. Find your new truth.** Love is for everyone. Love comes in all shapes and sizes. Love has no physical boundaries. I am loveable skinny, slim or cuddly.
- 5. Repetition.** You then keep repeating this gentle questioning and you then continue to turn it around.

Once I had this new awareness about myself I was able to see how many men I had been rejecting. It was quite unbelievable how many men I simply didn't give a

chance to, because I had predetermined that his lifestyle was going to be too different to mine. I ruled him out before knowing him.

The truth is that when you find your love match, life changes, your priorities change. In reality I wasn't traveling all that much, even if I could do so, I wasn't. So the truth was that it wouldn't have mattered if he was working a 9-5 job or if he was an entrepreneur like me. This should not have been a deal breaker.

So, what are your fears; the beliefs holding you back? Please write them down and start rethinking your lovability and your ability to truly invite love into your life.



Chapter 2

Sanity Saver

Stay true to you, remain resilient and stay sane

On your journey to finding love, the most important character trait you need is resilience. Sure, you need to remain open hearted, warm and optimistic, though you can't be all of these things without understanding resilience.

Resilience comes from the core of you. Resilience is *not* something you can fake. True resilience is about *getting back up* when you're tired of kissing frogs.

Understandably, when you've had a few too many relationships turn sour the excitement and possibility of new love can wane. No doubt there are times when you simply couldn't be bothered with the energy it takes to stay open to love. Or perhaps you feel a bit jaded and or even angry with men, or maybe you're angry yourself or even the world. It happens.

True resilience stems from self-belief and self-love. When you believe in yourself you believe in love, and your journey to love feels safe and secure (even when there are ups and downs).

Imagine for a moment that it's a warm Saturday morning in July and you've just hung out the washing in the garden, and as you walk up the stairs and back into the

house, you notice the weather is changing. What was only moments ago, a bright sunny day, is now turning into dark windy mess.

You go online to look for a current weather report and you read that a mighty strong storm is coming your way.

You run around the house closing all the windows and securing the outdoor furniture, but before you have time to finish, the storm hits and you find yourself in a whirlwind of rain and hail. The storm is building and the wind is so forceful that you see parts of your neighbors' roofs coming lose and flying into the air.

You're scared for your safety and it seems like this torrential rain and hail is never going to stop. Though, after about 30 minutes it finally starts to dissipate.

Luckily you're still in one piece though the house is in chaos. Many of your windows have been smashed. Part of your roof also came off and your washing line is nowhere to be seen.

So how do you feel?

Do you feel like an injustice has been served? Do you decided to not clean up the mess? Do you decide to hide in the only room in your house that was not affected in some way?

Do you call for help?

Do you call and see if your friends and family are out of harms way?

Even though it was a shock, do you trust that all will work out?

Are you grateful for your life and your safety and have faith that all will be repaired and fixed?

Do you fall into a heap or do you catch your breathe and start working out a strategy to overcome such a wild crazy storm?

Are you *resilient* in this situation?

You might be wondering; what on earth does this story have to do with dating, relating and mating?

If you want to find the kind of love that supports you and empowers you then you have to support you and empower *you first*.

Crappy things happen. Relationships end. People do weird or even hurtful things from time to time (myself and yourself included). And sometimes we just don't get what we want.

It's just how it is. This is what happens on planet earth.

You cannot control whether a storm hits your house or not, nor can you control a relationship and what someone does.

As the brilliant Maya Angelou said, "I got my own back" - it's up to you how you view your journey to love. This is why it's important to not take dating and relating too seriously...

It's not the end of the world if a relationship doesn't work out.

It's not the end of the world if someone cheated or you felt mistreated.

It's okay. Sure, it's not what you wanted, it can be painful, though you will survive.

Just like the windows that were damaged by the hail and the washing line that went missing - you have to believe that your heart will heal and that you will get over something that hurt.

When you believe this you become resilient and ultimately more open to love.

Just as there are some exceptional, kind and loving super humans on this planet, there are also some people that are not healthy for us, it's part of the process of finding love. You either learn to accept this and learn from this or you don't.

Sure, sometimes you will get some “heavy winds”; occasionally you will meet a man who’s not good for you, at times you may not know *where you stand* and you may feel uncertain or insecure...

So what!

Why does this matter and why beat yourself up or personalize these things? Why not be okay and at peace with all of your experiences, because *you have your own back!*

I do not mean this in a pseudo-confident or arrogant way. I would never want you to pretend that you’ve got your own back when you don’t, or to pretend you’re happy when you’re not. What’s undeniable is; the more you believe in you, the happier and more content you will be, and the more stable “your back” will become. Your emotional self will fortify, your resilience will develop, and you will become magnetically more alluring to the right man.

Why not choose to be joyful in this process? Why not graciously dance through the wonder of the unknown that comes with finding love. Believe me when I say that attracting Mr. Right becomes easier and more enjoyable when joy lives within you. Find it.

Of course, remaining open to love does not mean that you don’t have boundaries. It simply means that you *trust the process* - which leads me to my next point.

Divine Trust

Why would I want to talk about trust? Sure, we all want to be able to trust the people that are close to us, though sometimes we can find ourselves feeling let down by the very person we love or deeply care about.

Feelings of betrayal is something that most people have experienced in some way, and when the feeling of betrayal sets in you may find it difficult to be open to

intimate love. Of course, you may find it difficult to trust people for a number of reasons, and they are not always glaringly obvious. One can lose their sense of trust in another as a result of being with someone who continually says they will do something, yet regularly, they don't live up to their word, so you stop believing in them. Trust breaks down.

Of course there are some actions that are more obvious that see you losing trust and faith in others, such as; cheating, abuse and lies. In fact, we ALL lie occasionally, though some people lie incessantly and in ways that creates a huge amount of doubt. They may lie about their past, their age, their relationship status, their job and family, where they've been, and the list goes on. So sure, there are many reasons why it's difficult to trust others, and when this distrust has set in it can ruin a potential relationship.

If you fear that you will get hurt and you worry whether you can trust the man you care about or have started dating, then that's understandable. Being mindful is important if you're looking for great love. Though being mindful is very different to being jaded, angry, defensive or closed - this can result in you coming across as affected, hard, cold, critical and quick to judge. When the man you're dating senses this, and he will, then most men will retract.

The same applies to you dating a man. If you are in a good place, open to love, ready for commitment, and you meet a guy who seems a bit edgy or emotionally challenged, and if you're paying attention, you will get a feeling that something is "off" and you'll probably feel some hesitation within you.

I remember a guy I met online, he was really cute and even though he seemed nice enough, he had an edge to him that I couldn't quite put my finger on at first. For our third meet up, he asked me join him and his best mate for a drink at a nice wine bar. It was late afternoon and they had just played golf and I suspected that he wanted his mate to check me out to get a seal of approval or... disapproval.

We started chatting about their game, we then started chatting about his mates job and a few other topics. Even though the conversation was relaxed and flowing, he seemed agitated and angry. He wasn't easy to talk to. I knew that he wasn't long out of a relationship and interestingly he made a few bitey comments about his ex, who happened to live in the area.

He went to the bathroom and when he was away I said to his friend that he seemed annoyed, like he was angry. I said that my feeling was that he hasn't dealt with his breakup properly. His mate agreed, apparently his ex cheated on him and he was still suffering.

When he returned from the bathroom I soon after excused myself and left. I didn't want to be around him. The feeling I got from him was that he didn't trust women and that all women were cheaters and liars.

My point is... this works both ways.

This means that it's not unwarranted for you to not want to trust another with your heart and your deepest feelings. Of course you cannot trust a stranger. No kidding. You don't know them.

So the big hairy question is, can you still date from a place of trust without trusting another?

The answer is a big YES!

The remedy is to **trust you first**. Trust that you will be okay; not matter what happens.

Have FAITH in yourself. That's all that matters.

Trust when you see the signs of a man who's not right for you. There will be plenty who are not. It's okay. You're not looking for ANY man. You're looking for your Mr. Right.

Trust that there are great men in the world! There are.

I have been cheated on, lied to and misled. I've felt hurt and betrayed too, and I have cried many a river on my journey to intimate deep love.

