

**NORAH MARLER**

*the answer to your dating problems!*



**NO  
MORE  
DATING  
PIGS**



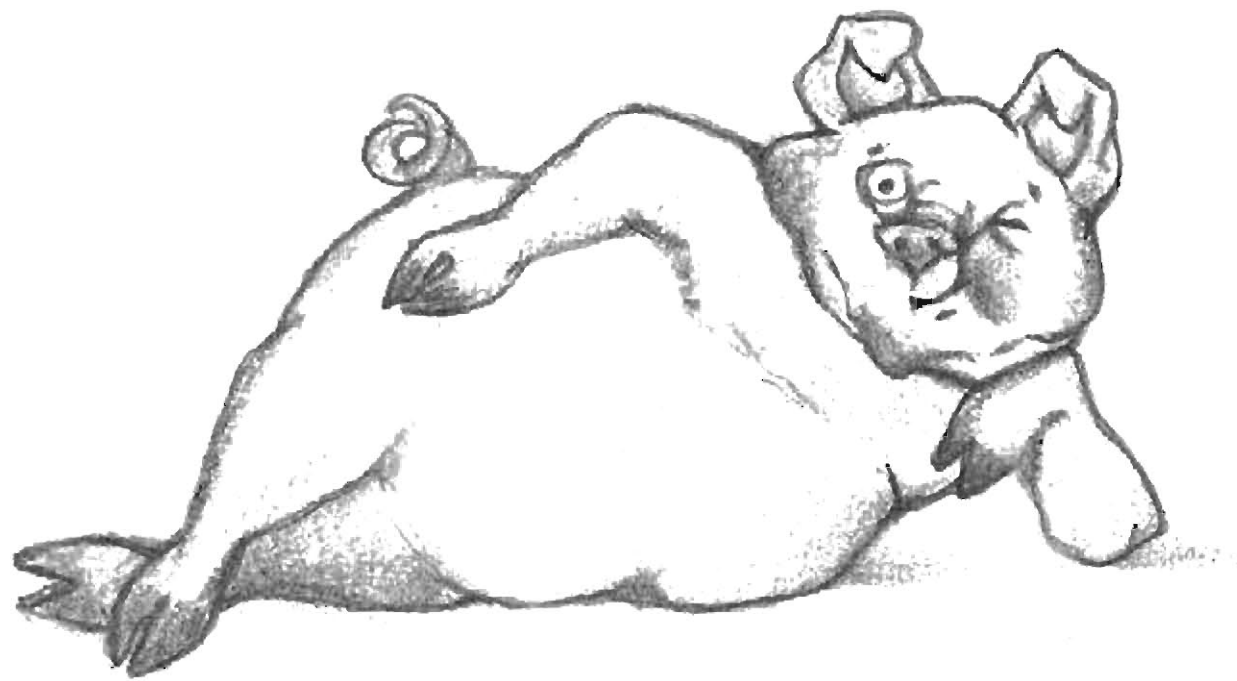
**YOU ARE DATE  
WHAT YOU**

**cheater**  
**WHY MF?**  
**liar**  
**rude**  
**HE SAID WHAT?**  
**why**  
**hasn't called**  
**CHIVALRY IS DEAD**  
**is he cheating?**  
**DISRESPECTFUL**  
**WHY**  
**why me?**  
**chivalry is dead**  
**NEVER CALLS ME**  
**what was I thinking?**  
**what was I thinking?**

**No More Dating Pigs  
You Are What You Date!**

# No MORE DATING PIGS

YOU ARE WHAT YOU DATE



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NORAH MARLER

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Marler Publishing

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# INTRODUCTION

*I cried when I had no man with me,  
Until I saw a woman who had no dignity.*

**D**o you feel as if you were born to love? I do. I know that many women, like me, use this feeling as their life's guiding principle, some with better results than others. Over the years, always with this “born to love” flashing ahead of me like a lighthouse, I've bumped over love's rocky shoals time and again. Sometimes I was the one who got hurt. Also, and all too frequently, I've helped pry brokenhearted girlfriends off the rocks. And over the last few years, in my work with women of all ages and backgrounds—through non-profits and the *No More Dating Pigs* website—I've resuscitated complete strangers.

Through this work, I've learned that we women have an uncanny strength for survival, yet exceptional weakness for matters related to the heart. We can conquer cancer and survive nearly any catastrophe, but we are immobilized by loneliness, betrayal and heartbreak. I have witnessed more suffering over relationship troubles than over any other anguish. Most of us have a traumatic experience in common: *We know what happens when you date Pigs.*

Despite innumerable books on how to succeed in the dating market, men who act like Pigs proliferate. Even the shrewdest women inadvertently stumble into Pig sties. It's almost inevitable, because Pigs are everywhere. No matter how much advice women heed on “getting a good man”—advice such as wearing skirts not pants, being coy, and feigning unavailability—Pigs persist. Pigs are smart, they're opportunistic, they're greedy and they only care about themselves. Yet dating guides, which typically put the burden of change on women, have not

yet dealt with the real problem: *Pigs*. Pigs are the elephant in the self-help movement. And they snort.

Many existing dating guides leave all the changes up to women. Following their advice—from learning where to touch a man or how to dress for one—women *can* get laid. If that is all the reader seeks, then great. However, it is much more difficult for women to get what most want—companionship, thoughtful connection, respect, and marriage, if that’s what they’re after. *If women aren’t getting what they desire, the existing dating guides aren’t working.* We all know it. Yet, I have learned that the solution is easy. First learn to spot Pigs; then stay away from them. Stop inviting Pigs into your blankets!

This is *not* a man-bashing book. Discouraging men who behave like Pigs is productive. Hating men who behave like Pigs is counterproductive. I believe wholeheartedly in women. I believe in men too. But most of all, I believe in love. This book, by offering practical advice, gives women the tools better to navigate toward their guiding “born to love” principle. They stop being vulnerable to advances that are based only on charm, intelligence and good looks (or whatever else has made them gravitate to swine), then they take an inventory of their own priorities. Women ask themselves: What really interests me? What would I like to learn more about? How can I nurture myself? Women don’t have to do anything special to attract a mate, other than be the best of themselves. Reading it, women will cultivate better Pig radar, hone their navigational ability and master self-nurturing. They’ll still arrive at love, but they will no longer be ravaged by the process.

My book offers this practical guidance a step at a time. And through women’s activism, I’ve seen the difference that following this advice—No More Dating Pigs—makes to thousands of women. With the guidance, I have combined confessions from my own dating ordeals, appalling yet typical real-life dating experiences. As you’ll read, I’ve trained in the trenches and share cold hard facts on dating.

You’ll read about my long spate of Pig dating disasters, of which the following is only the beginning. You tell me if this “was you,” “could have been you,” or “was you over and over again,” as was my experience.



Born to love, I began dating when I was seventeen, always eager to give my heart to the first guy to get it to skip a beat. This heart-giving continued until I was old enough to receive a ring and a promise. Marriage made me blissfully happy. My life was exactly the fairytale I had dreamt of throughout my childhood. Every day I looked up at the Cupid gods and thanked them. That was until I found out that my husband's secretary was giving him more than good letterhead. Then she began to stalk me. After she was arrested and indicted, issues of infidelity and trust quickly devoured my marriage. Our love couldn't weather the storm; it just wasn't strong enough.

Time to beckon the Cupid gods once again. *This should be easy*, I thought then. I'll find a handsome single divorcee, we'll have a few dates, I'll get remarried and we'll live happily ever after. That was the plan. Problem was that dating as I had known it prior to marriage was nonexistent. I didn't know what I was doing. I couldn't tell the bad guys from the good guys. I dated and dated and then dated some more.

I learned a lot: A lot of married men are out at bars without their wedding rings. A lot of men want nothing more than a one-night stand. A lot of men who have been married are averse to marriage. I dated really good men who were really messed up from their own divorces.

Exhausted from good men with bad stories, I latched onto a typical "bad boy" – 36 years old, single, never married, with piercing blue eyes and a devilish smile. We met under a blue moon on a summer night at a patio bar on the Jersey shore. I was tired of always being such a good girl and he couldn't get much worse. It felt like a good match at the time even though my friends never quite thought so. I never thanked the Cupid Gods for Bad Boy, looking back I'm glad I was cognitive enough to never waste a thank you on him. Dating him was some type of sadistic self-inflicted punishment. I have never sunk so low in a so-called relationship, however, this "bad boy" was exactly "who he was" from day one.

Though I didn't see it then, the fault was entirely mine. From the beginning I fed his ego and reinforced his narcissism. My attraction to him was purely physical, and it was as though I couldn't see who he

really was. No matter what shoddy thing he did, I explained it away by telling myself that he really was a good guy. Right! There were 18 months of unanswered phone calls, guys' nights out, being seen with other women, drunken tirades, broken dates and bad birthday gifts. Finally, I called it quits.

I cried for two weeks after the bad boy and I officially broke up. It would take me some time to realize none of those tears were shed for him. The truth is that I cried because I missed the idea of having a boyfriend.

*Does this sound familiar?* So many of us have had similar experiences that we're a sisterhood.

Well, hello there, "Sister." This dating guide will help you develop the skills to find a good man and a lasting relationship. Once you stop Pigging out, you can be open to lasting relationships that result in mutual growth. These will leave the Pigs in the dust.

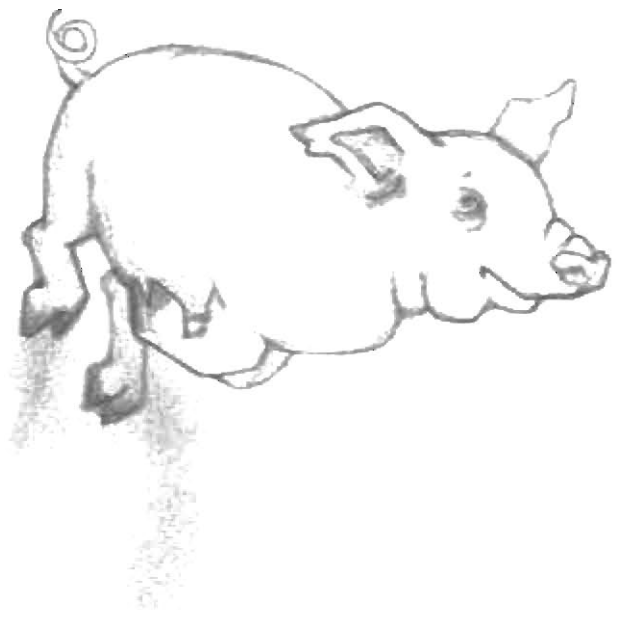
So pull yourself together. Collect your feelings. You *were* born to love. And you *will* love. Not only that. *You'll be loved.* *No More Dating Pigs* will lead you out of the barnyard and into a happier, healthier ever-after. It's about time.

