

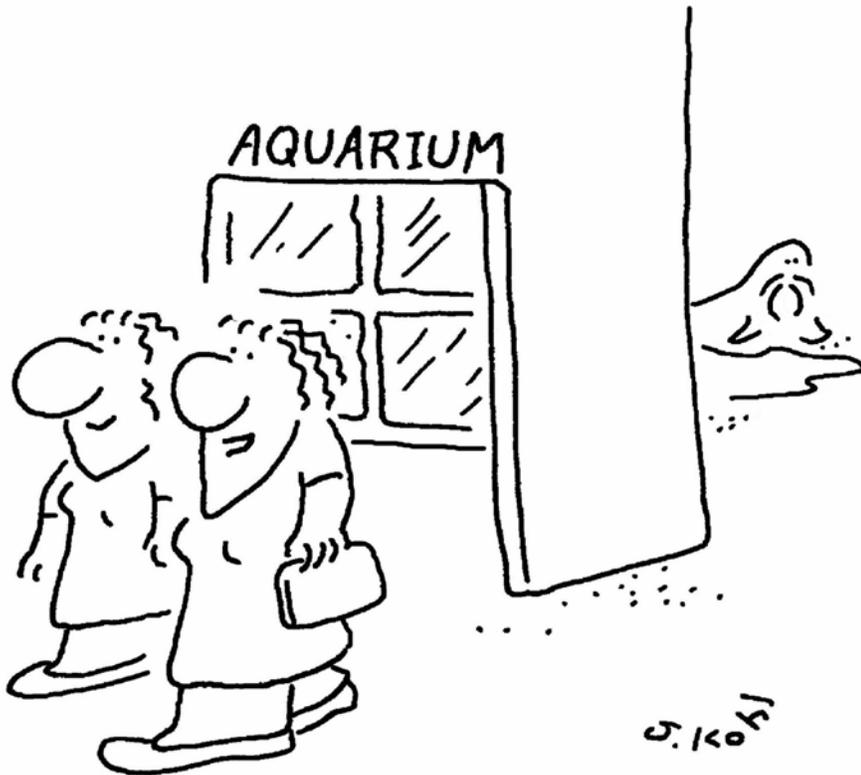
**THE DATING
ROCKS!
BONUS REPORT**

By

Steve Nakamoto

www.DatingRocks.com

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"Crabs, sharks, octopi, jellyfish, shrimp...
Reminds me of some of my dates."

DATING ROCKS!

The 21 Smartest Moves Women Make for Love

Steve Nakamoto: Author's Biography

Steve Nakamoto is a former human relationships/communications instructor for Dale Carnegie & Associates and a Mastery University personal development trainer (7 years) for world-renowned motivational and peak performance expert Anthony Robbins.

His ten years in the travel industry as a professional international tour director has also provided countless opportunities (34 cruises, 30 Club Med Villages, and over 200 motorcoach sightseeing tours) to closely observe social interactions between married and single women and men of various ages, backgrounds, and cultures.

Mr. Nakamoto's thirteen-year experience in the retail florist business (FTD Top 500 Ranked Retail Store) also gives him a unique perspective on how people express their love with flowers, cards, and gifts.

His first book, *Men Are Like Fish: What Every Woman Needs to Know About Catching a Man* received Honorable Mention recognition in the *Writer's Digest 2000 National Self-Published Non-Fiction Book Awards*. That book went on to sell foreign translation rights to Taiwan, Spain, Korea, Japan, Israel, Romania, Russia, Thailand, Estonia, and the Czech Republic.

On September 23, 2004, *Men Are Like Fish* reached bestseller status by climbing to the #43 position on Amazon.com's National Sales Ranks. For the last 3 years, it has been a perennial Top 5 Dating book on Amazon.com's daily ranking system.

Mr. Nakamoto is a lively and entertaining public speaker who has also appeared on over 220 radio and television talk shows including *NBC's* daytime talk show, "*The Other Half*" starring Dick Clark, Mario Lopez, Dorian Gregory, and Danny Bonaduce.

Currently, Steve serves as the dating/relationship expert on *iVillage.com's* popular "Ask Mr. Answer Man" message boards where he advises women of all ages from around the world on everyday love challenges. 2008 marks the 5th consecutive year that *iVillage.com* has had Steve on their advisor staff.