And I've managed to still be open to love. I've remained resilient because *I trust me*.

I love me. I believe in me. I know I'm an awesome woman.

How someone treats me is not a reflection of my worth and value - it's a reflection of their emotional awareness, their Emotional IQ. The way a man (or anyone) treats me is a reflection of their; fears, insecurities and understanding of their self-worth.

This chapter is not about whether you should trust others or not. Trust is important in a relationship, though if you don't trust yourself then you won't trust your feelings and instincts. You will go against yourself - and this is a recipe for relationship disaster. This is why people stay in unhealthy relationships.

In the first chapter I explained your 'Tinkering Tales' - if you believe that no one can be trusted or everyone hurts others, then you will attract this into your life. Instead find a healthy self-loving way to look at relationships...

Know what you value and look for a partner *who lives by* these similar values.

If someone does not value me then that's not my problem. I will say goodbye to them - because I VALUE ME.

Divine trust and resilience creates a woman who is dynamic and at peace with herself, which makes her captivating and magnetic.

Approach love with gentleness. Stay open to love and let love flow into your life.

Trust you and trust the process.

Chapter 3

Perfection Syndrome



Focusing on the 20%

Now that you understand self-trust and resilience, and now that you've got some clarity about your love-blocking Tinkering Tales...then it's time to shift the pace...

There is one major point that I have to get out, in fact it is the entire purpose of this first chapter....

So please listen carefully....

There is no PERFECT guy out there...

No knight in shining armor....

No prince charming....

You are not going to find someone who is 100% compatible with you in every aspect of life. This is why it's so important to know when a good man is right in front of you so that you can recognize it and value this connection.

Because, he will have flaws, guaranteed, and so will you - your ensemble of flaws will either be tolerable or not, and this will be the deciding and defining factor.

Which brings me to my first example:

A close friend of mine named Sarah had been in a relationship with her boyfriend Alex for about seven years. She was happy for a better part of the relationship but it seemed that lately the flame had gone out. Sarah claimed to still love Alex very much but the thrill was gone.

They tried date night, counseling, time apart, and everything in between but it just seemed that the relationship had grown stale. In my opinion part of the problem was Alex saw nothing wrong with the relationship as it was and Sarah was ready for a change....

One day Sarah comes over for a girl's night out. We head to a bar and immediately she begins flirting with the guys in the bar. She starts chatting to a very attractive guy by the name of Brad who seems to tickle her fancy.

The entire night she's flirting, talking, and laughing with Brad and when the last call went out, she exchanged numbers with him. As her friend and a relationship counselor I tried reasoning with her about her actions, but I could see in her eyes that Brad, made her feel in ways that Alex had not done in years.....

I backed off....

Fast forward three months...

Sarah and Alex broke up. Sarah and Brad got together..... BUT

After moving in together Sarah quickly realized who Brad really was....

He was messy, lazy, and liked to go out and party most nights. Not to mention he was almost 40 years old without a plan for his life. In fact, it seemed as if he were a college student trapped in an adult body....

After only six months together Sarah began to have regrets.... Big regrets...

She understood the concept that the grass is not always greener on the other side, but more importantly, she'd let go of her 80% to chase after her 20%..... I call this the 'Perfection Syndrome'....

What is the Perfection Syndrome?

As I said before just like life, relationships were not designed to be a bed of roses all the time. What many people fail to realize is that sometimes the little arguments and obstacles that you go through with your partner, are the very things that will make the relationship stronger and more intimate (when approached in a healthy graceful manner).

The 80/20 rule in a relationship is a breakdown of what a woman or man finds perfect in their partner verses the flaws.

In reality, most people enter relationships believing they are or have to be 100% perfect for the person they are with. However, in retrospect, even the longest lasting marriage on record is not a 100% match. Typically Mr. Right will only accommodate about 80% of your needs. The other 20%... well...

The other 20% are the things you probably deem as "flaws"...

The things that get up under your skin....

The annoyances that were once considered "changeable" or "minimal", or even something you deemed as "cute" earlier on...

Now any gambling person would automatically realize that having 80% of what you need is much better than settling for 20% of what you think you want. However, most women (and men) take the 80 for granted and long for the other 20, or *even worse* they stay with the 20% guy, hoping he'll become Mr. 80!!! This is not a healthy relationship and a recipe for emotional turmoil and pain.

This is exactly what happened to my friend Sarah. She knew that Alex had most of what she needed to feel great about the relationship. He was a hard worker,

attentive to her needs, clean and health conscious and knew exactly where his life was headed (the 80%).....

However, Alex was introverted which at first was not a problem for Sarah who is an extreme extrovert, because he gave her to space shine and be bold. As time went on though, Sarah realized that Alex didn't go out much, didn't like to socialize in big crowds, preferred dinner and a movie to clubbing or bar hopping, and really liked to stay low key (the 20%). What she first liked about him started to annoy her.

Sarah tried overlooking this 20% but she wanted more, she wanted *perfection*.

This is where Brad came in.

Brad was a party animal. Everywhere he went he was the center of attention... the life of the party. He bar hopped, went to clubs, and knew how to have a good time. Brad filled that 20% void for Sarah.... However, as you can see with time, Sarah found out that Brad's 20% did not fill the 80% that was now missing.

How to Fix it

Have you ever found yourself in a situation like my friend Sarah? I've heard stories from plenty of clients who were once in reasonably decent relationships. They get bored and instead of putting forth the effort to improve or accept what they have, they decide it's time to take a look on the other side of the fence....

The trouble is....

Once the "thrill" is gone from their 20% joy ride, the longing and aching for the 80% you once had seems to outweigh and outlast what you thought was the best decision...

You see, not every relationship is a bad one. Not every man is perfect. The sooner you can comprehend and apply this, the better your chances are of finding a man that makes you happy.

All too often women find their 80% but break up with them because they weren't the complete 100%. For instance, you find a guy you enjoy talking to, he's respectful, he makes you laugh, and he has a decent job, yet you decide he's not your Mr. Right because he doesn't have a car! You'll never be happy if you try to find a guy that is 100% what you want... chances are he doesn't exist.

I strongly believe good relationships are largely pretty easy, and at the same time they also take some conscious care and nurturing. That's why they're called a relationship... they're about *relating*, caring, sharing and understanding (from both sides).

Unfortunately it will not always be steamy nights of passionate love making and waking up to breakfast in bed. There will be challenges, times of disappointment, and patches of boredom.

If you want to hang on to a good thing, you need to learn to improvise with what you have instead of fantasizing about what you don't.

Here are a few suggestions to help get your relationship firing and keeping the 80 and 20 in perspective. And for those of you who are single and looking for love, here are some tips to help open yourself up to finding a loving and fulfilling relationship.

For those in a relationship:

- 🌹 **Take a look in the mirror** - have you changed? Maybe your growth as a woman has caused you to view your relationship or your idea of a relationship differently.
- 🌹 **Talk to your guy** - If you are really feeling as if your guy is just not cutting it anymore, talk to him about it. You might find that he wants to make the change to keep you happy. Do this from the heart, not from a judgmental or accusatory place.

- ♥ **Spend time together** - Life can become pretty routine. Find the time to just spend with your guy. Not doing what you normally do, but just time to be in love with each other.
- ♥ **Spend time apart** - Ok this might sound crazy after what I just said above, but sometimes for couples that have lived under the same roof for years, it can be easy to become complacent. Time apart allows you to appreciate the 80%.
- ♥ **Seek counseling** - Sometimes the problem is deeply rooted and can only be resolved by seeking professional help.
- ♥ **Allow time to pass** - You'd be surprised to find out how many couples have said that just allowing time to pass saved their relationship. In this world where everything happens in an instant, finding the patience to weather through the storm is almost impossible. Letting time pass could essentially take away those feelings of despair.

For the single ladies:

- ♥ **Don't Get Hung Up on Looks** - Appearance is not everything. Don't cross a man off of your list because he does not look as you imagined him to. I'm not suggesting you date a man that turns you off by just looking at him. I'm merely suggesting you don't turn away a man who's nice and pleasant looking. *Dig a little deeper* before you step over someone who could be perfect for you.
- ♥ **Money is Not Everything**- Maybe he's got a good job, but he's not a millionaire... don't overlook a great man because he can't buy you Louis Vuitton Handbags or Tiffany's or fly you across the world first class.
- ♥ **Height (Big Things Could Come in Small Packages)**- yes physical attraction is a huge factor in finding your Mr. Right, however, what if you find a guy that

has everything you want and is just a few inches shorter than you? Would you pass him up because of his height?