*You are what you date.*

PART I

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# **PIG DATER'S GUIDE TO PIGGING**



## CHAPTER ONE

# HOW TO SPOT A PIG

**W**ITH all the progress women have made in recent generations, we still get hung up and trampled in the wilderness of relationships. In our lifetimes, most of us have blown through boxes of tissues over one guy or another. And we've helped otherwise savvy women friends through heartaches too. How is it that astute, going-places female professionals end up blubbering in their jammies, surrounded by bags of chips, ice cream containers, or fifths of vodka?

It's not that we can't find our way. We lose our bearings because we forget that "finding our way" is important. Women have great instincts; we're just not using them. Re-activating those instincts is an essential and often forgotten survival strategy in the big wide world of love.

Too often we women cast aside "reason" and put "longing" in charge. It doesn't matter how smart, how pretty, how talented, how experienced you are. Letting desire rule your life is like driving without a seatbelt, or bingeing, or going to the desert without water, or any number of other risky actions. It can lead to bad consequences. To reduce bad consequences, this chapter begins to put you back in charge of decision-making about the men you date. You'll find that being discriminating is *empowering*. Don't worry: It won't make you less attractive. You'll find that you're even sexier.

Like any "field guide," *How to Spot a Pig* addresses the need to spot a species quickly and accurately in any setting. It teaches you to identify men who act like Pigs, from a distance, at first contact, in communication

afterward, and in bed. This saves time, increases personal safety, helps you keep your equilibrium, and keeps you moving ahead with your life. Instead of losing your way around men, you'll find a richer path.

Here's what you need as you set out:

- A yearning to learn and master the art of spotting a Pig
- Discretion
- Reserve
- Self-respect
- Attentive watching
- Attentive listening

These tools are relatively self-explanatory, but I'll elaborate slightly: *Yearning* will lead you to commit to cultivating Pig-spotting skills. You have to believe you can do this. It's not hard, as you'll soon see.

*Discretion* is the power to decide events based on your own judgment, not that of others. Being discreet doesn't require a lot of discussion. It is about being careful.

*Reserve*, similarly, is basically a habit of anticipating the unforeseen, thinking before you act. "Acting" includes movement, gestures, speaking, what you wear and how you wear it, everything right up to and beyond having sex.

*Self-respect*, or dignity, is a quality even the most wounded can access. It is standing behind and supporting your own worth. You need not flaunt your self-respect; hold the knowledge that you esteem your person, your goals, your talents, your ability to love, and so forth, close to yourself. So doing is immensely nourishing.

*Attentive Watching* in a dynamic social setting is challenging, because the tendency is to see only a guy's appearance, not what he is doing. Somehow, you must put aside his killer looks and watch his actions. Think of animals—predators and prey. Let your guard drop and you're "prey."

*Attentive Listening* requires you to pay attention to where *his* attention is. Turn down the volume on your expectations, so you can focus

enough to discern his priorities. Really listen to his words. How many of them have to do with you?

That's it: *Yearning, Discretion, Reserve, Self-respect, Attentive Watching* and *Attentive Listening*. Get these "tools" out and practice them. Practice them in every encounter with anyone, no matter the gender.

Now, just what is a Pig? We're not talking about fat, even-toed ungulates. We're talking about male *Homo sapiens*.

## DEFINITION OF A PIG

For purposes of this book, a Pig (noun) is a selfish and often cunning man who pursues women on pretext of romantic relations, but basically tells women anything and everything they want to hear in order to a) satisfy his excessive need for constant attention and admiration, b) feed his ego, and finally, c) get them into bed. A Pig is often sexually promiscuous, and usually, promiscuity is a goal. A Pig has little decency or conscience and no real respect for women. Often ruthless, a Pig's self-involvement overshadows his interest in understanding a woman's feelings or how his actions will affect her. A Pig's personality disorder results in sociopathic behaviors that subvert his ability to love anyone other than himself. Pigs do not want to get married. They are not interested in long-term relationships. Often, even casual dating is bothersome because it gets in the way of scoring more attention from more women. Oddly enough, Pigs aren't really satiated by the sex; it's *the chase* that compels them. It takes a lot of females to nourish a Pig's ego.

## TELL “TAIL” SIGNS

A Pig . . .

- . . . hangs out in bars and frat houses
- . . . is good looking, but self-consciously so
  - . . . doesn't have close friends
  - . . . obsessed with cell phone
- . . . flatters you about your looks
- . . . otherwise only talks about himself
  - . . . doesn't ask about you
  - . . . plays on sympathy
  - . . . is unresponsive
- . . . stays “connected” by texting and email
- . . . doesn't call or doesn't call when he says he will
- . . . suggests outings, but doesn't follow through on them
  - . . . makes excuses to leave after sex

## TELL “TAIL” SIGNS

Charmer  
Winker  
Flirter  
Gawker  
Boozer  
Exaggerator

Nodder  
Texter  
Groper  
Bragger  
Whiner  
Interrupter

## LEVEL ONE—SPOTTING A PIG FROM A DISTANCE

Often, a Pig's behavior is so blatant that you can spot them a mile away. You can be sure that pick-up bars and fraternity houses are full of Pigs without actually being anywhere near them. If you're searching for love in bars, turn around. In general bars are Pig-pens. Fraternity houses too are breeding grounds for Pigs, overflowing with liars and cheaters. Happy hours supersede all other Pig warnings. Happy hours are great for a cocktail after work, but if you're looking for love you're wasting time. In my experience, happy hours are the quintessential Pig playground.



As we already know, Pigs are notoriously poor at relationships. This ineptitude extends to nearly all relationships. Therefore, a good way to spot a Pig from a distance is to take notice of how he interacts with the people around him. Does he appear to be having real conversations? Or is it all yucking it up? If he doesn't have many long-term friends with solid relationships, chances are he's not capable of any kind of commitment. Be sure not to confuse quantity with quality here. If he runs with a regular posse but has no history with them, such as they went to school or work together, but only that "we all met at happy hour and now we hang out," you have found yourself not just one Pig but a bunch of them. A good man will have good friends.

Another Pig giveaway is "Pig text." If you spot a guy that you think might be interesting and he is busily texting, be advised that you've found a Pig. Constant texting screams "ego jerk." Texting while out in public, in the company of others, is rude and immature. Pigs are famous for this behavior, because they're attempting to appear admired, much needed, and loved by the world, when in fact they're lonely and desperate.

Unabashed flirts, Pigs may leer at women from a distance. A signal—*I crave your body*—is their bait. Not just Pigs, they are wolves. This is a mutually agreed-upon approach, of course. Women commonly use their looks as bait, believing that they'll later impress their men with their personality, their intelligence, their cooking, their feelings and so forth. Please! That's why they call these settings "meat markets." Warning: Just because men crave your body does not mean that they will appreciate anything else about you. Time to break out the *Attentive Watching*. If they are ogling your body from across a room, the jury is still out on whether they will demonstrate real interest in your other attributes, much less your well being.

Pigs often play as if they're a hot commodity, even though they're not. Men who are nice-looking and/or naturally charming automatically have an edge over women whose guard is down; therefore, they may never have learned humility, compassion or real manners. They might be skating by on their good looks and cheery disposition. For this reason, nice-looking and/or charming men often require extra wariness.

Pigs are ravenous and insatiable. Because of their inability to love anyone other than themselves, Pigs remain lonely and famished for human interaction, even with perfectly wonderful women right there in front of them, and even though they may not show it. A good woman who has her act together doesn't even get to eye contact with a Pig, so Pigs prey on women who are vulnerable and needy, typically from a bad break-up, divorce or dating drought. If you are such a woman, don't leave home without your Pig-spotting tools.

## LEVEL TWO—SPOTTING A PIG AT FIRST CONTACT

No matter whether the man approaches you first or it's a serendipitous encounter, you must still keep your wits about you. Gather your tools—*Discretion, Reserve, Self-respect, Attentive Watching* and *Attentive Listening*. They are your real, trusted companions.

Knowing that women long for romance, a Pig may play the Prince masterfully. He tells the truth if it serves his objectives. He may go on and on about your beguiling eyes or attractive figure, but he will also lie about anything. If he is treating you like a princess, telling you that you're beautiful, he may also speak of marriage, children and happily ever after, if he thinks it will get him what he wants. It's a compulsion for him. Pigs have only two goals: admiration and sex! It is not that these goals are a bad thing; it is that, for a Pig, they are unaccompanied by respect, consideration and commitments that last longer than coitus.

A Pig will need to get and keep you focused completely on him. His first move might be to make a play for your adulation and/or your sympathy. This is how he sets the stage for *pity me, love me, and take me home*. Women are maternal caretakers by nature, so sob stories often work like a charm.

Listen closely; does he speak as though he is addressing a discriminating and potentially responsive audience or is his discourse utter Pig gabble? If your date is sharing his life's story from his first kiss to his last break-up, you might want to fake an emergency and make a run for it.

Pigs are infamous for forgetting that you have anything except a physical presence. They believe that the date is about them entirely. You can be sure that sex with them will be the same way.

### “BAD BOYS”

Men don't care to be referred to as snout-nosed, ravenous mammals. Pigs prefer to be called Bad Boys, a term coined for men who are unwilling to settle down into relationships or marriage. This term is often associated with a sexy “catch me if you can” taunt. If your date refers to himself as a “Bad Boy”, what's he really saying?

**Bad** *adj*—Below an acceptable standard, lacking the skill or competence to perform a task adequately.

**Boy** *noun*—A man who is regarded as immature or inexperienced, especially a young man.

Dozens of self-professed bad boys, whom I've interviewed for this book, have told me that bad boys will tell you anything and everything they think you want to hear, in order to get what they want... which is sex. Straight from the mouths of Pigs!

Is your date asking about you? Does he want to get to know you and hear everything about you? If he's not asking, then he's not interested, and most likely you are just another serving of Pig's slop for him. This is where *Attentive Listening* is so important. Having the date, then later thinking back over your time together is not as effective as watching and listening to a man on the spot. If the guy loses interest in the conversation once you mention anything about yourself, even if he's chewed the fat all night about himself, you have found yourself a Pig. Pigs don't really care about anything other than what you look like. Nothing else impresses them. To be certain you haven't just snagged a Pig, note whether he expresses any true interest in you and your pursuits. If he's

one of the good guys and he's looking for a relationship he'll want to know everything about you, as you do him. That is a real Prince.

