

————— *Dating* —————
AFTER HEARTBREAK

3

SECRETS TO TRANSFORM YOUR DATING LIFE
AND FIND THE LOVE YOU WANT

BY THE *NEW YORK TIMES* BEST-SELLING AUTHOR

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So...you've joined the club.

The club of people who have loved, lost, traversed the darkness of having their heart broken into a million little pieces, and now you're wondering how to climb back into the light.

Welcome.

You've now officially entered "heartbreak limbo" – that strange place between the end of a previous relationship and the beginning of starting your dating life again.

Maybe your breakup occurred recently and your heart feels like it's still in intensive care. Or maybe your heartbreak was months, or even years in the past, but the scars run deep enough to make you wary of getting into another relationship ever again.

Believe me, you're not alone.

I've spent **10 years** coaching thousands of women who have also been where you are now.

I've seen all the destructive ways people choose to cope with heartbreak: isolation, hibernation, indulging in harmful food and drugs, rebound sex, rebound relationships, rejection of **any** future relationships...the list goes on...

After a breakup we're so often left with an empty feeling of waste: *"All those hours, all that pain, and I'm back where I started."*

Some of us also feel the constant sting of betrayal, *"How could they do that to me?" "Why did I let myself be such a fool?" "What did I do wrong?"*

Anger, hatred, fear. All of these are part of the cycle. And right now it may be hard to even imagine giving it a shot with someone new (especially because the modern dating game seems to have changed so rapidly while you were sitting on the sidelines).

But at some point, it's time to patch ourselves up, turn the page, and prepare to give love another chance.

After all, we're human beings. Meaningful connection is something we all seek at our deepest level, no matter what we've been through before.

That's not to say the first step won't be daunting. Especially now you lack the naiveté of your former, younger, more innocent self.

After all, now that you know what pain love is capable of inflicting, how can you take a chance again? And how can you make sure to get it right *this* time around?

Fortunately, the wonderful thing about love is that we get more than one chance to write our story.

This is where your new chapter begins...

Before We Do This (IMPORTANT...The #1 Rule Before You Date Again)

The old adage remains true: time heals all wounds.

But HOW MUCH time it takes, and whether you'll be well prepared for finding the right relationship next time, depends entirely on your strategy going forward.

Maybe you've read a few self-help books, had one too many conversations about being single over a bottle of wine with your friends, and you're even thinking of starting a Tinder account.

What now?

Well, you could wait for all your loved ones, magazines, and TV shows to dish out the usual clichés:

- “*When the time is right, you’ll meet the right guy.*”
- “*Just think positive thoughts.*”
- “*It will happen when you least expect it.*”

Or you could forget the fortune cookie platitudes and **do what actually works.**

I put together this short guide to get you started no matter where you're beginning from today.

And whether you are divorced, heartbroken, or just perennially single: I've seen these strategies work for *any* woman, of any age, at any stage in life.

But before you go ahead and learn these habits, you must make a promise to yourself: “Starting today, I will let go of the past.”

Our lives are not defined by a label: “Divorcee, single mum, victim of emotional abuse...”

Time and time again in my years of coaching, women use these words to describe themselves as if they were confessing to witchcraft.

Who says we have to even see these labels as negative? Who says we have to see any part of our story as a stain on us, as though we are now carrying around an invisible curse that will make us repellent to anyone who wants to date us?

This is nonsense.

Yet I've seen people who let one chapter of their past define their entire story.

It's not fair. It's not fair to you, and it's not fair to anyone you might meet down the road who wants to see EVERY amazing part of you, not just the scars.

People who wear their baggage go wearily on first dates, feeling like they are "damaged goods." They interrogate any new guy in their life, trying to get a 100% guarantee they will never be hurt or disappointed again. They talk with bitterness or cynicism about relationships in general or lament the fact that they are just "unlucky in love."

Go into this with an optimistic head and an open heart. Because if one thing is certain, it's that **there's no better start to finding love than going in with a clean slate.**

So here is **THE #1 RULE =**
****You are not defined by your scars****

Before we can ever move on, we have to let go.

And the funny thing is: it only takes ONE amazing person to change our entire perspective.

There are incredible, kind-hearted, loving, devoted men out there who are looking for a woman ready to embrace love and life – but only if she is looking to the future, not the past.

By the way, this guide isn't about jumping into another relationship tomorrow. It's about getting back out there in a way that:

- (a) Gives you the best possible chance to find the love you deserve
- (b) Makes you fall in love with your life (whether you're in a relationship or not)

So either way, this is a win-win situation.