🔥 **Don't Turn Your Nose to His Career Choice** - On your long list of "must haves" for your Mr. Right do you have some career ideals?... He must be... a doctor, lawyer, banker, pro basketball player? Selecting a man for the career choice he made is one of the most superficial things you could do. You long for a pro basketball player but he travels 70% of the time and could be a cheater, while you frown at the local business owner who might treat you like a queen.

🔥 **Don't be Blindly Selfish (What's In it for Me)** - A relationship is about give and take. You cannot find Mr. Right when you're focused on how much he is going to do for you. Remember as a single woman you are already capable of doing things for yourself. What your Mr. Right does for you should ultimately be the icing on the cake and not the lay of the land so to speak.

There are times when a really good relationship goes stale...

If you really love the guy and believe you can get through or work through the problems, trust me when I say it is easier to work through the problems than it is to start all over again with a new guy who has different flaws and qualities that may or may not be compatible with what you're looking for.

Though I must make myself clear when I say that some flaws are not worth working on and some relationships are not worth restoring, and you simply have to know the difference. If a man you're with is doing any of the following, then his 20% are deal breakers:

1. Abusive physically and/or emotionally
2. Cheating on you and promising to change yet nothing changes
3. Doesn't make an effort to work with you to develop the relationship
4. Controlling and demanding

5. Blames you and others and does not take responsibility for their contribution
6. Simply does not care anymore

If you've tried to address the above issues and he's not making a concerted effort then it's time to let go. Know when it's time to stop flogging a dead horse!

So tell me...

Have you been guilty of focusing on a man's 20% flaws instead of the 80% compatibility? I know I have definitely been guilty of this!

If you're online dating, do you harshly pre-screen the profiles you view? Are you too quick to judge a man on his; photos, postcode, job, height, spelling mistakes, and so on?

I know you may want to be able to tick off every thing you WANT and DESIRE you have in your checklist to finding Mr. Forever...

BUT be mindful about what's fantasy and what's reality, of what really matters and what doesn't.

As soon as you're clear about this, relationships get a whole lot better! You'll start being attracted to and start attracting more compatible men, allowing you to develop a healthier, more loving and fulfilling relationship.



Chapter 4

The Heat The Slow

Mistaking Lust for Love

From the time we are little girls we are given an ideal image of what real love should look like. These ideas of love come from images we've seen on television, in movies, and even read about in romance novels. The trouble with this type of love is that in most cases it is passionate and romantic, it's heated but not necessarily what a true love story is all about.

Simply put...

What we've read about, watched, and dreamed of is only infatuation. It is completely the idea of longing for the ideal man that you will likely never obtain... because as mentioned in the previous chapter, no one is perfect.

Being infatuated by someone can make you feel as if you're in love. The deep longing and desire for what you believe to be true can cause that butterfly feeling in the pit of your stomach.

The problem with infatuation is that in time.... it goes away.....

I had a client named Lisa who had been divorced for a little more than two years. She was finally over her ex and really wanted to try her luck at the dating scene again. With my support she started being more social and getting back to

what made her feel connected and happy: finding old friends, going out to events in her area, and even flirting with cute bachelors.

That is until the day she met Joseph. Joseph was everything Lisa ever wanted and more. He had the sex appeal of Brad Pitt, a Bradley Cooper sense of humor, and the suave persona of George Clooney. They met at a mutual friend's house during a party and hit it off from the beginning.

Lisa and Joseph started dating only a few weeks after meeting and it seemed that they were a match made in heaven (or at least from Lisa's point of view). Joseph cooked for her, cleaned, held the door, brought her flowers, took her out, and just made her feel like an all around woman. This went on for about two months.....

And then...

Reality kicked in...

Joseph was not the same man he was in the beginning according to Lisa. When the romantic wining and dinning stopped, Lisa was able to see Joseph for who he was. While he was not a bad guy per say, he wasn't someone Lisa saw herself being with forever.... She started noticing things about him that rubbed her the wrong way....

He was nearing 35 and was still at home with his mother...

He was not looking for a long-term commitment...

He enjoyed the company of females and hung around them often...

His religious beliefs were that women should stay in the home and care for the children (Lisa was an entrepreneur)

The list goes on....

Needless to say Lisa ended things, but the damage of breaking up was still very hard for her to take. Lisa began to wonder if there were any guys out there for her, if her expectations were too high, or if she might end up single the rest of her life. She

thought she was in love and had found her soul mate... and yet again it hadn't worked out.

Contrary to what she thought, she did not give love enough time to kick in... she jumped at the idea that he could be perfect for her and ran with it, she forgot the meaning of true love.

What is True Love?

Real love takes two people to be fully committed to the relationship. It means putting your heart out there and being willing to bond and form real intimacy. To give you a better understanding of what real love is consider these below:

- ♥ *True Love is a Conscious Choice* - It is true that some couples who experience true love first start off infatuated with each other, but it is once this infatuation passes that the choice to love someone comes into place. After the romance and thrill are gone (not that the romance has to end, although it does change) do you still choose to put your heart on the line to build, grow, and develop true love with the person you are with?
- ♥ *True Love is a Learning* - True love is only arduous when one person or both people have no desire to learn and grow. Real love, real connection and real intimacy does not exist without a want to learn about yourself and your partner.
- ♥ *True Love is Developed on Shared Values and Friendship* - Plain and simple. While you may not have everything in common, or get along all the time, true love is when you genuinely like each other as people.
- ♥ *True Love is Giving* - To really love someone means to give and support your partner for the greater good of the relationship, even if at times you don't feel like it. It's about taking every day and learning how you can give more to loving your partner and not how much you can get from them.

🌹 *True Love is Lifelong Practice* - True love is not focusing in on how you can change your partner to accommodate the flaws within you. It is about making positive changes within yourself that will ultimately make the relationship better.

🌹 *True Love is Feeling Safe* - It's very difficult to truly love someone when you don't feel safe in the relationship. Feeling safe means you know that you're partner is committed to you on an emotional level. You believe in who they are and they treat you with love - they are kind, mindful, open and honest.

Deep huh?

Real love... true love... is obtainable through conscious loving actions from both sides.

You first have to see past the infatuation to determine whether or not who you think you love is really that person. This is why springing for a whirlwind of a relationship or "love at first sight" can be tricky....

Yes there are people that meet for the first time and know right away they would be married. There are even people who have gotten married within weeks of knowing one another and gone on to have successful relationships...

However, more often than not, you hear about the relationships where you thought it he the one and shortly after getting together the blinders come off and you're stuck with the real person. So, ask yourself.....

Is it love... or is it infatuation?

I have had this experience in my life (numerous times) and even though falling in love with a man who was not good for me was painful and confusing, it was a great gift. It taught me a lot about what real love is all about and it also taught me a lot about my contribution to a relationship.

A client of mine met a man while she was on a flight overseas for a business trip. While she was boarding the plane the person in front of her was taking their time

put their cabin luggage away so she got stuck waiting. This man was sitting right next to where she was standing and they got chatting. This man was traveling with his business partner and she agreed to meet them both for dinner that evening.

That first night the connection was magnetic and exciting, and it was clear that there was a connection. He told her that he had seen her walking around the airport and couldn't believe it when she got onto his flight. They were having a wonderful time chatting and flirting and when she asked him if he was "attached" he told her the truth and shared he was *kind of* in a relationship, it was something that *was not* going anywhere. He said he was not living with his girlfriend and the relationship was all but over. She told him that unless he was single nothing was going to advance, as she was certainly not interested in a casual traveling rendezvous.

But as the night developed and after they'd had a few drinks, he walked her home, it was cold and romantic and they ended up sharing a passionate kiss. Afterwards she swiftly sent him home and decided to make sure that this didn't happen again.