### Early Warning!

**The Body Grazer** is the Pig in sheep's clothing. He may seem cute and cuddly but be warned. If you just met him and his hands keep touching you, he's a predator. Looking for a quick roll in the hay, he'll start by grazing. He'll put his hand snug around your waist. He might touch your necklace acting as if he admires it or smell your hair while commenting how amazing you are. He'll touch your hands and snuggle up close to your ear to whisper his deepest thoughts, but his real thoughts are assessing you as he plays this game. With every graze and touch he's calculating his next move.

Men who want more than sex are more reserved early on, because they want someone they can respect. They want to impress you, not scare you away by being over-aggressive.

Date smart. To be certain he's not a Pig, leave him craving for more of you. You're worth the wait and if he's not a Pig he'll call for the next date.

Because a Pig can be wily—coming off as caring, generous and compassionate, even if he isn't—it is worthwhile to approach all encounters with skepticism. The first clue is if a man seems too good to be true, he probably is! He appears out of nowhere, fresh from “the perfect man” mold. *What a dreamy guy*, you think. He's good-looking, wealthy, A-List standing, and mesmerized by you. His ideals seem impeccable. He's already promising you the moon. Finally your prayers for the perfect man have come true! You're the luckiest girl in the world and it all just happened so fast.

Snap out of it! Instant gratification comes from a vending machine. Fulfillment comes from *steady and continued actions*. Those graced with joyous relationships built them over a long period of time despite challenges or setbacks. You have all the time you need to build your own

joyous relationship, maybe with this guy, but probably with someone more reticent. And those special someones do not arrive express delivery, brashly promising moons, vacations, children, etc. You can't rush love!

A diehard Pig is only there to perform the most cursory requirements of the dating game. And for him it is a "game." He will put himself through these paces in a particular order, even appearing princely, in order to get what he's there for: admiration and sex! In that order.

## LEVEL THREE—SPOTTING A PIG AFTER FIRST CONTACT

### Early Warning!

**Wandering Eyes** are a quick and easy Pig indicator. If he can't seem to keep his eyes on yours during a conversation, he's still casing the scene, looking for something he doesn't see in you. This boorish behavior is an early indicator of pigotry, which foretells your future with this Pig.

An occasional glance here and there doesn't make anyone a Pig. Our minds love visual stimulation, but if you're attempting to share a story with a man who can't concentrate or he's still ogling other women, he's not there for you. Time to leave this piggy behind.

Once a Pig has you hooked, the games escalate. You really need your Pig-spotting tools for this level, especially your *self-respect*. A Pig will lead you on with implications of phone calls, dates and getting together again soon. Then he doesn't call. Come on! We are living in the Age of Communication. Who can forget to call? Let's say that you went on a date and had a great time, the guy said he would call, but it's been three days and you still haven't heard from him. You're now retracing every moment of the date wondering why. That means that you have found yourself a Pig. In addition, it means that the Pig has scored. He has you thinking that it is your fault, not his. Where is your *self-respect*?

It is almost like he is playing a video game, testing how much

unresponsiveness you can tolerate and still be there for him. He doesn't call, doesn't call soon enough, or doesn't call when he says he will. He wants you on standby and he wants you to call him first. If he can get you in the position of having to dial before he does, that will both feed his desire for attention and protect him from failure. He's very cautious as a Pig. It's a routine for him. He's not going to leave himself open to rejection. Pigs seldom slip up.

Let's say that you've met a great guy, and so far so good; none of these warning signs apply to him. You've hit it off, exchanged numbers and now you're waiting for the date. You've got a thousand thoughts going through your mind about him and you're already wondering, *could this be the guy?* You're doing well, but you're not quite through Level Three. Before you give your emotions full rein, you can determine very quickly if he is a Pig or Prince by considering the text-messaging or emailing giveaway. Text messaging is informal and often evasive. Text messages are great for six words or less in the dating world, i.e., "Last night was fabulous," "Running late, be there in 10!" etc. Email is for communicating when documents are exchanged or when telephoning is impractical. It is not a good sign if you're headed toward intimacy. If he starts communication by way of text, do yourself a favor and text him bye-bye. If he communicates first by email, ask him to telephone. Electronic communications are often misinterpreted and offer no dialogue whatsoever. If he's a texter consider yourself warned: This relationship will go nowhere. If full conversations take place via text, you've been dating a Pig.

Here is why Pigs love communicating electronically. There is zero emotional interaction and no vulnerability. Texting is elusive. It is as fun as a video game and sets the directive for you to accept this pattern of behavior. Nothing says "I don't want to talk with you" like a text message or an email. Every woman is worth a phone call. Relationships require communication and they require doing mutually rewarding activities together. If he's only texting, it's time to delete his information.

Pigs are notorious for over-promising and under-delivering. Breaking commitments is like breathing for Pigs. If he promises anything—a show, a weekend get-away, meet the parents, cuddle through a movie,

any act of togetherness that he blatantly boasted about—that he then neglects to follow through on, he is an *Over-Promiser/Under-Delieverer*. Pigs over-promise with false intentions because they are already very aware they are unable to deliver anything significant to a relationship. From the moment you say *yes* to the first date, a Pig knows that it is only a matter of time before it will be over. He makes plans and promises that he has no intentions of keeping because it's simply part of his plan: he is certain you won't last long. He's an expert at failing relationships.

One day he calls; for an entire week he doesn't. One day he's madly in love with you; the next day he's ignoring you. He's always got a crisis, a predicament or an excuse. You're not sure if he wants to be with you or if he is bi-polar. Frustrated and confused, you may forget your *discretion* and *reserve*, then confront him about the uncertainty of what you thought was going to be a relationship. If you try this, he may call you a nag. Or—big surprise—you'll discover that he's not sure if you're "the one." Not sure? Anyone except a Pig either likes someone or doesn't. It's like sugar in one's coffee; you either like it or you don't like it. Perhaps you only like a little sugar to sweeten it up, because you don't like the calories but you still like sugar. Pigs think of you as calories. Sure, they like you to sweeten their day. They just don't like relationships.

You, dear reader, are being set up, though you may not see it this way. Maybe you're playing the game too, your own ego having been challenged to prove to him that he can't live without you. Lots of women are like this. I was like this. Unfortunately, he knows this. That's his hook. If you accept the terms of this relationship, you may eventually discover that he was into you, to the extent that he could risk it. But remember—he's just a Pig, i.e., not a man who is seeking any commitment.

If you have a strong ego you might opt to stay with him for some time. Extended Pig dating is common enough that it is its own category. Extended Pig dating is particularly common with men who have already been married and suffered the ruinous effects of divorce. They become Pigs, or resume being Pigs. However, younger guys too can spend weeks, months and even years stringing women along, Pig-style. You may give someone like this your absolute best, believing he'll eventually see how

amazing you are. This will only lead to your exhausting yourself, to realizing that it was always his intention to get your best without giving back. He was a hungry Pig. A Pig is starving for attention more than affection and yet still will never be fulfilled with either. Don't feed Pigs!

Certainly a gentleman with a problematic career, personal crisis, family crisis or any type of unfortunate issue going on in his life would not be labeled a Pig for these reasons alone. He is a Pig if he wants it all but doesn't want to exert effort. Pigs love to date, because they get their needs satisfied without having to shoulder responsibility. They'll keep women on dating status for as long as they can get away with it. And they'll treat women as if everything in their life is a higher priority, i.e., work, family, personal problems, etc., which feels okay to them... because you're "just dating." Even if you've been together for years a Pig will keep the "just dating" label on you so that he can have you and give nothing in return.

Both people in a relationship must give something of themselves to maintain it. It is an on-going exchange. Whether he's dating you or even just flirting with the idea of a possible relationship with you, he needs to be available enough to participate in it with you. If he's giving minimal effort in your developing union because of excuses such as his demanding job, his sick mother, or he's training for a triathlon, he's most likely a stingy Pig. A relationship consists of two people, each with their good and not-so-good fortunes showing up, over and over again. A Pig hates the word "relationship," and isn't capable of recognizing the needs of others. His needs, troubles, wants and desires supersede all of mankind, from his perspective. Pigs are selfish and greedy.



## LEVEL FOUR—SPOTTING A PIG IN BED

Another obvious sign that you may have stumbled into Pig Land is what I refer to as the Bedtime Story. Let's say everything's been going great; he has made it past every level. A perfect gentleman, he has demonstrated no signs of Pig. You've had several dates and the passion has intensified in every moment with him. You are finally ready to love and trust him enough to give yourself whole-heartedly to him. So you thrust your swelling passion into his assuring arms and make love as though you would be together forever. Your bodies and minds connect as if you were created for this act in unison. You've never felt so certain and secure in your life before this very moment lying in bed with him.

### HE'S "JUST NOT THAT INTO YOU"

A very common trait of a Pig is becoming "not that into you" *after* he's had sex with you. There's a fine line between being "just not that into you" and being a Pig. If you're the only one calling and he is 100% non-responsive, then, yes, he is obviously not into you. However, if he is texting you late at night, not calling when he said he would, sleeping with you and doing it all on his terms, your *discretion* will tell you that he is a Pig, and your *discretion* will be right.

For a woman a few dates and having sex together means a lot emotionally speaking. For a Pig it means something else: It means *Mission Accomplished*. He was into you; now he isn't. It doesn't mean that you are a subpar lover. It means only that he never cared what sort of lover you are. He only wanted to score. And now, he's "just not that into you." A lot of good, completely sane women are labeled needy, desperate and emotionally unstable, because Pigs let themselves off the hook by using this humiliating catch phrase.

Sex over, he starts his bedtime story. Bedtime stories are a Pig's worst attribute. You dated, you kissed and you trusted him enough to have sex with him. He was a perfect gentleman and had been completely smitten by you. Everything was going extremely well until that point.

At the point where you're lying in bed feeling immensely satisfied, he has a story for you. There are many different bedtime stories told by Pigs, but they never talk about "us" and they always come with excuses. Some are about going away on business. Some are about being needed in the Peace Corps. Sometimes they're about an ex-wife or girlfriend. They can even be about a mental health problem, but they all express one message: *Don't expect to see me around very much*. Translation? He will "f#%k and run." Sometimes the erstwhile "Prince," now a Pig, waits until the day after. You might receive a text or email or maybe even a telephone call that states: "Last night was fun...Take care." We all know what the phrase "Take Care" really means. (Ba-Bye!)

Pigs may be greedy, conniving and selfish but they're not stupid. A man who can make it past levels one through three is very experienced and skilled at what he does. And he will do and say whatever it takes to get you into his pen. Sex is the culmination of his sport. He won't want to be bothered with you until he feels like playing again, because he has already scored his final goal. Game over.