Steve's book titled, *Dating Rocks! The 21 Smartest Moves Women Make For Love*, is the result of new distinctions learned from the many years of service as *iVillage.com's* Mr. Answer Man. This book won a *Writer's Digest* International Book award in 2006 as well as being a *USABookNews.com* Book Award finalist in 2007.

The newest book from Steve is titled, *Talk Like A Winner! 21 Simple Rules For Achieving Everyday Communication Success*. It was released in May of 2008.

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Love relationships are not always easy. Anyone who wishes to succeed must expect to invest a lot of time and effort without any guarantee of success.

Every effort has been made to make this special report as complete and accurate as possible. However there may be mistakes, both in typography and in content. Therefore this text should be used only as a general guide and not as the ultimate source of relationship or psychological information.

The purpose of this special report is to educate, enlighten, and entertain. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information in this report.

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QUOTATIONS ON PREPARATION

“Chance favors the prepared mind.”

Anonymous

“Luck is a matter of preparation meeting opportunity.”

Oprah Winfrey

“There is no road too long to the man or woman who advances deliberately and without undue haste; there are no honors too distant to the man or woman who prepares themselves with patience.”

Jean de la Bruyere

“Only those who have the patience to do the simple things perfectly ever acquire the skill to do the difficult things easily.”

Helen Hart

“Success is merely a matter of luck. Ask any failure.”

Anonymous

“We can’t cross that bridge until we come to it; but I always like to lay down a pontoon ahead of time.”

Bernard M. Baruch

“The method of the enterprising is to plan with audacity and execute with vigor.

Christian Bovee

“The one who is prepared has their battle half fought.”

Miguel De Cervantes

“By failing to prepare you are preparing to fail.”

Benjamin Franklin

“The will to win is worthless if you do not have the will to prepare.”

Thane Yost

THE 5 KEYS TO A GREAT ONLINE PERSONAL AD

There are five main ingredients to a successful personal ad that attracts a lot of good quality male love prospects: (1) a few great photos, (2) an intriguing screen name, (3) a male-friendly bio, (4) a clear statement of what you want, and (5) a clever closing invitation.

Here's a closer look at each critical ingredient for designing your online personal ad:

A FEW GREAT PHOTOS

An ancient Chinese proverb reads, "A picture is worth a thousand words." Nothing is more important in creating a great personal ad than making sure that you have a few great photos of yourself for men to look over. Here are a few tips on getting this covered properly:

1. Some online sites allow more than one photo and one angle. Take several photos in order to get the select few (I did over 50 photos in order to find the right one for my new book cover). Have other people pick out the ones that they like best.
2. Photos should be professionally done, but not overdone glamour shots.
3. Photos are small so your pictures should not be full body shots, but shoulders and above (not just the face....ala police mug shots.)
4. Be professionally styled in terms of hair and make-up.
5. Wear your most complimentary colors. Take some photos in different attire.
6. Don't have other people or your pets in your online photo.
7. Have an "about to break into a big grin" smile.
8. For timing on your smile perfectly, have the photographer say, "ho, ho, ho." Then you respond with a "hee, hee, hee." Have the picture snapped as you're about to say the third "hee." (I know it sounds silly, but it works!)
9. Put some energy into your eyes.
10. Be in dress casual rather than formal or business attire.
11. Make sure that the background is not distracting.
12. Scanned photos are okay as long as the quality of the scanning is outstanding.

AN INTRIGUING SCREEN NAME

In order to protect your privacy, online dating ads let you create a short headline above your photo that describes something about you. To help you make the most of this undervalued feature, here are some key points to remember about creating a good screen name:

1. Look at what others cleverly use and put your own twist to it.
2. Highlight your most alluring feature like "BabyBlueEyes" or "BeachBlonde."
3. Avoid bland names like "susie2001" or "NiceGirl2" or "CityCatLover."
4. Avoid being too direct like "MarryMeNow" or "WifeMaterial."

A MALE-FRIENDLY BIO

In the field on communications, a fundamental principle is “the meaning of your communication is the response you get and not your intention.” A savvy Internet dater can interpret this to mean that it doesn’t matter how sophisticated your ad reads, what matters is if quality men respond. With that in mind, here are some ideas on making your ad more male-friendly:

1. Avoid sounding too romantic, dreamy, or silly.
2. Avoid being negative, cynical, or sarcastic.
3. Be brief, sweet, and fun.
4. Let them know what people like about you.
5. If you’re a “hottie” say so. It’s not bragging if it’s true.
6. Avoid shrinking your audience by listing common non-male interests like cats, sunsets, shopping, candlelight dinners, the theater, etc.