The next evening, after she had had dinner with some work colleagues he met up with her for an after dinner drink. He joined in on the conversations she was having with her colleagues and he offered to walk her home. He asked her to go home with him and she politely declined and once again suggested that he sort out his relationship first, and to contact her if he should find himself single.

A few seconds later, he said he had something to tell her, he said that he had lied and he was in fact living with his girlfriend...

My client didn't react, she gently asked him why he didn't tell her. He then started getting agitated and then blurted out to her, "fuck you".

She stopped dead in her tracks and said, "did you just say fuck you?" ...

He then became even more agitated, he claimed that everyone lies and that she shouldn't be acting high and mighty. He continued to rant, he walked towards

her and start gestating and then he would walk ahead about 20 paces, he would come back to her to rant some more and then walked ahead of her.

He was acting like a child, he was having a tantrum and she didn't feel safe. It was dark, it was late and she just wanted to get home.

Let's just say, the evening ended awkwardly and she never saw him again. Even after he apologized 24 hours later, even after he called and messaged another 5 or 6 times - she let it go.

She decided that the chemistry or the lust that she first felt did not translate into his character. She decided to quit while she was ahead and forget it.

So... this was a cracking example of how lust can confuse us and affect our judgment. If she had not done some personal work on herself she would have still given him a chance. If she didn't believe in herself and believe that she was worthy of love she would have made excuses for his actions.

Lust and deep love are worlds apart, you can definitely have both with a partner, although they need to be seen as two very different aspects of a healthy loving connection.

So... it can be nice to dream of the perfect marriage in the perfect family with the white picket fence, but that's fantasy love. Real love takes mindfulness and thought. It takes making a choice and sticking to it. Real love once found, trumps all and lust on it's own is not love.

True love is born from the heart of the person, the character of the individual. Love someone for how they treat you when you're having a disagreement. Love someone for what they value and how they live their life and treat everyone that comes into their life.

Superficial chemistry means very little when ugliness lives within.



Chapter 5

Modification Madness

Women Think They Can Change Men

So many women get caught up in unfulfilling relationships because they believe that with time and persuasion, they can change any flaw their man has.....

Let me share with you that line of thinking is GROSELY UNHELPFUL and INACCURATE, and will get you NOWHERE.

Most stories start out like this...

You find a guy you're really into. He's got that 80% factor that you want and the 20% that at the moment you're not focused on... that is... until the honeymoon phase is over.

You sit back and evaluate your partner and start to realize that they have the potential to be the right guy for you. The trouble with that is that you can't MAKE a man be the right one for you... he either is or he isn't.

Little by little women begin to pick away at the flaws and try to make their men change into what they believe is a better way for the guy to be, but who's "better" is it? Is it for the betterment of the relationship and to genuinely make him a better and more fulfilled human being... or to accommodate more of your needs of what you think he should be like?

Sad but true, in most cases the woman is trying to change the man for her own unhealthy gain, and this is what I call Modification Madness, because as a result your efforts to modify him, one or both of you will start to feel "mad" in some way.

Take this story for instance...

A couple I had been counseling was having issues within their relationship. They'd only been together about two years and could not work out how to make each other happy like they once were.

Susan, the girlfriend felt as if in the beginning of the relationship Tom was always with her. They were inseparable and she enjoyed that, though she'd started to feel as if Tom was always looking for an opportunity to get away from her and go out with the guys... she felt abandoned and thus tried tactics such as guilt, throwing mini tantrums, and even crying if he was out two nights in a row....

She hoped that Tom would cater to her emotions, dump his guy friends, and go back to being in her presence day in and day out.

Tom of course is bothered by this. He feels trapped and feels as if there should be nothing wrong with going to a mate's house to watch a game or have the occasional after work drink or two with some of his friends. He carries himself accordingly while out and believes that he has never done anything to cause doubt in the relationship.

In this scenario, Susan has grown a dependency to Tom. When Susan was growing up and in her early relationship she experienced abandonment and infidelity and this was being triggered in her relationship. She feels insecure and thus wants Tom to change to accommodate these feelings she has. Tom going out makes her feel as if she's being abandoned, that he may cheat, and that she could end up alone.

Tom on the other hand is building resentment towards Susan. He feels as if he should be allowed to go out and not always have to take her with him. He loves Susan deeply, but her insecurities are getting in the way.

This is just one scenario, but there are hundreds out there.... And if Susan doesn't learn to fix her insecurities she could lose Tom, which in this case seems like it would be an unnecessary loss.

I recall another client of mine whose name was Kelly. She had recently gotten engaged to a guy named Rob. She was pleased with Rob most of the time, with the exception of his finances. Kelly had always dreamed of marrying wealthy and thought Rob had the potential to be that guy....

With a little help of course.

Kelly began putting in job applications, asking Rob to attend high profile events with her, introducing Rob to business execs, changing his style of dress, and even paid for him to take a few online training courses in a lucrative career field.....

This would be nice IF that's what Rob was interested in.....

But Bob was content with what he was doing. He was a security guard at the local city hall. He had decent benefits, nice time off, a promise of a pension at retirement, and job security. To Bob, he was doing good and had no intentions on changing that.....

He went along with Kelly's ideas until he finally broke! He was not happy with the career path she wanted. It meant long hours, lots of traveling, and hard work. When he didn't succeed in a job interview, Kelly angrily told him he wasn't trying hard enough....

Well, eventually Bob reached his limit, and decided that spending eternity with a woman that was only interested in his bankroll or career status was simply not for him.

In this instance, Kelly was trying to change Bob as a way to gain financial wealth. Bob had finally come to the realization that his happiness, his desires, and his needs were and would always be at the bottom of Kelly's list.

Trying to change a man to create what you believe is the perfect guy is not only exhausting; chances are it will not work.... Or at least not for long. Men sometimes make temporary changes to appease their women hoping it will get them to back off. As time goes on they revert back to their old selves or become resentful of the changes they've made for a woman that does not seem to love him for who he is.

Change can be needed, but if he is not willing to make the change there are only two things you can do....

Love him and accept him as the human being he is

Or

Move on.....

It's as simple as that.

Controlling Vs. Supportive

In most instances, a woman who tries to change a man is also defined as someone who is controlling. She wants to be a part of his every move and if she is not, she becomes the "green eyed monster".

A woman who is controlling will likely show these traits in her friendships as well as her relationships.....Whereas a woman who is supportive is someone who is involved in the lives of their friends/significant others but takes a back seat. Below you can take a self assessment to discern just how controlling you might actually be.....

ARE YOU CONTROLLING?.....

1. Do you always have to be right when communicating with others?
2. Do you despise being questioned?
3. Do you feel that you must know every aspect of a person's life?
4. Do you give your opinion on everything?
5. Do you become easily upset if others don't agree with you?
6. Do you always point the finger when you're to blame?
7. Are compliments from you far and few in between?
8. Do you enjoy always being the center of attention?
9. Are you very critical of others?
10. Do you become disoriented when not viewed in a superior/positive light?

If you answered yes to at least 6 of these questions it may be time to slow down in the controlling category. Controlling personalities are not often recognized by the controller, but more often by those around them. It is alright to want to lend a helping hand, provide advice, and even help your relationships flourish, but it is not okay to try and make your potential significant other feel as if he is your puppet. These traits will most certainly prevent you from finding your Mr. Right.

And if you feel as though you want to change and control someone too much, and you didn't do this with your previous boyfriends/partners, then perhaps this person is not your match.

PART 2

RECOGNIZE MR. RIGHT AND
SAY GOOD BYE
TO MR. WRONG



Chapter 6

Barren Land

Early Signs of Relationship Disaster

So what does *barren land* have to do with love? It's actually pretty straightforward. You either have something that can be cultivated or you don't?

Planting trees is much like love - the land, which is the foundation of the "crop", needs to have something to offer for life to grow... for LOVE TO GROW...

Sure, the idea of new love makes most of us get all warm and fuzzy inside. There is something about love and romance that makes just about every woman weak at the knees. And to be quite frank, there is absolutely nothing wrong with that. You're supposed to have warm feelings about love. The problem with "new love" however is that most women are too infatuated, too attached, to see reality... the "barren land".

Women for the most part are hopeless romantics who want more than anything to have their knight in shiny armor to sweep them off their feet and into the sunset of happily ever after. Ladies, this is nice to read about, but I have to be honest with you...