This can be extremely saddening for a woman, crushing even. It isn't unusual for her to behave irrationally. Feeling used and then rejected, she may jettison her *self-respect* and *reserve*, then give in to overwhelming urges to call or text the perpetrator frequently. She may send him a letter expressing her intimate feelings, or she may even show up at his job or where he hangs out with the guys. There she is labeled as someone who is madly pursuing a guy, whose feelings for her are lukewarm at best. This humiliates her even more.

Here is where a woman must call forth her *discretion* and *reserve*, thinking before she acts. If a guy, having progressed to Level Four, has pulled the bedtime story, that is the end, *that minute*. Certain etiquette rules hold. There is no death by way of public hanging; there will be no castration. It hurts our egos for a moment and we move on. To make any move toward such a man will not succeed, *ever*. It will only make you feel worse.

To avoid bad bedtime stories told by Pigs, avoid "the root of all evil": Pre-relationship sex. One of the quickest ways to spot a Pig is to

make it crystal clear that you do not have sex on the first date, or even the second, third or fourth. And if you really want to be certain whether he's a Pig or not, mention that you are practicing celibacy until being in a committed relationship. If using your Pig I.D. tools and putting a man through the four levels of Pig-spotting have not yet resulted in a decisive "positive" or "negative," and you're just not sure, try "celibacy" on him. Declarations of celibacy are foolproof. A woman practicing celibacy is to a Pig as garlic is to a vampire. Mention celibacy to a Pig and he'll run all the way home!

Remember, your yearning led you to commit to mastering Pig-spotting skills. Don't break your commitment, no matter what. Your heart hangs in the balance.

### SUBSPECIES WITHIN THE PIG GENUS

**Disappearing Pig:** Here today, gone tomorrow. Amazing as a bolt of lightning, he bursts into your life. He aims, scores and disappears without any explanation.

**Recurring Pig:** Cute, charming and brings nothing else to the dating table. Unashamed and noncommittal, he will participate on his terms as long as you allow it.

**Sticky Pig:** A sticky Pig is a tricky Pig. Time with him looks and feels like a relationship except there's nothing in it for you. He'll stick to you like glue, hogging your life until you have nothing left to give.

**He-Man Pig:** This misogynistic Pig can actually be monogamous but will never truly commit! A descendant of the Macho-Woman-Haters Club, he disdains everything about women except their ability to serve him.

And wait until you meet the women who date them in Chapter Three!



WM

## CHAPTER TWO

# WHY MEN GO PORKY

**D**ATE enough Pigs and you'll begin to understand them. I've logged so many hours with Pigs that I really believe that I understand them better than they understand themselves. My Pigs' early approaches were often distinct: Jonathon set me up for the chase; he was there one day and gone the next, never kept a promise, and kept asking me to believe in him. Dating him was like dating two guys at once; he could be the best boyfriend in the world until his alter ego arrived on the weekends. Jack started out as Mr. Nice Guy. His approach was kindness. He was sweet and I was so happy to meet him. It seemed as if we were meant to be. We had identical desires, beliefs and values. I couldn't believe such a guy existed and I soon discovered that he didn't. Nick was a pathological liar. He lied about everything and told me exactly what I wanted to hear. Then came the relationship where love felt and was real. It would have been the ultimate relationship if that Pig's gluttonous hunger for affection didn't require him to lead a double life, one with me and the other with his wife and family!

When someone exclaims "What a Pig!" everyone, men and women alike, knows exactly what we're talking about. Ask a woman and she may tell you it's the guy who cheated on her with her best friend. Ask a man and he'll tell you it's the guy he wouldn't let his sister go on a date with. Ask a farmer, and he'll say *his* pigs aren't like that. Yet despite general agreement that we know men who act like Pigs and don't like them, we hardly ever ponder how they became the way they are.

In Chapter One you learned how to spot a Pig, but to be fully rid of Pigs you must attempt to understand this callous warm-blooded character. What drives men to pig out? Every man out there started as a baby, a young innocent. Probably no one intentionally set out to hurt or spoil him. He was raised by humans who had problems and personality disorders of their own. If he grew up to be a Pig, those problems and personality disorders turned off his ability to love and commit and left him with syndromes that make him worse than useless to women. Perhaps this little piggy is the son of parents who ignored him or abused him. It might have been his mother, or his father, or a sibling or all three. By contrast, his mother might have doted upon him and never taught him that love is reciprocal. His parents may have failed to teach him respect and deference for women. Maybe his parents bickered or fought, leaving the impression that disrespect is normal. How, in such challenging straits, could this poor little babe learn what it is to share, to notice or to nurture? He can't keep up with what is right or proper. He is "relationship illiterate." The manufactured Pig feels entitlement, and his actions make sure others suffer from his entitlement too. He does not recognize the effects that his actions have on others. This "babe" is without compassion and will offer no sympathy when he hurts you. He is truly blind when it comes to your feelings. Your feelings are nonexistent and so are two-way relationships.

### **Pig Causation:**

*Prewired Pig*—This guy is into himself and narcissistic to a fault. He will always be a pig because he's hard-wired to be one. A type of sociopath, he perpetually wounds people of his acquaintance, because he has no regard whatsoever for the consequences of his behavior. He never considers how something he does might affect someone else. Never. The Prewired Pig actually is neurologically incapable of "caring" about someone else enough to prioritize their volitions and well-being. He can only sense himself, not others. Some guys like this can seem a bit weird,

like something is missing. In conversation, they may frequently say something that any socially adept person would never dream of saying. Other Prewired Pigs are smooth, seamlessly charming in conversation, but their behavior reveals that they don't give a hoot about anyone but themselves. Either way, somewhere along the line these humans never learned or accepted the consequences of hurting others. For whatever reason, their parents, teachers and other adults failed to get through to them.

Scared Swine—This guy has had dealings with bad women (or women who were themselves injured) and is consciously or unconsciously scared to expose himself to more anguish. Maybe the wounding woman was his mother or another early caregiver who abused him severely. Maybe the woman was a lover who hurt him deeply. Or maybe he acted to overcome the primary hurt delivered by his mother in adult relationships and was hurt again, redoubling the Scared Swine complex he has. The memory of that anguish has left a Pavlovian mark on him that cannot easily be removed or maneuvered around. He sees a potential object of affection and some hair-trigger in him screams “hurt.” Therefore, he repeatedly and even frequently winds up hurting a woman who actually cares for him, up to and including a woman he actually cares about, because his fear of commitment is so great.

Wild Boar—There aren't many beasts that are as destructive as a Wild Boar. These are bad-ass dudes with terrible chips on their shoulder. They broadcast bad attitude. They are vindictive and cannot be reasoned with. Like Scared Swine, they have had bad experiences with women in the past (either their mother, a lover or both), but instead of being hurt, they are viciously angry. Over and over again, they meet a woman, tear her heart out and ditch her. One might not notice that they are malicious right away; they may have perfected their charm as a means of

hurting women more. And when they get ready to hurt, their sadism takes a huge toll. In the short term, Wild Boars feel good about this. To their way of looking at things, they've annihilated one more member of the gender that is "the enemy." Whatever happened to them in the past has made them unstoppably cruel. They are *driven*—it is a form of addiction—to go for the jugular and leave a trail of emotional devastation in their wake. This is what turns them on. Beware!

*The Greased Porker*—This pig is totally ambivalent. He has no drive, no gumption, no backbone and no goals. He floats along in his life like a bloated body, adding nothing, going with the flow and taking what he can get. In actuality, he is not willing to put any effort into his love life. He is certainly not willing to commit to a woman, not any more than a big lazy pig is willing to climb a tree to get an apple. If an apple falls on the ground, he'll eat it. But that's all. Somewhere back in his past, the Greased Porker never learned to strive for rewards, never learned the joy of reaching. Several scenarios could have contributed to this. One or both of his parents could have been over-achievers who either ignored him or were unhappy in their aggressiveness. This might have left him without incentive to achieve anything. Alternatively, maybe his childhood efforts did not result in affection from his parents, so he subconsciously decided that effort was futile. The Greased Porker seems to say to himself, "If I don't try and something good happens, that's fine. If I don't try and something bad happens, at least I won't be blamed." He doesn't want to get himself in a corner.

Pigs have a long history, a legacy as old as time. Many of the earliest forms of Pig arose from the He-Man Woman Haters Club, which probably began back before humans discovered fire. Things haven't changed that much over time. Our mothers remember when it was fashionable, even de rigueur, for men to belittle women. It was as though a man



couldn't be a man without trivializing women in a way that portrayed men as superior. This misogynistic chest-beating was cultural, but fundamentally it issued from a fear of women surpassing men at any level. Happily, this archaic and pathetic club is near extinction, at least in the West, due to fresh young attitudes with fair-minded acceptance of women. Like a bad weed, however, it isn't dying easily and in some countries it still flourishes. Here in the United States, the He-Man Men have mutated into a new and ever growing club that I'll refer to as the He-Man Woman Enviars Club. You must avoid dating one of its members!

The He-Man Woman Enviars Club consists of men who go porky because they begrudge women their attributes and pity themselves. Their envy for women cancels out any admiration, and they carry this resentment into every relationship. A swine of this sort lacks kindness. He will not offer nurturance, because he already thinks that women have more than he does. He believes the world is too easy for women and resents that women are nurtured and pampered more than men. He cannot distinguish the differences between what makes a woman feminine and a man masculine. He was all for the women's movement, though unfortunately he misunderstood it. He was thrilled when women asked for equality, because it somehow let him off the hook. He resents the common notion of a man being the breadwinner and a woman being the caretaker. He does not acknowledge feminine characteristics, which make women more delicate than men. He is cynical and unable to put aside his envy of women.

This guy's piggish patterns subvert his ability to love a woman without resenting her at the same time. He'll never give up his seat on a bus for a woman and he'll offer zero empathy in a relationship with one. He doesn't ever want to hear a woman complain; as far as he's concerned, his life is harder so what could she have to complain about. He doesn't believe in marriage because he feels it's designed to coddle women and nothing more. This guy laughs at and mocks his friends who are married, all while depriving himself of true love. He's a multiple-relationship kind of guy who may even marry several times but no relationship ever

lasts very long. Women who fall into this Pig-trap eventually escape with bruised self-worth. This type of creature is impossible to love. As his bitterness grows with each failed relationship, so too does his pigginess. There's even a subset within this club for men with Venus Envy. Venus Envy is a mental process in which men clandestinely wish to be treated by the conventionally graceful traditions associated with girls or women. Very kinky, especially when associated with misogyny.