Start these new behaviors today, and you'll be miles ahead of every single woman out there, swiping away on Tinder, just waiting for something to happen.

You have the pen. It's your story.

Here we go...

Secret #1 – Flirt With Life Again

Imagine you just walked into a theme park.

There are exciting rides, cotton candy, fun games, thrilling shows, silly characters, tempting food and hot dog stands, and it's all yours to go and explore like a little kid.

What if you could feel that about YOUR own life? How much more would you be in an amazing emotional state to meet someone if every week felt like an adventure?

This might sound unrealistic – but you can start doing this TODAY.

So many people after heartbreak shrink their world into nothing. They pull the covers over their head. They stay home and lose themselves in a whirlwind of junk food and TV. When they can be bothered they drag themselves out to meet up with the same few friends.

The rest of their schedule is full up with stuff they “have” to do: wake up, fall out of bed, work, eat, buy groceries, do the laundry, pay bills, go home, sleep, repeat.

It’s so easy to fall into this trap.

Which is why we have to consciously MAKE THE DECISION to go from “killing time” to “fulfilling time.”

Our lives are only made up of how we spend each hour. And think of how many hours in your week you could choose to learn, to grow, to experience, to connect, to laugh – that you may not be using at present.

When you’re getting back in the game after heartbreak, there’s nothing more important than making life your playground again.

Examples of “fulfilling time” include:

- Taking chances to say “yes” to new things (That acquaintance invited you to a party where you know no one? Great! When does it start?)
- Going to that hobby you keep putting off (Language classes? Dance lessons? Writing meet-ups? Indoor rock-climbing? Live music gigs?)

- Diving into your deepest passions and building networks around your industry (Who couldn't use more contacts and mentors in their industry?)
- Using your free time to explore, have fun, and truly play ("Hey, did you hear about that new exhibition, day-trip, food market this weekend? Let's go!")

Now, you may look at this list and wonder how it relates to meeting a great guy.

Well, in my decade of coaching, I've found time and time again that **there is absolutely no greater path to finding love than living a life you love.**

And giving your brain that jolt of something fresh, novel, spine-tingling – that connects you with others and brings excitement to your world – is just about the greatest way to re-connect with yourself again.

You stop feeling "trapped" in your small world. Suddenly, everything expands and there seems to be no end to the treasures that await you to discover.

This doesn't mean you have to jet off tomorrow and mindlessly fill your calendar with events even if you don't want to go.

If you only inject 3 new ways to make "fulfilling time" in your week, you'll EXPLODE the possibilities in your love life.

You'll feel a sense of deep fulfilment and joy in your life, with new things to look forward to, which makes you feel like you don't need to run into a relationship to "fix" some hole in your life.

In other words, **you start to become happy on your own.**

And there's nothing more important for choosing a great relationship than knowing you can live a life of meaning and joy without one.

Secret #2 – Start More Conversations (Everywhere)

- *“There are no good men out there!”*
- *“I can’t find anyone I even LIKE...”*
- *“The guys I want never come and talk to me.”*

Ever heard these phrases?

Maybe you've said them to yourself a few times in moments of despair.

Whether you're over your heartbreak or not, getting back into the dating world can be a disheartening experience, to put it mildly.

You don't really know where to start. Some friend convinces you to try a dating app. And once you're swiping away, no-one seems to be the kind of person you want. You end up comparing every new guy to your last relationship.

Or you just wait...and wait...and wait...

Hoping that maybe, next time you're out at a bar, or in a coffee shop, the right guy will swoop in, walk over and make all the moves, and all you have to say is “yes.”

You might as well be playing the lottery.

What you really need to do now in the early stages is become open to **everyone**. Meet as many different possible people you might like.

Why?

Two reasons:

- (1) It's important to be open to being surprised. You never know who you might fall for when you give them a chance (or who might introduce you to someone amazing).
- (2) You need to remind yourself that you have options.

This will stop you settling for Mr. Right Now, and instead show you that there are many choices if you're willing to step out the door and be open to possibilities again.

If there were three words that could change your dating life, it would be: **Start. More. Conversations.**

The guy in the elevator, the coffee barista, the friend of a friend at a party, the guy who you buy lunch from every day, that friendly person in your gym class who seems to be socially connected...

So many people choose to close their world after a breakup and batten down the hatches. Their universe shrinks to a tiny circle of a handful of friends and no one else. And then they wonder why it's so hard to move on.