This is not REAL

We become so blinded by the “idea” of love and what our perfect soul mate should be that we don’t pay close attention to what is right in front of us. If we are not careful we could end up in an unhealthy, energy wasting and time consuming relationship...

There are plenty of signs that will indicate, if a new relationship will be successful (and flourish like a plant in rich soil) or not, and these signs might show themselves very early on, even on the first date sometimes. If you pay attention to these signs, you could save yourself a lot of stress and heartache, but if you don’t chances are you may never find your Mr. Right.

12 Types of ‘Love-Zapping-Lads’ Character Traits to Look out for:

People, men and women alike, can be very complex creatures and we all have attractive and also less attractive features and traits. This is a fact of life that we have to live with and it’s an illusion that you could ever find a man who only has the good qualities you seek, with no flaws whatsoever (as I shared in the Perfection Syndrome chapter)...

So if we’re all flawed with a few “weeds”, so to speak, then how do we discern what’s a mere weed or a raging infestation of,

So are there such things as extreme character flaws that will always keep your land barren and love-less? The answer is, YES!

Following I have listed 12 types of personality traits that most men have to a greater or lesser degree, that when taken to the extreme, makes them ill-suited for a fulfilling, loving relationship. This may be temporary or permanent. Yet, remember that while you wait for your man to become the prince, you might miss an actual prince and be left with the frog (or couch potato as the case may be).

Of course, this is also an opportunity for you to see if you also possess some extreme and unhealthy character traits. Because, as I’ve said, no one is perfect.

Both, men and women have to look at themselves if they want intimate compassionate love.

1. The Fun-Loving Sex Machine

Any guy who is low on conversation but quick to the bedroom should be marked with a red flag. Physical intimacy such as sex is not something that should be explored until both parties are ready. Sexual intercourse is a beautiful thing with the right person, but prematurely done could lead to emotional attachment on your behalf, but not on his.

Sex can and does cloud judgment, and therefore you should first try to get to know your potential mate for who he is before you decide to find out what he can do for you between the sheets.... A man who cannot respect your decision to hold off on sex is likely the first warning sign that he is not your Mr. Right. He just wants to have fun, preferably in the bedroom and has no intention of committing to you.

2. The Green-Eyed Monster

The second red flag that you could be dealing with someone other than your Mr. Right is a man who is quick to get jealous. Take for instance this couple I saw in a restaurant while out dining with some friends of mine...

I was sitting across from what appeared to be a first date situation. The guy was waiting for his date to arrive. When a woman walked by he asked if her name was Debra and she asked if his was Mark. They greeted each other with a hug and sat down. As they began chatting it seemed they might hit it off well. About thirty minutes into their date a handsome gentleman walks by their table and stops. He recognizes Debra as someone from his high school days and just wanted to say hello. "Hey Debra, Do you remember me? I'm Felix from Hightstown High? I used to have a crush on you in Math class back in the 10th grade?" As Debra remembered Felix she got up to give him a hug. Felix than says she looks exactly the same and

that it was great running into her. Once Felix walked away, Mark became a bit more disturbed...

"Who was that?"

"It was Felix, an old friend of mine from high school."

"Do you always greet your friends like that? Why didn't you introduce me to him?"

This is a problem and a sign that your date could be a very jealous type. While jealousy is a natural feeling, it can become overwhelming and create a controlling atmosphere that you don't want. So I encourage you to tread lightly if you're dealing with a man who is quick to become jealous. He will tend to see every other man as a threat and he may also be jealous of your girlfriends, family and even time you give to your interest/hobbies.

3. The Attention-Hungry Flirt

There is nothing wrong with a bit of flirting here and there as we are all human and therefore designed to feel attracted to others. The problem, however, comes when a man is just too flirtatious. He's always around women, he has to compliment a female every time one passes by, he thrives on the attention of other females, and/or he just does it more than what you find appropriate. These are all signs that he may not be ready to let the playing field alone and that you should move on with your life without him.

If you don't mind this sort of constant flirtation, then you're likely to live happily ever after but if it causes you discomfort, you'd do the smart thing to say goodbye. Oh, but can't he change? Alas, such as change would be a rare occurrence in the history of mankind, so don't count on it. The problem with "chronic" flirts is that this sort of behavior aims to hide their deep insecurities, so deep that they are usually very difficult to overcome.

If you are truly in love with your flirtatious guy and if he's willing to change and he demonstrates this rather than just saying it, then try to work together on his insecurity. If things have gone too far, which will become apparent soon enough, don't hang around and be miserable, move on.

4. The Control Freak

It might seem "cute" in the beginning of a relationship to find that your boyfriend is a bit possessive of you. He gets a bit upset when others flirt with you, he wonders where you are, and even wants you to himself only quite often. These are all things that in the beginning might make you as a woman feel wanted and attractive, but as time goes on it could turn out that your guy is a bit of a possessive control freak... Here are some signs of a possessive guy that you might want to pay attention to:

- ❣️ He wants to know where you are and who you are with every second of the day
- ❣️ He doesn't want you doing new things without him around
- ❣️ He would rather you not spend time with others but stay with him
- ❣️ He questions the relationship of anyone new that enters your life
- ❣️ He becomes enraged when you don't answer his phone calls right away
- ❣️ His world now revolves around you
- ❣️ He doesn't like you to speak kindly of others
- ❣️ He wants passwords and access to all of your personal accounts

For him a relationship is a power struggle like every other thing in his life, but healthy relationships are most definitely not power struggles. If you have the creeping feeling that the man you're dating keeps a score of everything you and he do, and is bent on "winning", run.

People with control problems often try to manipulate and shape you into whatever form is convenient for them. This is not how real, intimate relationships work. They work if *both* partners have a voice that's heard, and *both* have a healthy level of input over their lives. You should feel empowered in a relationship, not disempowered.

5. The Distant Non-Committer

A tell-tale sign that a relationship is not going to last is when a guy is always wanting to be away from you. Sure, having time apart is a healthy thing to do, but in the initial stages of a relationship, time apart is typically the last thing on either of your minds. If he wants to keep your dates occasional, he's likely unwilling to commit, and for this unwillingness there could be a number of reasons.

Too much distance could symbolize that he's not really all that interested in you, that's one reason. It happens, unpleasant as it is, but it happens, so just move on. But this insistence on staying away most of the time could mean he has another life that he is living that he wants you to know nothing about. That's certainly fishy. Men who rarely want to go out in public, don't return your calls, and space dates out weeks at a time in the beginning of a relationship usually have something else occupying their time... like a big happy family, or a girlfriend, you know.

6. The Mean Machine

A serious warning sign that you're in a bad relationship is when your partner is constantly being judgmental about other people. If you're infatuated enough at the start it might slip your attention but as time goes by the infatuation will start wearing out as you again and again get the feeling that your man is criticizing everyone and everything that doesn't conform exactly to his world view.

Such behavior, apart from being extremely tiresome for anyone around the person exhibiting it, also shows a complete lack of understanding for anyone else's feelings or opinions. Does this sound like the basis for a healthy romantic

relationship? I really don't think so. The ability to see the other person's point of view, to put yourself in their shoes, is essential for that deep intimacy that we enjoy in loving relationships. Failure and, what's more, unwillingness to understand the other person, makes it impossible for such intimacy to develop.

Besides being tiresome, this sort of behavior could escalate into something even worse.

I knew a couple who seemed very much in love at the beginning and continued to seem so in the presence of other people over the years, so I thought it was all love and roses. Until the day the woman, a friend of mine, shared in passing that he wouldn't eat a meal unless it is arranged in a specific way on the plate. Then she said he basically shouts at her about everything: how often she cleans the bathroom, for example, what she's cooked for dinner, or how she dresses. The relationship ended when he cut the cable of her laptop so she wouldn't talk with other men online (not that she was talking to men online). That's right, he also had a bad case of the Green-Eyed Monster.

My friend is now with a man who loves and respects her, and she's in seventh heaven, which is just what she deserves. As do you.