### Pig Tidbit

*The warm blooded mammalian pig dwells in wild grassland areas. They are merciless, can find sustenance anywhere and will devour what they find. They're are also known as swine.*

What's sad is that Pigs such as the Scared Swine and even the Wild Boar actually do crave a relationship, but they categorically refuse to contribute themselves out of fear and disappointment of past failed relationships. This is why it is critical that you fully understand what you are dealing with. If you've been in a relationship for months or years and you've been doing the one-step-forward-two-

steps-back commitment dance, you're most likely dancing with Pigs. What this means is that there are Pigs that will play along in a relationship and go through the motions; however, they are *only* playing along and will never compromise their control over their own sovereignty. In other words: It takes two to pull off a genuine relationship and a Pig will only act on behalf of himself. The Prewired Pig is too selfish, the Scared Swine is too frightened, the Wild Boar is too busy sulking and swiping, and the Greased Porker is too indolent. None of these guys will ever give themselves wholly to a relationship.

I confess that I've dated every type of Pig. You can call me a Pig connoisseur and you can also call me "masochistic." While this cast of sadists differed in their intensity of Pigness, there was one common element among all of them: *They were and are all unable to partake in a successful relationship.* Listen to me: Pigs just can't do it! I wouldn't say this, if my only experiences were personal. But it's not. I've been tracking the "herd" and its hostages (women who date Pigs) for years, and I am

convinced that no matter who you are, you can't change Pigs! This bears repeating: "You can't change Pigs!"

As you continue to acquire knowledge on how to avoid futile dates that ultimately lead to disappointing outcomes, it is extremely crucial that you understand the Pig persona. Only then can you understand why you cannot and will not be able to change him. Haven't you already many times heard and read, "Do not enter into a budding relationship with thoughts of changing a man." This is even truer about attempts to change a Pig

*The belief that one can change a man or a Pig is one of the most destructive beliefs one can carry into a relationship.* The underlying causation for Pigdom is buried deep in the man, and it occurred over incidents long before the ones you have any part in and have no way of fathoming. They have nothing to do with you. Pigness is so deep in the core of men like this that even they would greatly struggle in attempt to change themselves. Ever hear the saying: "Once a cheater, always a cheater"? What it's really saying is "he can't change!"

### Pig Tidbit

*When the pig pursues courtship with a prospective sow he will approach her by emitting obnoxious sounds, she may ignore him but he'll ruthlessly attempt to make contact with her. The sow may even run from him, but the pig will follow her. If the sow stops to respond the pig assumes she's receptive and will attempt to mount. If mounting occurs the pig leaves and repeats this animalistic ritual with the next female.*

***Warning: Dating Pigs Causes Stress, Heartbreak and Relationship Failure. May Complicate Your Life & Well-Being!***

Why take my word for it? To help convey the mindset of Mr. Pig to my readers, I decided to interview several known (and though they're not nuts about being called a Pig) *self-professed* Pigs. I'm including the best and the worst of the interviews, so you can hear it straight from the

snorter's mouth. The answers are somewhat agitating to read, but they really reflect how disturbed and disturbing Pigs are.

First, I have yet another confession. Every guy I showed the book to loved it, but as I said, none of them were happy being called a "Pig." Mr. Pig prefers the term "bad boy." He has always gotten attention by being bad, he still does, and he is proud of it. He loves the book because he's lost in this new dating world and he's looking for directions. He wants to understand what women want but he's been too pigheaded to ask. Mr. Pig has no guilt for the women he's lied to, cheated on and forgot to call. He wants to be in a relationship but doesn't want anybody telling him what to do. Mr. Pig wants to be loved. He hopes to fall in love, he just hasn't found a woman that he could be with yet. He kindly provided answers to some of the most asked questions:

## Mr. Pig Speaks Candidly

### Mr. Pig A

**Q.** How do women enable men to be Pigs?

**A.** Women encourage men to behave like Pigs because they are so desperate for a boyfriend that they believe anything they hear. I could get any woman to buy the farm along with the Pig-Pen to go with it. Women are gullible and easy. Guys like me know this. It makes being a Pig effortless.

**Q.** What do men really want and what do they really have no interest in?

**A.** They want untethered fun. They want playmates, not moms. They want icons, not servants, and they don't want to hear NO. However, I truly believe all men marry an idealized version of the first woman they **loved—Mom—but** if the ideal gets too close to reality (regardless of whose fault that is, hers or his) . . . Uh-oh! No more sexual attraction. Can't fuck Mommy! No, no. So we Pigs are on a constant search for the woman who can

best mimic Mom while remaining the fantasy Pam Anderson. Or whomever the guy gets a chubby over.

**Q.** *What does a man think when a woman approaches him first?*

**A.** What does a man think when a woman approaches him first? Hmm, how's she dressed? Is she hot? Where are we anyway? Club? Work? Church? There are too many variables to accurately answer that. If it's in a social meet'n'greet setting and she ain't the hottest tomato in the greenhouse, I'd say we mostly think "loser," "desperate," or worse, "pushy." But the shot can be redeemed with a sense of humor and some verbal foreplay. You see, if you goils wanna jump the fence and "be" the boys, then hang in and add the charm like we have to. As good-looking as a guy is, if he ain't got rap, he ain't got length or staying power. Hmm. But if he's got real length and staying power, screw the charm, right girls?

**Q.** *Top (3) Tell-Tale Signs That He's A Pig:*

**A.** 3 signs of a Pig...well, first, segueing from above...if he looks away too fast or stares too hard...he's a Pig, because if he really cared he'd be a little gun shy...if he takes your number and doesn't call within 24 hours, he's a Pig unless there's a really good verifiable excuse...and of course, if he offers you a number, card, or email address... PIG!

**Q.** *How often should a guy call you? How often do Pigs call?*

**A.** If a guy is really interested in a girl, he will call...probably more than she wants. Pigs usually don't call at all unless they have a hard-on with no place to put it. If a guy is really interested in a girl, he will call....probably more than she wants. If a guy doesn't call...HE AIN'T INTERESTED...PERIOD.

Q. *To Have & To Hold: How do Pigs feel about: Till Death Do Us Part?*

A. Almost all guys will marry the right girl. Right girl is the one that strikes the best balance between Mom and Pam Anderson, remember? If she's sexy and subservient, the right girl OWNS the guy. I say "almost all guys" only because there are a few guys out there who love their moms soooo much they can never give their heart to another. If we don't find "the right" girl, we don't get married. We never "settle." If we do get married, one woman till death do us part is highly unlikely. The reason we cheat is because we believe there's always something better around the corner OR Pam Anderson became Mom.

Q. *What didn't a Pig's mother teach him and why did he never know he was a Pig?*

A. His mother taught him that you can't teach a "real male." He never knew because he was trying to be a real man without ever being taught. He thought directions were for girls. He won't ask for directions at a gas station and he won't ask for directions in a relationship. He'd rather get lost or start over again than appear needy. A Pig isn't willing to jeopardize his manhood on a shortcoming.

Q. *What's the first thing a Pig sees when he looks into a woman's eyes?*

A. Whether he can read you or not. He needs to know if he can work his charm on you. He can see whether you're easy, a challenge or a waste of time through your eyes. But it's also affected by culture. Italian women NEVER look at the guy, because Italian men are so aggressive. They need to be hard to get. American women look right at the guy they like. They are more liberated, less coy and want the guy to know they are interested so as to not miss the opportunity. The hard ones to read are the girls who know how to use their eyes but really have no souls. They are bad. A girl can make a guy...Pig or not...melt with

her eyes, and a guy can't tell if she's sincere or not. So the first thing I look for...is she interested? If I can't read her I won't waste my time. If I see any sparkle of interest I'll approach her, but I do look for a green light.

**Q.** *When Pigs fly away...Why don't Pigs call or show up when they said they would?*

**A.** Something better came up. Maybe the game, maybe a date. A guy doesn't "forget" to call. If a guy doesn't call...HE AIN'T INTERESTED...PERIOD. Definite sign of a Pig.

## Mr. Pig B

**Q.** *What do men really want and what do they really have no interest in?*

**A.** Men want a confidante, lover, friend, and somebody to bounce ideas off of. It helps if she gives great head.

**Q.** *What does a man think when a woman approaches him first?*

**A.** He thinks she's cool. And that she probably wants him.

**Q.** *What are the Top (3) Tell-Tale Signs That He's A Pig:*

**A.** Can't answer it. I would never disclose that information to a woman! Top Secret!

**Q.** *How do women enable men to be Pigs?*

**A.** Women are so desperate for a boyfriend they believe anything they hear. All you've got to do is dangle the carat in front of them and they're yours!

**Q.** *To Have & To Hold: How do Pigs feel about: Till Death Do Us Part?*

**A.** Death is not coming fast enough...

Q. What didn't a Pig's mother teach him and why did he never know he was a Pig?

A. His mother was a saint, taught him everything, and he probably wasn't a Pig until a woman drove him to swinedom.

Q. What's the first thing a Pig sees when he looks into your eyes?

A. The reflection of your tits???

Q. When Pigs fly away... Why don't Pigs call or show up when they said they would?

A. Because they're Pigs and who cares anyway...

Q. Once a Pig always a Pig OR can a Pig be reformed?

A. Always a Pig. Why would we want to reform? We love being Pigs!

Q. Why do women date Pigs?

A. 'Cause we can f#%k for hours.

Who in their right mind would want to date such men? And yet, we all know women who do. Moreover, most of us have done time with a Pig or even a herd at some time in our lives. In the next chapter, we explore what circumstances prompt women to date Pigs. It's all part of getting on the road to true love, of holding yourself—and men too—to a higher standard.