A CLEAR STATEMENT OF WHAT YOU WANT

The Bible says, “Ask and ye shall receive.” In the world of Internet dating, make sure that you ask intelligently or else you may get more of what you don’t want instead. Here are some pointers on how to do a better job in this area of asking for what you want in a mate:

1. Ask for honesty.
2. Ask for a chance to get to know each other.
3. Ask for a good match for both partners.
4. Ask for kindness and respect.
5. Don’t ask for your fantasy in the online ad.

A CLEVER CLOSING INVITATION

A good way to close your ad is by teasing them with a challenge to call, email, or contact and to let them know that they won’t be disappointed.

EXAMPLE

PACIFIC BLUE EYES

I am not your typical Orange County woman.

I’ll take a healthy bike ride over a limousine or a morning coffee at Starbuck’s over brunch at the Ritz-Carlton (usually!). I tell people that I like to listen to jazz music, but my heart still longs for good rock ‘n roll. Men have said that I’m “a little bit feisty,” “fun to be with,” “sweet, but not sour,” and a “real hottie” (they said it, I didn’t!). But most importantly to me, my close friends tell me I’m someone they can always count on in tough times.

For an honest gentleman with a kind heart and an enlightened spirit looking for that special love match, I just may be “the one” you’ve been waiting for all of this time.

If you’re willing to get to know each other a little bit better, please contact me right away...you’ll be glad you did!

QUOTATIONS FOR PERSEVERANCE

“The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied.”

Proverbs 13:4

“If at first you don’t succeed, you’re running about average.”

M.H. Alderson

“Inspiration without perspiration leads to frustration and stagnation.”

Bill Bright

“The secret of success is consistency of purpose.”

Benjamin Disraeli

“A quitter never wins and a winner never quits.”

American proverb

“Perseverance is the most overrated of traits if it is unaccompanied by talent; beating your head against a wall is more likely to produce a concussion in the head than a hole in the wall.”

Sydney Harris

“The difference between perseverance and obstinacy is that one often comes from a strong will, and the other from a strong won’t.”

Henry Ward Beecher

“What shall we do when hope is gone? The words leapt like a leaping sword: Sail on! Sail on! Sail on! And on!”

Joaquin Miller

“Failures are made only by those who fail to dare....not by those who dare to fail.”

Binstock

“If you’re not failing, you are not growing.”

Stanley Judd

“One who fears failure limits his or her activities. Failure is only the opportunity to more intelligently begin again.”

Henry Ford

7 STEPS TO CATCHING A MAN OFF-GUARD

“The master social skill is putting others at ease.”

—Steve Nakamoto

I believe that the essence of falling in love is simply this: You spook ‘em away when their guard is up and you’re at your worst. You hook ‘em good when their guard is down and you’re at your best. You must hook ‘em before you spook ‘em otherwise you’ll lose ‘em. As I wrote in my first book, men are like fish and frightened fish (men) can’t be caught. Here are a few tips for getting a man to lower his guard so that he can be more vulnerable to your absolute best:

- 1. HAVE HIM OBSERVE YOU FROM A DISTANCE:** Engage in activities that allow you to perform at your best while letting the man observe, admire, and appreciate you in the safety of his own space. If you’re at a party, he’ll notice how well others respond to you from the other side of the room as social proof that you’re someone special.
- 2. GET HIM TO LAUGH AT HIMSELF:** Poking a little fun at a man without offending him is a delicate art. This is done in private or only with a small group of his best friends in a light-hearted situation. But whatever you do, avoid a public embarrassment or humiliation at all costs.
- 3. DON’T TAKE YOURSELF TOO SERIOUSLY OR TOO LIGHTLY:** Showing a lighter side of you and your own vulnerability makes it easier for a man to do likewise. If you tend to be too serious, then mix in a little humor. And on the other hand, if you tend to be too silly, then toss in a little more seriousness.
- 4. BE BRUTALLY HONEST IN SMALL DOSES:** Show that you’re down-to-earth and not too weak by adding small doses of brutal honesty. This shows that you’re not a phony, but a person with real feelings. Leading with a bit of candor allows the other person to let go of some similar thoughts.
- 5. GET HIM TO LIGHTEN UP:** If you sense that a man feels uncomfortable about a question you asked or a topic under discussion, be quick to say that it’s no big deal, there’s no right or wrong, or simply change the subject. Men can often be afraid of the natural reactions of women and would rather not say anything than to cause an upset or negative evaluation.
- 6. DON’T CONFUSE POLITENESS WITH CONSENT:** While politeness is often regarded as a sign of respect, be sure to realize that it may also signal that the person is dealing very cautiously with you. As a way of not offending or disappointing you, a man may politely agree or comply with you, but in the future he may feel uncomfortable and avoid you as much as possible.
- 7. IT’S ALL ABOUT FEELING COMFORTABLE:** For a man, the woman he loves is the one he’s happily willing to share all his deepest emotional secrets with. That woman makes him feel safe from excessive judgment and gives him the peace of mind to be himself naturally.