7. The Fountain of Knowledge

We all love someone who knows interesting stuff. Knowledge can be very sexy. What's not sexy is when your man cannot resist the urge to constantly pour buckets of information on you and everyone else who happens to be around. It's usually an attempt to impress but this sort of behavior frequently mutates into constant criticisms because, you know, he can do everything better than you.

How long can you drink from such a fountain of knowledge without drowning or feeling the urge to plug it with a really big plug?

Being with a know-it-all can be nerve-wracking. Sometimes you might want to reassure yourself that your man is smarter than anyone else, including you, so as to





convince yourself that the relationship is worth your time and emotions but this, unfortunately, is rarely the case. Your man is not better than you or smarter than anyone else, and certainly not if he can't pull in the reins on his bragging and false bravado.

A man who likes others to feel inferior to him is not better than anyone else, because his intention is to disempower others so that he feels more powerful (this is very different than feeling empowered). A good man is someone who empowers you, who not only knows a lot of interesting stuff, but is capable of sharing it with you in a way that doesn't insult you and belittle. This is the kind of man who inspires growth and learning, which is a very different way to operating than the egocentric Fountain of Knowledge man.

8. The Self-Loving Stud

Have you ever lain in bed at night, unable to sleep, anxious, thinking where your boyfriend is and why he hasn't returned your calls these past few days? Have you worried that you're being clingy, needy, and generally a bother to him? If you have, there's a very good chance that you're dating a self-centered man who lacks mindfulness and doesn't care about anyone but himself.

The Self-Loving Stud also displays a number of other signs that should be a red flag for you:

-  He spends more time than you in front of the mirror
-  He is condescending to any opinion different from his
-  His favourite topic of conversation is himself
-  He considers every word that comes out of his mouth pure gold

When you're in a relationship, in which you are the only one giving love, instead of the two of you loving each other, a happy ending is highly unlikely.

The good news is that the self-centered stud is easy to spot early on - it's difficult for him to pretend that he really cares about you or anyone else. Watch your new date carefully and if you spot any of the warning signs, don't waste time trying to change him. There is a great, loving man out there somewhere for you.

9. The Mighty Manipulator

This guy could be a bit more difficult to spot for what he really is because, well, he's so charming, he makes you dizzy. And he's so in love! Always a gentleman in a time when most of us have forgotten what that was. Always attentive to your words and to your needs, a gentle lover, a smart, funny talker. And, incidentally, could you lend him \$100 by the end of the week because a deal fell through?

There's your sign.

There are charming guys who very literally live off their charm. They manage to get under your skin seeing you support them, in every way, including financially, while they sit back and relax. Some call them "kept men" but do you think this is really the kind of man you'd want to keep?

A relationship with a manipulator would hardly make you happy in the long term unless you are completely self-sufficient and just need some company, someone who would say he adores you as long as you pay the bills. The trouble is that he may be on the lookout for a better deal and won't hesitate to drop you in favor of a wealthier alternative. Since I'm an advocate of 'healthy love' - this kind of relationship just doesn't cut it.

Of course the mighty manipulator can be highly successful in their career and never ask you for a cent, though he will use his wealth to control, misguide and get what he wants. He's will tell you what you want to hear, he will twist your words, and he will want to win at his game. It's all smoke and mirrors.

10. The King of Drama

OK, truth be told, we all have our insecurities and sometimes, when you feel especially vulnerable or stressed, you could blow a small argument, say, out of proportion. There is absolutely nothing unnatural about it. The problem is when this kind of behaviour is a constant.

Sometimes it's a personality trait - your new boyfriend is just chronically stressed, he can't get his emotions under control so he blows up in your face over his misplaced car keys or some such petty thing. Such a person is difficult to be around with though some succeed by just getting used to his manner.

Sometimes, however, this excessive drama could hint at something else, namely, that his affections lay elsewhere. If your relationship started well and he was kind and patient and never had an outburst, and then he starts shouting about how you squeeze the toothpaste, listen carefully. You'll hear the inner alarm telling you that this relationship may have come to an end.

11. The Puddle of Romance

I wouldn't state it as a fact but it's possible that men like these give woman a bad name, as in "Women don't know what they want." Even the most handsome, smartest, most successful man could become a pain in the neck if he overdoes the romanticism.

Any woman (and man) loves attention. Wouldn't you be happy with a sweet "I love you" text sent by your new boyfriend unexpectedly? Of course you would. How about if you get ten such messages within a day and then ten of the same on the next day? It starts smacking of neediness and stalking, somehow.

It's all a question of measure and, remember, here we're discussing extremes. A romantic gesture once in a while, especially as a surprise, is always welcome, it shows the feelings your partner has for you. But if this boyfriend of yours can't discern the line between a romantic gesture and a romantic

downpour of gestures, you may have to let him go. Sadly at first you may have welcomed the openness and intensity, though before long it becomes obsessive and outright scary. If you've discussed with him how it makes you feel and he does not understand or amend his ways then it's time to kindly extricate yourself.

12. The Eternal Boy

Imagine you inviting your new date to dinner. You're cooking and you're making your staple meal. Here comes your man, you sit down, sip your wine, start on the meal and he says "Oh, my mum makes the same dish but I think there's something missing in this." If he's not so blunt he may omit the second part but rest assured that mum will be mentioned. And this is just the beginning.

Any parent-child relationship is a very complex, dynamic process and sometimes the outcome of this process is a man so firmly tied to his mother's apron that he is incapable of letting go even when he's grown up.

The stereotype of the mama's boy is an enduring one perhaps because, unlike most stereotypes, it's very often based on reality. These men simply don't have a big enough place in their heart for another woman. This is very unlikely to change; no matter how much time you spend with him.

Part of being a healthy individual involves being able to form relationships with people outside your immediate family, with people different than your parents and siblings. That's how we grow, that's how we develop. If your man talks about his mum, calls her more often than he calls you and asks her opinion on everything, from the best restaurant to take you for dinner to what car he should buy... The chance of such a man making you as happy as you deserve to be are, unfortunately, very slim.

None of these 12 guys sound like good relationship material but don't despair. The truth is that every single man (and woman) carries in him some of these qualities to some extent and in most cases they never reach an extreme.

Sure, people can change but a very important condition for that change is that he wants to work on this change. It is up to you to decide whether you have the emotional capacity to do this, which is rarely the case when we talk about extreme behaviors.

So, if you're in a relationship or considering a relationship with a guy who you recognized from this list, be careful, don't give him your heart right away. Get clear about what you really value and what a healthy loving connection looks and feels like.

Chapter 7



Is It A Bird, A Plane or the RIGHT MAN

Spotting Mr. Right amongst the Mr. Wrongs

Is there a feeling greater than the joy you feel when you believe that you've met your perfect match? There could be some doubts at the beginning, some questions you ask yourself when you start dating a new man, and then comes that moment when you realize this man is what you have been looking for all your life.

Sounds like something straight out of a fairy tale, doesn't it? And yet it happens all the time.

Now, this may sound unbelievable but the world is full of great men, men who are emotionally ready to commit to a long-term relationship, men who want nothing more than to make the woman they love happy (not that I believe that a man is responsible for your happiness), never-the-less, they are ready for you.

So how come we so often end up with the wrong guy?

The reason we end up with the wrong guy is that we ignore the signs that tell us so. Instead we tend to let the best men *for us* pass us by - so why do we ignore or overlook them? Well, sometimes it's because we're much too impressed with the surface charms of the "wrong guy". Other times it's because we're simply not ready for a committed relationship (even though you think you are ready, subconsciously commitment may be freaking you out), or sometimes we have no idea what we want, or we think we're not good enough for the man we truly deeply yearn for.

Though more commonly than not, whether this is human nature or an affliction of the modern world, it would seem that humans can be easily captivated by the superficial. This sees us easily dazzled by someone's sparkling charm and putting our heart at the feet of man we don't really know well enough to determine our compatibility...

Or we become so blinded by lust and desire, that we cannot see the "barren land" for the fertile.

Or perhaps you wanted to play the field for a while, you wanted some fun, and that's not something reserved for men alone...

Regardless of what your circumstances have been, typically at some point a woman will find herself ready to commit, tired of unhappy relationships, and on the lookout for Mr. Right.

The good news is that there are some universal signs that can help you spot him. And the bad news? There is no bad news, just be sure to pay attention to these signs.