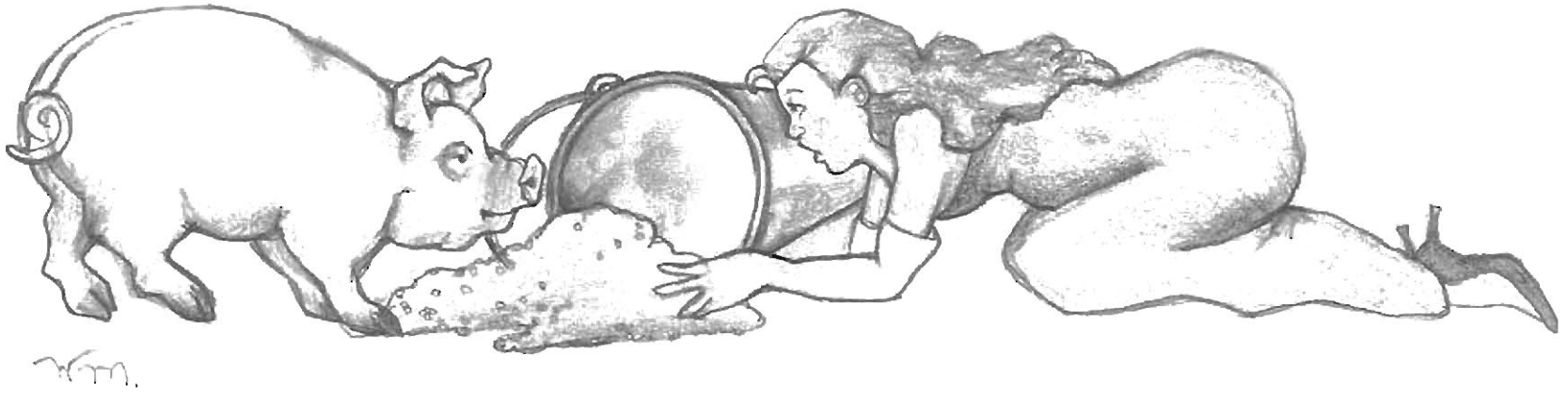


## The Pig Syndrome

Pig Syndrome is a disorder, coined after the cute warm-blooded mammal that actually has almost nothing in common with a man. The syndrome exists in men who follow the gluttonous style of a Pig in regards to relationships. The Pig is also known as hog or swine.

Symptoms and behaviors include:

1. Cute and playful.
2. Initially persistent
3. Gluttonous for attention.
4. An exorbitant desire for a female, whom they regard as a foe.
5. Mating ratio of one Pig per dozens of women.
6. Inability to love others.
7. Habitually asserts false claims: "I'll call you."
8. Incapable of understanding a woman's feelings.
9. Unable to participate in any type of formal relationship.
10. Will flee any demands or expectations made toward a formal relationship.
11. Does not aspire to be "long term" from fear of missing out on something better.
12. Onset of panic occurs from the word: *marriage*.
13. Pigs are non-monogamous creatures.
14. Pigs are incapable of complying with the terms of marriage, therefore infidelity becomes the result of any such union.
15. Pigs will furtively escape all relations with no rhyme or reason.
16. The thought processing of a Pig is purely hedonistic; self-pleasure is the only thing they seek.



## CHAPTER THREE

# WHY WOMEN PIG OUT

**D**ATING Pigs is a bit like being perpetually in the dark. You may think you can find your way, but you can't. Remember, I speak from experience, lots of experience. Pig Daters are addicts, and like addicts taking a first hit of the substance-of-choice—their first hit of *imagined* love feels fantastic. They begin relationships on a great high. They ignore all Pig indicators and persist, explaining away the downsides with weak rationalizations. They persist until the inevitable happens, when the Pig bolts or goes one snort too far. As every relationship ultimately blows up, some women start to believe that all men are Pigs. With a little tough talk with herself and maybe a good friend who passes her this book, a Pig addict will finally learn that *she herself was destroying her chances of a good relationship and that only she can build a prosperous love life.*

In subsequent chapters, we'll explore recovery phases—their challenges and opportunities. However, this chapter's important topic of “why women date Pigs” comes first. I'm here to tell you that becoming discriminating (i.e., turning your heel on Pigs once you spot them, as you learned to in the last chapter) is but part of the work a recovering Pig Dater has in front of her. Without understanding *why you gravitate to these types of men*, you will be hard-pressed to avoid the pitfalls.

I, for example, left the “bad boy” interlude that I described in the Introduction determined to be discriminating, but the events that followed revealed more reasons why I was dating Pigs, and convinced

me that I had omitted important work on the path to my “happily ever after.”

After two months of being completely single, I went out with some girlfriends I hadn't seen in a while for a cocktail. I was thrilled to get out and wasn't looking or even interested in the guys at the bar. I was feeling pretty good about myself when I turned and looked to my right and saw the man that I wanted. It only got better when my friend said: “Oh, this is my friend Jack that I wanted you to meet.” Something came alive in me just from standing near the guy. I loved everything about him. Cautiously, I scanned him from head to toe and he passed all of my requirements: Great suit, nice teeth, manicured hands and a perfect gentleman. I loved the way he spoke confidently and kept his eye on me throughout the evening. I knew he was feeling it too. The chemistry between us created a force that kept us close to one another for the entire evening. When it was time to leave I leaned over to say good night with my lips close to his neck. The soft scent of his cologne was spellbinding. I lost all self-control. He put his hand on my face and gently guided my lips to his for the most amazing kiss I had ever had.

At that point I was as good as silly putty. I was hit with the love arrow! I would have done anything for this guy—marriage, babies, cakes, laundry, anything, right then and there. *I'm the least domesticated woman in New York and now I feel like baking a cake? It's either love or I've gone completely insane.*

After our lips unlocked, Jack asked me to meet up the next morning for coffee. It seemed too good to be true but the next morning he was there waiting for me with a smile. This must be how it feels to get it right, I thought. No head games. We were both clear as to what we wanted in a relationship. We spent every minute we could together—shopped together, worked-out together, escaped for weekend getaways, got a puppy, started shopping for houses and even talked of having a baby.

I was once again thanking the Cupid gods above for this wonderful blessing. Every day I woke up happy. I finally had a boyfriend and nothing could bring me down. After nearly eight months together, it

was time for our first Christmas. My fairytale just kept improving. Jack spoiled me and treated me like a princess. He had my entire house decorated and lined up a caterer so I could enjoy Christmas dinner. The bliss was intoxicating.

Too intoxicating. I was so happy to be happy that I had both overlooked and explained away many strange and suspicious events. Several times over our months together Jack had emergencies at his office in the middle of the night. Other times we abruptly left restaurants because he suddenly didn't feel well. Honestly, none of this struck me as unusual at the time. Maybe because my serotonin levels had equalized after eight months, or perhaps because he never showed up on Christmas and gave a lame excuse, everything was suddenly called into question. And with the question I posed, "Are you married?" the house of cards tumbled. Jack was married and living a double life with me. Not only was he a Pig. He was a greedy Pig. I had officially hit rock bottom of dating.

I spiraled into one of the worst depressions of my life. The shame of dating a married man for close to a year turned me into a recluse. I gave up friendships because I didn't want to explain what had happened. I spent nearly every weekend in the movie theater hiding. I felt filthy and went to confession over and over again. I aged, lost my smile and cried. And cried. And cried. There was finally nothing left inside.

What went wrong? He's a Pig! That's all. End of story, right? When you are as hurt and humiliated as I was, the easiest response is to blame the man, to make all your embarrassment and anguish *his fault*. This seems ideal. You're a good person. He's not. You're honest. He's not. You're thoughtful. He's not. Dividing the players in the spectacle of your love life into two categories—angelic and sinister—keeps you from having to shoulder any responsibility. After all, you're already feeling lower than a shoelace, weeping constantly and dragging through your daily obligations. Why add *responsibility* to that load?

I'll tell you why: Even though you're a good person, honest and thoughtful, your attraction to the wrong man or to wrong *men* (if you have a history, as many of us do) is not the guy's problem. He's not injured by the breakup. You are. This makes you a real, live participant

in both the relationship and the breakup, not to mention future decisions regarding your love life. The *total* responsibility is yours, because believe me: The Pig you dated (or wish you had) isn't thinking about you and probably has no intention of changing. But unless you're resting up for the next Pig, you had better wake up. Being a Pig Dater is no better than being a Pig. It might be worse...because it hurts.

Ultimately, I didn't resent Jack. I resented myself for missing all the signs and tolerating them for so long. Dating Pigs is like Einstein's definition of insanity—doing the same thing over and over again and expecting different results. Another word, in addition to insanity, describes my compulsive behavior—*masochism*. I wanted to find out why I would be so hurtful to myself. Why would I subject myself to Pigs? Why would you?

This chapter is about scrutinizing the motivations and poor judgment that lead you into Pig sties. The longer your history of dating Pigs, the more critical this scrutiny is.

We're going to look first at the type of Pig Dater you are. Then working in your Dating Diary (see Chapter Four), you are going to make an exhaustive inventory of the childhood and past that turned you into a Pig Dater. From that inventory, you are going to come to conclusions that will quell those destructive motivations and guide your judgment to better decisions. This process is not unlike learning to manage a profession. You're going to:

- A) Commit to the best interests of a person you love—*you*,
- B) Analyze that person's past, present and hoped-for future, then
- C) Develop a program for achieving that future.

Just as there are many types of Pigs to date, there are many types and levels of Pig Daters, which we'll cover in a minute, but all Pig Daters share two attributes:

1. A feeling of being incomplete without a partner has so overwhelmed *their love for themselves* that they are defenseless and unwilling to insist on getting their needs met. Imagine that instead of being a woman, you were bountiful city-states, beautiful places with lots of resources. You have all this abundance but no merchants and no military. That bounty would be available to all takers, without cost, right. Hungry, lazy hordes would grab, gobble and pillage until your city-state was as devastated and empty as a woman who has recently dated a Pig feels. Sound familiar?
2. Pig Daters put no discriminating thought, time or planning into a so-called “relationship.” Sure, they dress to the nines and are generous sex partners, but these superficial aptitudes have *no underlying strategy*. If there is a man in the picture, it looks like a relationship, and there might be enough knowledge about this man to support an “impression of a relationship” that stands up (however feebly) to oneself or to peers.

I’ve summed up Pig Daters, which may as well be called “Pig Enablers,” in the following categories:

*Pig Groupie*: She thinks of Pigs as Bad Boys, not Pigs, because (for some reason) Bad Boys are more easily justified. There’s a certain thrill in this, and a challenge. As a groupie, she’s overly enthusiastic and her adulation is best requited by sex with her Bad Boy...ahem, *Pig*. She fans his ego, telling him how marvelous he is, and accepts his insincere and infrequent praise in exchange.

*Lazy Dater*: This slothful dater dates Pigs because it’s easier than trying to fulfill the requirements of real dating. The Lazy Dater typically dates a Recurring Pig (see definitions in previous chapter). She is frustrated and unhappy with her Recurring Pig partiality, but not enough to put in the effort for love. She complains about dating Pigs, without doing anything to quit the habit.

*Naïve Dater:* This woman, often a young woman, doesn't know any better. Having never practiced skepticism or restraint, she has no skills to protect her. Any guy who compliments her can easily gain access, especially if the woman is starved for admiration. Pigs prey upon her excessively simple trust. She falls for it every time and gets hurt every time.