***The Bottom Line:** Master the skill of putting others at ease and making them feel more comfortable with you. It will lead to more friends and deeper love connections. Comfort and trust go hand-in-hand with intimacy and love.

THE ATTRACTION SELF-QUIZ FOR WOMEN

How Powerfully Do You Attract And Keep A Man?

(Circle your choices & add up the score.)

Talent: How physically appealing are you to him?

- Physical appearance Poor Fair Good Excellent
- Womanliness/femininity Poor Fair Good Excellent
- Voice qualities Poor Fair Good Excellent
- Fitness/vitality/wellness Poor Fair Good Excellent

Game: How well do you captivate his attention?

- Sexual intrigue Poor Fair Good Excellent
- Confidence/elegance Poor Fair Good Excellent
- Conversational charm Poor Fair Good Excellent
- Common sense Poor Fair Good Excellent

Heart: How well do you move him emotionally?

- Emotional warmth & kindness Poor Fair Good Excellent
- Ability to listen & understand Poor Fair Good Excellent
- Sense of gratitude & appreciation Poor Fair Good Excellent
- Ability to laugh & enjoy Poor Fair Good Excellent

Character: How much respect do you command?

- Sense of responsibility Poor Fair Good Excellent
- Ability to handle adversity Poor Fair Good Excellent
- Honesty & integrity Poor Fair Good Excellent
- Financial good sense Poor Fair Good Excellent

Points:	Excellent	4	Total Score:	53-64	She's "the one."
	Good	3		40-52	She's got a lot going for her
	Fair	2		26-39	She's just holding her own.
	Poor	0		0-25	She's ready to lose her man.

The Bottom Line

The more attractive that a woman is to her man,
the higher his romantic chemistry will rise, and less likely he is to stray.

QUOTATIONS FOR COURAGE

“With courage a human being is safe enough. And without it --- he is never for one instant safe.”
Phyllis Bottome

“Life shrinks or expands in proportion to one’s courage.”
Anais Nin

“Courage is the ladder on which all of the other virtues mount.”
Clare Boothe Luce

“You become courageous by doing courageous acts. Courage is a habit.”
Mary Daly

“Courage conquers all things; it even gives strength to the body.”
Anonymous

“One person with courage is a majority.”
Andrew Jackson

“Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.”
Eddie Rickenbacker

“It is easy to be brave from a safe distance.”
Aesop

“Like love, courage is no joking matter. If it yields once, it will have to yield again, and again. The same difficulty will have to be conquered later on, and it would have been better to get it over with.”
Baltasar Gracian

“Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow.”
Dorothy Thompson

10 KEYS TO BREAKING UP WITH DIGNITY

“When two people decide to get a divorce, it isn’t a sign that they ‘don’t understand’ one another, but a sign that they have, at last, begun to.”

Helen Rowland
Author of *A Guide to Men* (1922)

The old song by Neil Sedaka went, “Breaking up is hard to do.” But this is a necessary decision if your goal is to seek your ultimate soulmate and have a truly fulfilling love partnership. Rather than being surprised and offended, a smart woman will do what is best in this situation in spite of short-term pain experienced by both people.

To help you through this sometimes painful process, here are some ideas for making the clean break from a broken love affair:

1. MAKE A FIRM DECISION: You must determine clearly what moving on would mean to you and also what staying in the relationship would mean in terms of your future happiness and sense of fulfillment. You must determine the meaning before you can have the conviction to take strong, continuous congruent action.

2. WRITE DOWN YOUR REASONS: To help you get clear on the pros and cons of a relationship, write down all the reasons for ending it. Determine your 5 biggest reasons and how important they are to you in your grand scheme of life. If your reasons are strong and plentiful enough, then it will be easy to follow through and do the right thing.