Diving into meeting new people is like suddenly hitting refresh on your love life. You get perspective. You get exposed to *other* cool new people (who won't bring up your breakup every conversation). You get a sense of what *could be* in the future, instead of living in the past.

So if you need to know what's next, just do the following:

- Find people on the “outer edge” of your social network, i.e. outside your closest friends, people who will introduce you to *other* networks of people.
- Do the more sociable version of something you already do (e.g. if you always sweat it out alone in the gym, go to a kickboxing class once a week).
- Start 3 conversations every day. (e.g. “Which coffee is good here?” “Do you know any cool places to go out in this area?”)

Then watch what happens.

Little by little, the space around you will expand and open up, and suddenly the new territory becomes a playground of possibilities.

Create connections with everyone, and it's only a matter of time until it brings you to someone special.

Now, of course, you still have to make sure you choose the right person next time, which brings us on to the final point...

Secret #3 – Reject the Wrong People Faster

What's 80% of the cause of bad relationships?

Choosing the wrong person in the first place.

And what's worse, we choose to remain with someone who may be completely toxic, sometimes for months or years more than necessary.

This also happens with the people we surround ourselves with every single day.

We choose people who criticize, complain, hurt our self-esteem, tell us we're incapable, or who just drain us of our positivity.

So ask yourself: Are you currently spending 80% of your social time with people who give you life, fun, inspiration, emotional connection, and optimism? Or are you spending time with people who consistently bring your mood down?

Anyone you invest time, emotion and energy in, will be someone who either brings you more joy, or more stress.

So take an audit: Think VERY carefully about who you choose to be in your circle.

This is doubly true about the guy(s) you choose to date.

Yes, in point #2 we saw the incredible benefits of meeting everyone, but that doesn't mean we ought to invest in everyone.

If there's a rule for dating, it's this: **Be open-minded about whom you meet, but be VERY selective about whom you invest emotion in.**

Some guys might be great fun, but you're not compatible in the long-term. Or you want different things. Or some guys seem to "have it all" except for a huge, fatal flaw you know will kill the relationship eventually if you don't cut it off now.

So start rejecting the wrong guys faster.

For example:

- If he doesn't seem like he wants a relationship (or says he's "just having fun") and that's not what you want...cut it off.
- If he treats you as an afterthought and never bothers planning dates beyond "hanging out" in his bed...cut him off.
- If you notice red flags in the way he talks about his ex, or if he has weird mood swings, or signs of him being crazy jealous, or any other toxic behavior...cut. it. off.

This isn't a game. This is your life. And there's no point wasting anymore precious weeks and months waiting for the wrong guy to start getting his act together, when there's a right guy out there who you could be infinitely happier with from the start.

If you can master that, you have the essential foundation of dating mastery (of course, you still need to know *how* to attract the best guys and what makes a relationship work in the long-term, but that's a conversation for another time).

See, I don't want you to be going on date, after date, after date – another long, drawn-out dinner, another ENTIRE evening wasted...

Nor do you want to be on a 3rd, 4th, or 5th date with a guy whom you have no real chemistry or shared interests simply because it feels like some kind of progress just to be "out there" again.

So choose the guys who give you butterflies. Choose the friends who sincerely want the best for you and encourage you through your

successes and failures. Choose people who inspire your mind and make you feel better about the world.

When you raise your standards, you send the ultimate message to the world. You get to be the doorman of your own life: *You must be this awesome to enter.*

Enforce that code, and you'll be set up for the RIGHT people to enter when you're ready to fall in love again.

Now, when you apply my 3 secrets to restart your life after heartbreak, you will notice your world open up all around you, and exciting opportunities with men will start to present themselves...

...So if you're even thinking of that next step – *meeting and dating new men* – I'm here to help with that, too.

After all, once you put yourself back “out there,” you deserve an amazing relationship without having to suffer through the disappointment and emotional anguish that most women endure while searching for Mr. Right.

But a word of caution: The beginning stages of dating are **the trickiest time to get right**. Every word you say and move you make has the potential to skyrocket your new relationship forward or send it slamming into a brick wall.

That's why I've **boiled down years of my very best insights into a simple, yet complete, all-access guide to the male mind** to help you navigate your way through those tricky beginning stages.

I'll take you past superficial flirting techniques and basic texting tips to reveal deep secrets of male psychology so you **can finally understand men and build a passionate new relationship on a rock-solid foundation that will last...**

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