*The Lonely Dater:* She'll date any living organism rather than spend a minute alone. Her loneliness exceeds her ability to love, which ultimately results in relinquishing any chance of a real relationship. The irony is that the Lonely Dater may *think* she is loving the guys she is with, but all she is really doing is avoiding solitude. There's a difference.

*Rebound Dater:* This dater believes the quickest way to get over a guy is to get under another. She springs from guy to guy trying to bounce back into the dating game like a star player. Pigs love taking possession of a Rebound Dater, because they know she's game and they're pretty sure she'll be easy to jilt. They'll jump her until she's ready to sit out and recover.

*Vulnerable Dater:* She's been wounded by heartbreak! She's still not recovered and should not be dating. She's easily coerced and highly susceptible to Pig persuasion. Even a modicum of sympathy will make her feel "heard," after which feeling "held" will follow. Holding leads easily to more vulnerability, and often, more hurt.

*Needs to Be Needed Dater:* For guys who need meals, errands, clean laundry, clean dwellings, rides to the airport plus sex, this type of woman is made-to-order. She'll do anything to stay busy, often overlooking the lack of reciprocity, as long as she has a long to-do list and deadlines.

*Mindless Zombie Dater:* This woman has mentally and emotionally checked out. She doesn't care what happens to her, what quality of company she keeps or doesn't keep. She is sleepwalking through her dating life and probably through the rest of her life too.



*Display Dater:* Her relationships look prettier than Bergdorf's window displays! She casts her leading men based solely on looks and assets. Impressing her friends is more important, much more important than how she feels about the man she's with, or how he feels about her.

*Believer Dater:* The Believer Dater's only project is changing the Pig into a Prince. She believes she can change him. Every day, every week, every time he disappoints her, she continues to dust herself off and believe that she can spin this straw into gold. Pigs love the Believer Dater. Finally a woman who believes in them!

*She-Pig Dater:* Much like the Pigs she dates, she's a glutton for attention and can't fill up. Her binge dating satisfies her self-indulgence while simultaneously draining her self-worth. She wants love but is unable to give it back. Real men who want real relationships avoid dating the She-Pig Dater, thus leaving her with nothing but Pigs to play with.

Pig Daters often manifest a symptom, a common phobia that most tend to deny. Despite being romantic and "born to love," Pig Daters are often commitment-phobes. You may not believe me, but *really*. Commitment-phobes are typically very intelligent people who were hurt badly in a past relationship. They cleverly distract themselves from their hurt by repeatedly succumbing to lusty infatuations, which last about a year at the most—long enough for the lust to wear off. Commitment-phobes hang out with other commitment-phobes, which helps the phobia persist. No one pressures them to be otherwise. My good friend Annie once asked me why it always seems like the guy she's most interested in is the guy who is totally "NOT" into her. The answer was simple: *You're a commitment-phobe*. Annie then asked how she can change this about herself.

"It's very difficult, Annie," I answered. "It can be done, but takes complete inner strength. If conquered you'll never date another Pig again! First step is to realize there is no such thing as love at first sight. Lust at first sight? Yes! But 'lust' at first sight will almost always gets you

into trouble. You know: you suddenly find yourself slipping around in the Pig Pen. Commitment-phobes are famous for confusing lust with love. If you act on those feelings of giddy butterflies tingling with joy around your entire body, you're likely to ignore other signs that are there in front of you too."

Annie asked, "How could I ever date someone without having those crazy feelings of passion?"

"It's easy," I said. "It happens when you're ready to actually *give* love and a long-term relationship a chance. When you're ready to break the vicious cycle you'll probably need a year to learn how to love and accept love. Love doesn't happen at a glance in a bar or passing by. Love develops over time, so if you want to stop dating Pigs, fall in love and be in a long-lasting relationship, you need to be extremely cognitive about it. In other words: Think with your mind! Not your libido!"

A great trick I've learned is to imagine you're in charge of a very large company. Let's imagine you're running the advertising campaign for Coca-Cola's Super Bowl commercial. You love your job, you've worked so hard to get where you are today and it is an honor and a dream to head the most viewed commercial of the year! Advertisers are lined up appointment after appointment with pitch after pitch for your commercial. Who are you going to choose? You are going to choose the very best man for the job! You wouldn't be thinking with your emotions at all, you'd be thinking so deep and critical with your mind and that is the type of thinking that you need to bring to the dating table.

Instead of thinking strategically about their relationships, women who stop dating Pigs obsess over the same aching question as I did, every time: "How did I miss all the warning signs?" The answer is really easy. The warning signs were always there; you just ignored them. I ignored them. You ignored them because, like me, you were only looking at the *potential* relationship, not the man standing behind it whose real actions might have, but did not, make it a real relationship.

From early adolescence, when the hormonal urge to bond monogamously with one mate kicks in, we women fantasize about our Prince Charming. We construct a happily-ever-after picture that begins with

the prince's looks and ends with wedding bells, without ever filling in the obvious blanks. The blanks include, for example, a) he treats me with respect and adoration, b) he is there when I need help, c) he is hard—working and responsible, d) he explains himself to my satisfaction, e) he includes me with his family and friends, f) he is not committed to someone else, etc. This is not an exhaustive list (use your Dating Diary to make your own list), but rather it begins to show how much is omitted from the Prince Charming picture. With so many evident blanks, no wonder women leap into the arms of a seeming prince without looking first, leaving themselves with Pigs.

This leaping is an act of inordinate and, in most cases, unfounded trust. The nutty thing is that most Pig Daters should know better, because in my experience they are the very women whose backgrounds did nothing to build trust. They might have had poor-to-really terrible relationships with their fathers and/or mothers. They might have suffered from lack of support from teachers and others in positions of power. They might have been exploited by siblings or friends. All kinds of conditions should have indoctrinated them to look before they leap, but none did. This is why—in a way—the experience of being hurt by a Pig is a wake-up call and an opportunity. And the more Pigs women date and are hurt by, the more insistent that wake-up call becomes.

A lot of failed flings preceded Jack, and after Jack, I suffered nearly a year of agonizing depression. I aged, lost my smile and cried every day. An emptiness of emotion left me to desire nothing anymore. There was finally nothing left inside to give. At the time, my heart felt like sharp, cutting broken glass inside me. In retrospect, it was more like bad relationships had continued to kick at my heart until my heart could at last be open. I surrendered.

Life goes on. I wasn't going anywhere—single or toward a relationship—until I took the first step: committing to the best interests of a person I love—myself. You must do this too. No matter how plundered you feel, no matter your anguish, you are still your highest priority. Without loving yourself, you cannot love others. Without loving yourself, you are not available to be loved. So, pull it together here and

commit to *Numero Uno*. She needs you! Chapter Five is where you learn to celebrate this newfound commitment.

The second step is to analyze that person's past, present and hoped-for future. Please take out your Dating Diary and write about your childhood hurts and disappointments, events that might have led you to the desperation of dating Pigs. Even if you already know what they are, write them down anyway. It really will underscore that the problem with your love life is yours to correct.

As I reflected on *my past, way back in my past*, I saw a young girl who had never felt the satisfaction of receiving love. I had never really learned what love was, what it felt like or how to recognize it. I mean, I'd known this right along, but apparently it needed a harder look, now that I was nearly 40 years old, single and no closer to my lifelong dreams. I'd had enough dating excitement to fill two lifetimes. I had wined, dined and partied like a rock star with some of Manhattan's most eligible bachelors. Every date I accepted was based on feelings of raging lust. If I felt like I wanted to lose control and rip his clothes off, I instantly thought it was love. It wasn't love at all, though. I certainly sought love, but sex and love are two very different matters and it was the sex that got me into so many bad relationships, because the love wasn't there. Again, it's that definition of insanity—doing the same thing over and over again and expecting different results.

There were several "crazy" aspects. I was perpetually getting hurt, for a start. I had none of the security and help one gets from a real mate. All the best dates had amounted to nothing if I was still single at age 40. Clearly, it was time for me to assume accountability for being a failure at relationships and it was time to start using my head to make my dating choices. I'm telling you about myself, but I'm asking you to use your Dating Diary to commit to yourself first—fall in love with yourself—then do your own inventory of your past.

As you make your inventory, you may reach the point I did. Staring at my appalling rap sheet, I thought, How could I have kept doing this? Why, oh, why had I been dating Pigs for so long? What was wrong with me that caused me to pick a Pig every time? I had done it way too many

times to even consider blaming it on the Pigs themselves. This is something *I* did—choosing the wrong guy for the relationship every time.

I hope, for your sake, that your history is not as Pig-strewn as mine, but even if your Pig experience is far more modest, it will still lead to the same realization. I dated Pigs because, in some way, I was not entirely ready for a “real” relationship. And so did you. If either of us had taken the time to figure out what it was that we need and want, in addition to the “idea of a relationship,” we would never have dated that Pig. Not that Pig, nor the Pig before him, nor the Pig before that. Ladies, we had no strategy. All we wanted was a relationship. We might have acted out of loneliness or societal display, but nonetheless we typically chose the easiest guy for the task. Look back now. Be honest with yourself. Can’t you confess, as I can, that on meeting a guy, you’d spotted a dozen red flags and yet ignored them because you wanted a date for the company Christmas party? When he acted like a Pig, you might have reported his misdeed to your girlfriends, but you let it pass because it seemed way better to have a boyfriend than not. It’s tough dancing alone at your best friend’s wedding, but maybe it’s better to dance alone than to dance with a Pig.

## HOW DO WOMEN ENABLE MEN TO BEHAVE LIKE PIGS?

Support Them  
Excuse Them  
Ignore Them

Do you stand by your man because he's honorable or because you don't want to be left standing alone? Will you tolerate anything—lying, cheating, undignified manners, anything—as long as you don't have to face solitude? Newsflash: *The more support a Pig gets, the bigger a Pig he becomes!* You are blowing your chance of a solid relationship by supporting a Pig.

Have you been making excuses for your little piggy? *I wasn't a good girlfriend or wife. That woman threw herself on him. He was drunk. He forgot. He's under a great deal of stress. His job is tough, he had a bad day, his mother didn't hug him enough, blah, blah blah!* If you excuse him, you release him of any blame for his wrongdoings or mistakes. You are actually encouraging him to behave like a Pig by exempting him from rules that apply to others in relationships.

Ignoring the Pig's behavior will not make it go away. The only thing that will go away is your chance for a happy healthy relationship. Many women know they're dating Pigs but pay no heed to the problem, because they don't want to deal with it. Don't fall in love with the relationship before the man. You will only waste your time and increase your regrets.