3. HANDLE SHORT-TERM FLINGS QUICKLY AND EASILY: With short-term flings you can email, text message, voice message, or send a card. On *Sex and the City*, a guy left Carrie Bradshaw a “Post-it-Note.” With little invested, this may be the quickest, easiest, and least painful way of ending things. Some people just do a quick fade away, knowing that this may be the least offensive, awkward, or confrontational. Make sure that you say that it’s not about respect or emotional immaturity so much as it is for reducing the pain quickly.

4. LONG-TERM RELATIONSHIPS REQUIRE RESPECT: With long-term relationships, you need a more extensive initial contact and usually an invitation to speak face-to-face more thoroughly. This is a matter of respect and sensitivity so breaking up with a “Post-it-Note” would not qualify. Help the other person retain their dignity by treating them with compassion and respect during this difficult transition.

5. BE KIND, BUT FIRM: When you are communicating in this period, keep in mind how you’d want to be treated if the tables were turned around. Begin in a friendly manner and use good people skills as described in *Dating Rocks!* But remember that the purpose is to break up and not to continue the relationship. Hold your ground on what is most important in the big picture of your life. Constantly ask yourself, “What is the larger purpose here?”

6. STATE YOUR REASONS CLEARLY: The reason for writing down your reasons is so that you can be clear about why you're doing this in the first place. That way, you won't be talked out of something that you know is the right thing to do. Rehearse this like you would a short speech. Know beforehand what you want to say and the key points that you want to cover. Also be sure that you create a powerful closing conclusion that makes clear the action that you want the other person to take.

7. STAY FOCUSED ON YOU AND YOUR NEEDS: You may want to touch on why this is also in the other person's best interests briefly, but overall what you know it best for you is your major priority. You can have more conviction and influence by telling the other person how you really feel rather than by trying to guess what's going on with that other person.

8. GIVE THE SHORT VERSION FIRST: Don't belabor the point and drag this out any further than it has to. Don't say any more than what needs to be said. Dwelling on this will make things more painful for both parties or weaken your stand and get talked into giving things another chance. Get clear on what you need to say, say it well, be brief, say it with the appropriate emotion, avoid what not to say, and then move on. Make sure that you have another appointment so that you don't get talked into sticking around longer than necessary.

9. DON'T SAY THAT YOU'LL KEEP LEAVING THE DOOR OPEN: Leaving the door open is a sign of weakness and only gives false hopes to the other person. It's better to make a clean break and only resurface if the circumstances change dramatically. But overall, remember that your purpose is to change direction, not to slow it down. Start the process of change immediately by refusing to give into weakness and move forward, instead of staying stuck.

10. ABSOLUTELY KNOW THE BOTTOM LINE: When you boil down the relationship to its basic causes for failure, you will discover that either the romantic chemistry wasn't high enough for both of you, the emotional maturity was lacking in one or both of the participants, or the values and lifestyle habits were not compatible for a long-term, full-time love partnership. With that kind of clarity, it is easier to do the right thing and move on in separate ways.

The Bottom Line

Breaking up can be hard to do especially with someone who has been important to you in the past.

But like many things in life, you have to face reality with decisiveness while treating people with respect. Keep in mind that in the end, it is your decisions that will lead you to the happiness that you desire. Don't get compromised by trying too hard to please other people at the expense of what's best for you.



"...but enough about me."

THE LOVE PARTNER TEST FOR SIZING-UP MEN

How Does The Man In Your Life Measure Up?

(Circle your choices & add up the score.)

Talent: How attractive is he on the surface?

- Physical appearance Poor Fair Good Excellent
- Intelligence & common sense Poor Fair Good Excellent
- Money/Wealth/Success Poor Fair Good Excellent

Game: How well does he capture attention?

- Tasteful sense of humor Poor Fair Good Excellent
- Confidence & personal power Poor Fair Good Excellent
- Conversational skill & charm Poor Fair Good Excellent

Heart: How likable is he?

- Emotional warmth & kindness Poor Fair Good Excellent
- Ability to listen & understand Poor Fair Good Excellent
- Sense of gratitude & appreciation Poor Fair Good Excellent

Character: How much respect does he truly command?

- Responsibility & maturity Poor Fair Good Excellent
- Ability to handle adversity Poor Fair Good Excellent
- Honesty & personal integrity Poor Fair Good Excellent

Fit: How good of a team do we actually make?