Here is what to look for:

- 🔴 **This man is single** - he is not currently involved with someone else - Not kinda single, almost single or still pining after his ex, and/or licking his wounds. He is available. While it's true that some men in unhappy

relationships find love elsewhere before breaking it off, if he really is serious about you, he will break it off very quickly.

- ❁ **He shows respect** to all women, not just you - you are the centre of his universe but that doesn't mean he should be rude and disrespectful to all other women. Of course respect is subjective, which means that he treats you and others around you in a mindful and kind fashion.
- ❁ **He's reliable** - he calls when he says he will, does not leave you hanging until the last moment to set or cancel a date, and he does what he says he will do. If he can't keep his promise or commitments, he'll be sure to let you know.
- ❁ **He's consistent** - a very important sign that a man is ready for an emotionally commitment is when his actions match his words. This is an aspect of reliability, perhaps the most important one.
- ❁ **He has a history of long-term relationships** - if a man has been able to commit once, he will be ready to commit again. Even if some of his past commitments ended in emotional pain, most men, like women, survive emotional damage and recover well. He will also know how to hold a job or run his own business well. He's not afraid of working towards a goal and overcoming obstacles.
- ❁ **He can talk about his feelings freely** - an emotionally mature individual has no qualms about discussing his feelings for you *with* you. He has nothing to hide, he is confident about what he feels. This includes him being able to talk about his emotional past as you get closer to each other. He can talk about it freely because he has accepted it and moved on.
- ❁ **He is always fully present** when you are together - when a man is really into a woman he doesn't get distracted, he's not looking around for something cuter to look at, he's there with you. Full presence is something you can feel instinctively, you don't need to make any conscious effort to sense it.

- ❁ **He readily introduces you to friends and family** - the emotionally available man who's just entered your life will happily show you off and make you a part of his nearest and dearest. And by the way, look at his friends - are most of them family guys with steady relationships? This is also a good sign, although most men will have different types of friends, just like you do - so as a whole does he share good company?
- ❁ **He is affectionate** - if your man is the one, he will be affectionate with you, and not just to get you into bed. He will want to touch you, hug you, hold your hand, and kiss you whenever he gets the chance. More importantly, this affectionate behavior will continue after you become physically intimate. He'll also display his affections for you publicly (not all behind closed doors).
- ❁ **He will wait** - men who are serious about a relationship will never force a woman into sex or any other stage in the relationship, like moving in together, for instance. The emotionally available, ready to commit man knows you need time and will be ready to take things easy, to give you as much time as you need.

The man you're dating, if he is the one, will display most of these behaviors, not just a couple. But does this mean all men are the same and will follow the same pattern of behavior when they fall in love with a woman?

Naturally, the answer is no. Men have different temperaments; different personalities and this will affect how they open up to you, how they express their affection and respect and when they do it. Some open up immediately, others take their time. Some are perfectly comfortable with all forms of affection in public, others are more reserved in front of other people. It's a question of personality type.

Now, you've probably heard sayings like "Birds of a feather flock together" and "Opposites attract" and have been confused by them as they are in such conflict with each other and yet your experience so far has shown you there is truth in both. And there is.

Do opposites attract?

Psychologists agree with the “Opposites attract” saying but under one condition: that the opposites complement each other. What does this mean? It means that two people who are very different from each other can have a happy, loving relationship as long as their differences serve to make each other better, so to speak.

For example, if you are an idealist, someone who is passionate about some cause or other, and your man is rational and down-to-earth, then he will be your very needed anchor, so you don't get lost in the clouds, and you will be the fairy that gives him wings so he can fly in the realm of ideals.

Here's something fascinating when we talk about the attraction between opposites. Scientists have found that we get attracted to people whose immune system is “the opposite” of our own. We're talking about something on the purely biological level that has nothing to do with conscious preferences. The reason we are attracted to our “immune opposites” is so that when we get together and have children, these children will be healthier. Makes one think how wise nature is.

What about birds of a feather flocking together? How does this work with the attraction between opposites? It's simple, really. You can't have a harmonious, fulfilling, loving relationship with someone whose values and life goals are totally at odds with your own. If you believe in love and family as the ultimate values in life, you will hardly be happy with a materialistic man for whom wealth is value number one.

So, opposites do attract as long as they are not complete and utter opposites, and birds of a feather do flock together when it comes to values and emotions.

The Perfect-Picker:

Now that you know the character and behavioral traits of relationship ready men, the crème del la crème, you are now on your way to picking the perfect man for you.

To help you even further, I decided to further segment human character traits into 4 key groups. While on your journey to Magnetizing Mr. Right, I encourage you to read each of these 4 types. Firstly, it will be helpful for you to recognize yourself in one of the four types. Once you have done that, you can then refer to these four types when you're meeting new men.

To be clear these are four broad types - broad, because things are never as clear-cut in life as we'd want them to be, so it's difficult to speak about many pure personality types. Still, we all share a lot of common characteristics, which allows us to group them into a type, to make it easier for you to spot that which is the bird of *your feather*.

Please note that I have already shared with you in chapter 6 the types of men to avoid. These next 4 points support the above character traits of relationship ready men - these distinctions will further help you to fine tune "*your picker*" - which is the way you select a mate.

Four Types of Mr. Rights:

1. The Parrot - The Emotional Man

The Parrot is an outspoken, colorful, expressive man, an extrovert who regularly ends up as the heart and soul of any party. Yet he is not just a party animal. He tends to fall in love quickly but stays in love if he finds the right woman. He is an incurable optimist, so he may very well be the perfect match for a woman who is more of a thinking, brooding type, tending towards pessimism.

When the Parrot gives his heart to a woman, he gives all of it, unconditionally. This makes him vulnerable, so be careful with that heart, don't break it. In a way, the Parrot is the eternal boy, he never fully outgrows the child in him. This usually makes him very attractive, though on occasion it can be a little bit annoying, but hey, nobody's perfect. He loves to hear words of appreciation, but is equally willing to give them, so you will never be wanting for appreciation with him.

He has no trouble expressing his feelings openly, so you can count on this happening pretty early on in the relationship. In fact, this and introducing you to his family and friends are probably the first two signs he's ready for commitment that you will see when you start dating him. He will be mostly gentle to you, probably not regularly a volcano of passion but sometimes he will have his passionate moments, you can count on this too.

In case you're wondering what Parrots usually do for a living, you probably won't be surprised to hear that they are often lawyers, mediators, PR experts, and recruiters. Parrots thrive on communication, so any job that involves a lot of this is a habitat for this bird.

2. **The Swan** - The Organized Man

Swans, the birds, are known for their fierce temperament. The Swan-man is also fierce, in that he never leaves a problem unsolved and never suffers injustice. He is a driver for other people, a born leader, radiating power. This "radiation" makes him the target of much female attention but the Swan is slow to fall in love, and picky.

The reason for this is that he is capable of controlling his emotions and he is usually cautious in all his actions. This can be a very good thing if what you want above all is the feeling of stability, if you want a man who is the rock on which you can always lean. And he would be happy to be this rock for you

once he does fall in love. Actually he can get so completely smitten that you will feel like a princess out of a fairy tale.

Admittedly, you might have to accept a certain tendency in him to be bossy but that's just his nature. He is a good leader and he knows it, so sometimes he won't be able to resist bossing people around. However, he's also a great listener and if you tell him you hate this bossiness, he'll do his best to tune it down.

The Swan will not rush things when you start dating. He will take everything slow, sometimes so slow that you might start having doubts about how ready he is for a relationship. He's ready all right, he just needs time to be sure you are the one. He is very patient and that's quality worth appreciating.

As for where the Swan can be found, well, any position of control is his field. He may be an airline pilot or a manager, a teacher/lecturer or a financial analyst, an entrepreneur or a sales rep. Whatever his profession, he'll be surely at the helm.

3. **The Hawk** - The Analytical Man

How would you like to date a perfectionist, a man who always seeks perfection and prefers to stay outside the spotlight and quietly get things done? Dating a Hawk is a compliment - after all, if such a perfectionist has fallen in love with you, then you must be perfect.