- Shared human values Poor Fair Good Excellent
- Compatible lifestyle habits Poor Fair Good Excellent
- Harmonious personalities Poor Fair Good Excellent
- Matching relationship goals Poor Fair Good Excellent

Points:	Excellent	4	Total Score: 53-64	He's your best bet!
	Good	3	40-52	He's a nice catch.
	Fair	2	26-39	He's just an Average Joe.
	Poor	0	0-25	He's not for you at all!

The Bottom Line

Measure a man wisely by the size of his total package.

QUOTATIONS FOR CONFLICT

“If passion drives you, let reason hold the reins.”

Benjamin Franklin

“A clear understanding of negative emotions dismisses them.”

Vernon Howard

“Those who attack always do so with greater fervor than those who defend.”

Eleanor Roosevelt

“People who fight fire with fire usually end up with ashes.”

Abigail Van Buren “Dear Abby”

“The strong man is the one who is able to intercept at will the communication between the senses and the mind.”

Napoleon Bonaparte

“When we direct our thoughts properly, we can control our emotions.”

W. Clement Stone

“The major difference between people is that some succeed in mastering life, while others permit life to master them.”

James Gordon Gilkey

“The man who acquires the ability to take full possession of his own mind may take possession of anything else to which he is justly entitled.”

Andrew Carnegie

“Give me beauty in the inward soul; may the outward and the inward man be at one.”

Socrates

“And you will know the truth, and the truth will make you free.”

Bible, JOHN 8:32

SIX STRATEGIES FOR OVERCOMING REJECTION

“It is not rejection itself that people fear, it is the possible consequences of rejection. Preparing to accept those consequences and viewing rejection as a learning experience that will bring you closer to success, will not only help you to conquer the fear of rejection, but help you to appreciate rejection itself.”

—Bo Bennett, Author of *Year to Success*

Have you ever been rejected by anyone for any reason in your pursuit of love? I’m sure that everyone has on at least one or more occasions. The results at times can feel catastrophic, but in retrospect the rejection was just another obstacle that was left behind in our love lives.

The major danger with rejection is that it creates a fear of pain that causes people to stop attempting in the future. When you face the reality of rejection, you can clearly see that it is not a physical thing. You can’t hold it or grab it. The fear of rejection is only a mental obstruction that gets in our way of finding love. But the very real problems with rejection occur when either a person: (1) stops trying because of the fear of pain, or (2) gives up too easily on their search for love.

To help you “reject rejection” when you are faced with such a challenge, here six helpful pointers to keep firmly in your mind:

1. **What’s the worst that can happen?** Face the reality that sometimes you will not succeed in getting your outcome. But there really aren’t any failures as long as you learn or find value in whatever outcome you receive. In every incident of rejection, there is some kind of feedback. It’s up to you to figure out what feedback that might be and how to handle a similar situation in the future with more effectiveness.

2. **Design your own kind of safety net.** Like flying on a high trapeze, a person needs to be reassured that in the event of a fall everything will be alright. One way to do this is to fully realize the benefit of uncertainty. It is the feeling of uncertainty that fuels the excitement in our lives. When we experience too much certainty or safety, we get bored. The truth is that the more uncertainty we take on, the more alive we feel. So the true test is to see how much uncertainty you can comfortably handle. People who do well in this area have absolutely no problems with the feeling of rejection. Embrace a healthy dose of uncertainty in your life so that you can maintain some excitement in your step. Remember that uncertain means adventure.

3. **Find your special trigger phrase that gets you to act.** If you were to find yourself on your first skydiving adventure, you’d eventually reach a point when you either decide to jump out of the plane or chicken out and go back home. What many people do is create a word or phrase that they say to themselves in order to take action. For me, I’ve been about to “pull the trigger” by saying something like the following:

- “If it going to be, it’s up to me.”
- “What the heck!”
- “It’s now or never.”
- “Bring it on!”
- “If I can’t, I must!”
- “Why don’t you dare me!”
- “I didn’t come all this way not to do this!”

Your job is to find a phrase that works for you. Go back into your personal history and find a time when you were able to act in the face of a challenge. Remember that time and think about what you may have said to yourself in order to get yourself into action.

4. **See rejection as a test of who you really are and what you’re really made of.**

When you find yourself faced with a challenge of rejection, it serves as a test for many things like:

- How much courage do you have? Will you muster up the strength to challenge your fears or are will you let fear control your life?
- How much clarity do you have? Do you know what you really want in your love life or are you simply going to avoid anything that might be painful?
- How much pain are you willing to take? Some people have very low thresholds of pain. In fact, some of these people will do anything to avoid the slightest possibility of pain. What these people don’t realize is that a little dose of pain might actually be good for you. Like a pin that is pricked on your finger for a blood test, a small bit of pain will make you realize that the fear is much greater than the actual experience. The actual experience of rejection or failure may be insignificant in the grand scheme of your life. It certainly isn’t something to control your every social behavior.
- How much compassion do you have for yourself and your struggles? Sometimes you have to take time out to embrace yourself for all that you have suffered in the pursuit of your dreams or even in surviving your individual ordeals. It’s time to update your references in life so that you can make the past serves you, instead of enslaving you. That first step may be to finally pat yourself on the back and know deep inside that you are a survivor who was truly meant to create a special kind of life.

6. **Diversify your interests and possibilities so that you don’t have everything riding on this one experience.** If you make any dating prospect a big deal in your life, then you will put too much pressure on yourself to succeed. In the event of an undesirable outcome, putting too much emotional weight will make you distort the meaning in a negative way. I suggest that you go into any love encounter with a diversified portfolio of social options like:

- Have other dating prospects in mind or in the fire.
- Line up additional dating/meeting events on your social calendar.
- Maintain a supportive network of upbeat friends.
- Diversify your interests so that you have more in your world to be excited about besides your love life.
- Enjoy a variety of simple diversions so that you can take periodic breaks from the dating world. These diversions like taking a vacation with the girls will refresh your spirit and help you find the emotional balance that you need to succeed at dating and love.

6. **Know the true meaning of “no.”** When you receive a message of rejection, you have the complete freedom to interpret it correctly or to make it a personal attack on yourself. While it may seem like the other person is doing something to you, the truth is that we do much meaner things to our own psyche. I have found that the true meaning of a rejection message is usually one of the following:

- There’s a better match up with someone else. The romantic chemistry (which is out of our control and a thing of nature) isn’t right for both parties.
- If I’m not right for the other person, then there is no way they could be the right one for me.
- An early “no” saves you tons of time, energy, and emotion.
- “No” should instantly mean “next!” to a person of positive action. That next could mean looking for your next person to meet, next strategy to use, next direction in your life, and/or next attitude to incorporate.

Every person who wants to succeed at finding the love of their life must increase their number of opportunities. And in order to play the numbers game to win, that person must meet as many qualified people as they possible. Then, they must refine their approach until they get it right. But the biggest obstacle to success at love is failing to try or giving up too easily. You must have the courage to persist in order to make love happen.

The Bottom Line

As Eleanor Roosevelt once said, “No one can reject you without your own permission.” The key to success in your search for love is to meet as many people as you possibly can by preventing rejection from ruining your spirit. If you discipline yourself to do this, keep your eye on your goal at all times, and learn from every experience, then success at love will naturally find its way to you. All you have to do is get on and stay on the path to love.

ONE FINAL NOTE

In this Bonus Report, you've learned about:

- * 12 of the smartest moves you can make in the area of online dating.
- * How to create a successful online personal ad for yourself.
- * 7 ideas for lowering a man's guard so that he can appreciate the real you.
- * A simple test for measuring your level of attractiveness to men.
- * 9 keys points to remember when you must face breaking up with a man.
- * A smart test for sizing up the men in your love life more accurately.
- * Six Strategies for Overcoming the Fear of Rejection

The only thing that remains in this “pre-stage” of a love relationship is what I call “a sense of urgency.” All the plans that you make are of little value if you don't actually follow-through with immediate action.

The problem is that we may be in a “comfort zone” where things aren't bad enough to be an urgent necessity or great enough to be highly inspired. It's living in this middle “comfort zone” that makes all of us put off things until tomorrow. And before we know it, the tomorrows start stacking up until we forget what it was we were planning to do in the first place.

Don't let that be you!

Love won't work for you unless you actually do something to deserve it. And the best time to do something about your love life is to strike while the proverbial “iron” is hot.

That time is now.

The love you desire with high romantic chemistry and equally high emotional maturity is waiting for you to take on the challenge.

Go out and get yours. And remember that it only takes one.

Good luck, share this with a friend, and enjoy the process of becoming a more loving person always!

Steve Nakamoto