Hawks are analytical men, they are very persistent, so if you are being courted - yes that's the word - persistently though unobtrusively, you may very well have a Hawk on your hands. What to do with him? Give him a chance, definitely.

The hawk falls in love deeply and thoroughly, he is willing to sacrifice himself for you. In case you think that makes him weak-willed, however, you'd

be wrong. Although he is willing to make all the necessary compromises to make a relationship work, he will never give up his dignity. There is a difference between being self-sacrificing and self-destructive, remember that. The hawk is self-sacrificing but not self-destructive.

It may be a tad problematic that sometimes he gets moody, seeing all the imperfections in the world around him, so it would be your job to put the smile back on his face. He'd gladly allow you to do so, he loves the attention.

If you want a gentle, compassionate, steady man, who will always put your needs above his own, then the Hawk is the one for you. You can find him in any professional field that requires a highly critical attitude, an eye for detail and dexterity. Surgeons, writers, and accountants are frequently perfectionists, their jobs require it of. You think accountancy is boring? Who said that's all he does - he might be a writer in his spare time. Besides, accountancy is not boring, as any accountant will tell you. The Hawk is definitely a man worth a chance.

4. The Albatross - The Visionary Man

Did you know that albatrosses spend most of their lives in flight and only come on the ground to mate and raise their offspring, taking turns with their partner to nurse the egg until it hatches. Similarly, the Albatross man spends a lot of his time chasing ideas and turning them into reality. He's insanely creative and will leave you marveling at the ideas he has sometimes.

Now, at first glance the Albatross may look like an unreliable idealist, a man incapable of committing to a single woman but make no mistake, he is not just an ideas chaser, he knows which ideas work and what it takes to make them a reality. In the same way, he sense pretty early on whether a relationship is meant to be and will not waste time on one that wasn't. So, if that first date becomes a second and a third one, you can rest assured he is really into you, congratulations.

The Albatross is inventive in bed, he's passionate both inside and outside the bedroom and he can be really infectious, letting you share his wonderful visions with him. And if that's not enough to impress you, here's one more thing: he will always, always treat you like an equal partner. If you prefer the gentleman who comes to the rescue of a damsel in distress, the damsel of course being you, the Albatross is perhaps not your type. But if you value total equality in everything, then he is most decidedly the man for you.

So, where are the breeding grounds of this magnificent bird? You can find him in any media profession, in entertainment and the arts, and also in advertising and design. Any job that relies heavily on creativity is a breeding ground for Albatrosses. Approach with caution, don't pull him out of his vision roughly. Then live happily every after.

So how do you make this information work for you?

Did you find your very own personality type and character traits amongst these four birds? Or maybe you feel that you're a mixture of two or more of these bird types? The same will apply to most men, they will overlap or have a dominant bird within them.

For example - The Hawk may display some of the qualities of the Albatross and the Swan may have a touch of a Parrot in him. If you think about it, this would only make your perfect man even more well-rounded, more attractive and more fitting of your attention and love.

When you know *you and understand yourself more*, you will instantly recognize your love-match. He will have similar and also contrasting traits that will compliment you.

If you're idealistic, then a rational man with some overlapping traits will be a good match as he'll keep you grounded and moving forwards, versus you getting caught up in your 'ideals'. Sure, you may even debate about your different

perspectives, though your “common ground” (overlapping traits), will keep you well connected and thriving. You will compliment each other.

Where as, if you’re a visionary, much like the Albatross man, then initially you may feel a strong connection to a visionary man, though over time you may notice that the two of you are competing for the same things and clash. Or both of you may have similar weaknesses that creates long-term dis-ease in a relationship.

If you want a healthy and loving relationship then ask yourself:

1. Do you have some common interests?
2. Is he a man of healthy character *(and are you a woman of health character)?*
3. Does he have character traits that inspire you and make you better? *(Being challenged in a healthy way is great - being challenged in an ego based/power-playing way is not healthy)*
4. Do you feel cared for and important to this person?
5. Do you have fun together?
6. When you have differences do you resolve them with ease?

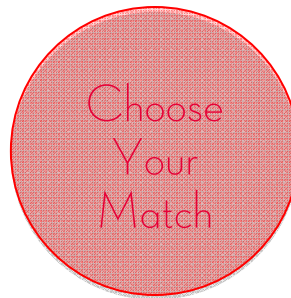
On the following page I have a diagram of the four birds in a more simplistic way. You’re in the center and it’s up to you to get to know the man you’re dating. Gently find out who he is and in no time your compatibility and complimentary differences will be highlighted - and you will be sure to know if he’s your Mr. Right.

2
The Swan
The Organized Man

- Passionate
- Rational
- Practical
- Reliable
- Patient

1
The Parrot
The Emotional Man

- Optimistic
- Talkative
- Openly affectionate
- Rational
- Gentle



3
The Hawk
The Analytical Man

- Perfectionist
- Idealistic
- Self-sacrificing
- Compassionate
- Thoughtful

4
The Albatross
The Visionary Man

- Expressive
- Idealistic
- Creative
- Infectious
- Just



Chapter 8

Magnetize Mr. Right 8

Step Formula

Magnetizing Mr. Right is all about honesty and being true to you. When you're confused or uncertain about what you want in a man, typically you'll discourage the type of man who'd be perfect for you.

To make this whole process a little simpler I have broken down the most critical steps to finding Mr. Right into a formula that's easy to follow. This formula will be something you can refer back to if you find yourself disheartened, lacking motivation and/or confused about a man. This formula will allow you to more easily recognize if the man you're dating (or thinking about dating) is a *match* or a *clash*.

8 Step Formula For Finding Mr. Right:

1. CULTIVATE LOVE-CLARITY

Get crystal clear about what kind of relationship you would like. Is he kind and consistent, or is he wishy-washy and confusing. Know what you value.

2. BREAKDOWN YOUR TINKERING TALES

Recognize and overcome your doubts and insecurities. You will have one or a number of these Tinkering Tales - uncover them and then dissolve them.

3. DON'T WAIT - APPROACH MEN

Meet as many men as possible & get comfortable making the first move in an open, fun and grounded way (not from neediness, from a place of wonder and self-belief).

4. UNWAVERING RESILIENCE

Be resilient, have faith and keep believing in love. No matter what happens keep getting back on the horse and ride towards the love you want.

5. AVOID LOVE-ZAPPING LADS

Pay attention to the red-flags that strongly indicate when a man is a Love-Zapping Lad, then run and never look back.

6. ENGAGE A RELATIONSHIP READY MAN

Recognize the consistent signs of a man who's ready for love. He's not into games - he's kind, reliable and relationship ready.

7. WHAT BIRD ARE YOU & HE?

So he's ready for a relationship, but is he compatible with you? What kind of bird are you and what kind of bird is he?

8. GIVE HIM A CHANCE

Don't rush into love, get to know *your bird* and see if the relationship can fly... high. Become friends first, then lovers. Don't jump to conclusions about him, and at the same time listen to your hunches.

If you follow these eight steps I assure you that you will find love faster than you can imagine. Remember this entire ebook is about finding Mr. Right, not Mr. Wrong.

There IS a HUGE difference.



Summary

I encourage you to find that gentle loving place within you that will support you on this journey. When you feel good about you, you'll be sure to magnetize the love you truly want and deserve.

Get out of your comfort zone, overcome your limiting beliefs, and meet as many men as you can. The reason I say this is too many women sit and wait for the love of their life to somehow just arrive at their doorstep. This mindset is a 'Tinkering Tale' that will certainly keep you single for much longer than you hope to be.

Be brave, be courageous and engage in the *beauty of life*. Most importantly, don't chase love - INVITE and WELCOME authentic, kind and intimate love into your life.

Focus on cultivating richness into your *every* day in some way. Take up interests and hobbies, make new friends, treat your body and mind with love and kindness, dance more, laugh more and smile more.

Let go of the past and make space for the magic and wonder of the present and your future. The time has come to believe in your ability to manifest the kind of love you deeply and wholeheartedly value; the kind of love that warms your heart, heals your wounds and nourishes your soul...

The best part about this is; this kind of love begins within you!

.... AND this is how you Magnetize your Mr. Right.

Magnetize Love In *Some Way Every Day*

Nadine Piat