This is where I began step three, developing a strategy, a program for achieving my future—a rewarding, lasting relationship with a great guy. I wasn't sure how to craft a program but I had a few ideas, and they all headed back to the business model. Eventually, after another chapter or two, you'll be interviewing and auditioning male applicants, using a careful list of criteria, but first you need to DEFINE THE JOB.

Thought, time and planning will keep you from ever asking the “How did I miss all the warning signs?” question again. Thought, time

and planning would have averted my Jack disaster. To stop dating Pigs one must STOP and THINK. I should have stopped myself from falling for a guy hanging out at a bar, and I should never, NEVER, have kissed him there. What was I thinking! I wasn't.

## DON'T THINK WITH YOUR LIBIDO!

After years and years of school I built a career. After lots of blueprints and design I built a home. I've built the strongest of friendships over decades of time. If I were ever to have a healthy successful relationship, I was going to need to dedicate the same kind of *thought, time, and planning* before I could ever participate in one.

Similar to the Pigs we date there are many types and levels of Pig Daters, yet all sharing the commonality of NO thought, time or planning going into their so-called relationship. Most women put more planning into their grocery shopping lists than into their relationship lists, even though a relationship remains top priority. They skip these important steps, then force-feed the "impression of a relationship" they get with a Pig to themselves or to their peers. There is no significant connection between the parties involved and most likely more heartache than happiness will develop from these types of unions.

Once a Pig Dater always a Pig Dater? No! Just until you realize that it is you and only you who is the precursor to the relationships of which you dream. With *thought, time and planning* you will never again ask "How did I miss all the warning signs?" question.

Maybe love will just happen. But probably not. Take time out and make your potential relationship list. What kind of relationship do you see yourself in? It's up to you and only you can choose the best man for your life plan. Perhaps you seek a serious long-term relationship or maybe you prefer companionship without a conventional marriage. Make a life plan and custom-design the relationship to fulfill your needs. DEFINE THE JOB, before you take the time to find a match with similar aspirations.

This is your life! Think it—Build it—Plan it! If a beautiful

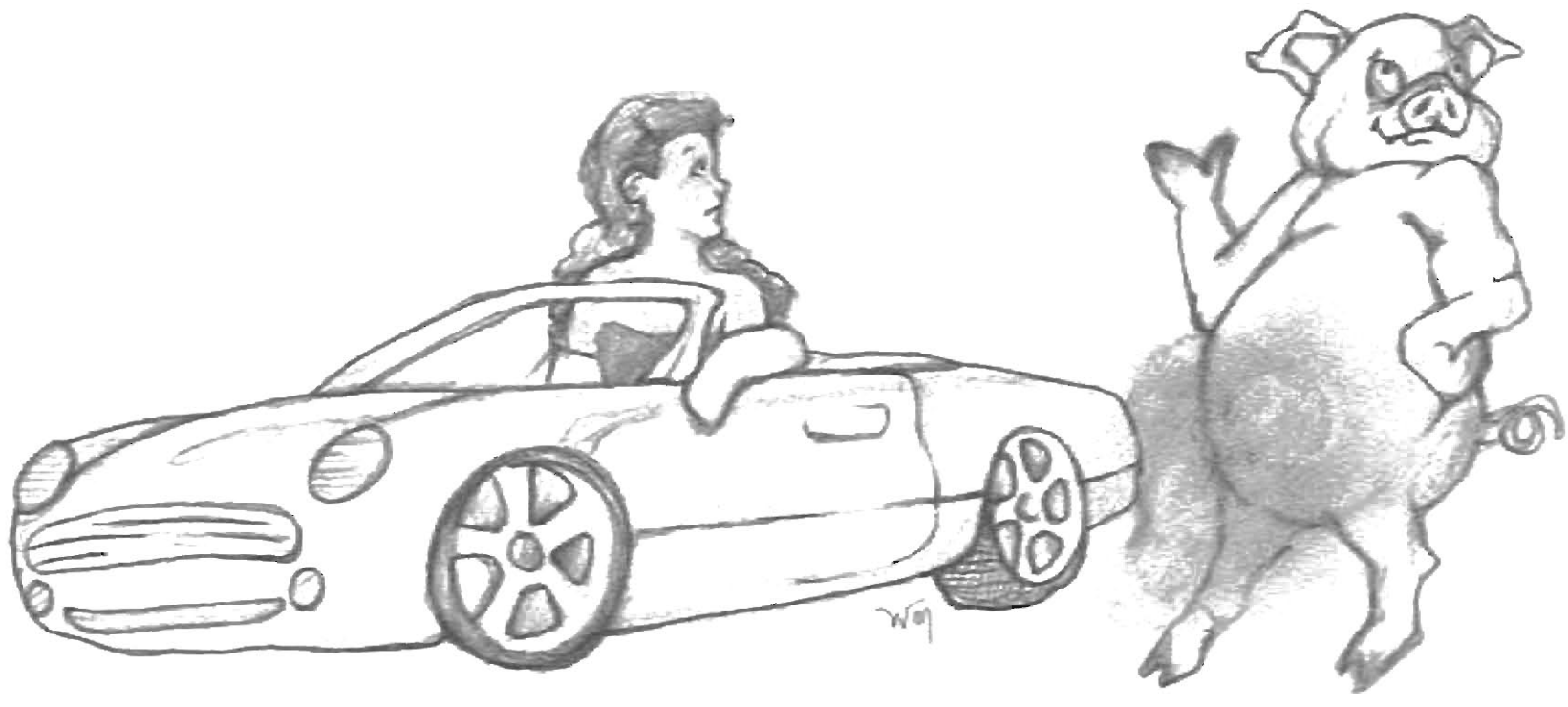
relationship is in your plans, why would you ever date a chap who would compromise those plans? Once you begin to think up your plan it is most critical to understand what you are planning for. Devise a plan for your love life, so you'll be ready for it when it comes! He's out there and he's coming so be ready for him!



PART II

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**PIGS OUT!**



## CHAPTER FOUR

# STEERING CLEAR OF CLOVEN HOOFS

**S**TEERING clear of Pigs is the equivalent of avoiding relationship disasters. It needs to become a way of life. I don't mean to suggest that this is easy. You've learned how to spot Pigs, why some men are Pigs, why you dated them, and you've even begun to formulate a Dating Strategy. However, that doesn't mean that leaving Pigs behind is a snap. Pigs are dangerously cute and debonair; one wink and you may still want to take one of them home with you.

The time you spend refining your strategy, the life plan you began to think about at the end of the last chapter, is not the time to jump back into dating. Even if a non-Pig perfect man is within reach, you must think of yourself as “in recovery” and “unavailable” for the time being. If the perfect man is to be your perfect man, he can wait. He can wait, because you have an affliction and you are still too vulnerable to giving yourself away.

Whatever your weakness is—looks, humor, money, whatever—that has led you to Pigs, you must figure out how to fortify yourself, so you don't re-expose your love-torn heart to heartbreak. It is not that all attractive men (as gauged by looks, humor, money, etc.) are Pigs, only that women can be blindsided, over and over again, by failing to look beyond the qualities that initially turn their crank. Believe me, I know.

I'd logged years and years of failed relationships and decades of dating. I'd chased and been chased by the opposite sex. I'd spent countless

hours, days and months picking up the pieces of myself after bad break-ups. One thing finally became glaringly obvious—my survival instincts were nowhere as well honed as my ability to live in denial. Being in denial is like having a close friend who is a bad influence. I just kept getting hurt.

From the years of cruelty and torture, something incredible eventually emerged. Like the dog that belonged to the animal behaviorist, Dr. Pavlov, I at last learned the lesson: Pigs = Pain. And I'd had enough of both! My breakup with Jack the Married Man/Pig was devastating and humiliating, but it was as effective as a triple dose of electroshock. I'd had enough.

Breaking the Pig habit is not as easy as leaving the last Pig you dated behind, because you'll most likely just go out and find a new one. Transforming your dating dysfunction to functional bliss will be tough, only because dropping habitual behaviors is one of the hardest things to do. You'll need to overhaul your dating habits and to do that you'll have to start with the *No More Dating Pigs* Dating Diet.

## THE DATING DIET

*Each facet of the Dating Diet complements the others. None are optional. They are designed to be done in unison.*

### The Dating Diary

The Dating Diet starts with a dating journal. This first step is *a must* in the pursuit of relationship success. Your Dating Diary will become the foundation of your relationship remedy, because all steps of this program will be directly affected by how often you write or don't write in your diary.

During your healing time you really need to understand why your relationship(s) failed, so start by writing about them. Go back to the inventory you made in the previous chapter and examine each relationship more carefully. Pour out your heart on paper or your computer screen. Write about how he hurt you, what felt wrong and what felt

right. While you're writing, you're releasing pain and frustration. Taking the time to write is all about you and for you. You're slowly getting to know yourself again. You're strengthening your mind and passing your alone time quickly and with purpose. Once you've written an episode or two regarding the angst of your last relationship, sit down, get comfy and read it. Did it read like a beautiful love story? More like a dramatic heartbreaker? Or worse—a bad movie with you as the brunt of all the jokes? By writing and reading your own story you'll quickly connect with the lead character. You won't want to see her get hurt anymore and eventually you'll play a role in writing her future. By writing and reading your own dating chronicles, you gain self-awareness, see things clearly and will make better dating choices next time around. When you have a better understanding of what went wrong, you may think you're ready to get out and welcome real love into your life. No, not so quick. Before you let healthy love in you must be certain all Pig tendencies are out.

### The Cleanse:

Cleanse yourself of negative energy, become a better you, not a bitter you. It's so difficult to change. You've been in one bad relationship after another. During the Cleanse step of the Dating Diet you'll learn why you do this to yourself. As with any cleanse it will at first be challenging to rid yourself of the toxic forces that hold you hostage to this bondage that you wish to escape. However, it takes only 10-14 days to escape those bad impulses that keep driving you to the wrong guy. After this Cleanse, you'll never date another pig.

Cleanse practices start with a "Me Day". Sound easy so far? Don't be fooled. This Cleanse is not for the wimpy and be warned it will take your utmost strength and determination to shed the destructive shadow that continually controls your dating choices. Your "Me Day" can include anything from a movie to a massage. Stay in bed all day, bake cupcakes, or do whatever it is that you would like to do.

But here's the biggest part of the challenge: You *must* leave your cell phone off and at home all day. It's probably been ages since you've

had no communication device on you at all times, but don't stress. I'm certain you'll hit it off with yourself.

During your 2-week cleanse, you must vigilantly turn off your cell phone every night by 7 p.m. For the weak-willed, I recommend leaving it in the glove compartment of your car. Yes, it's challenging and you'll most likely come up with lame excuses of why you can't do this part of the Cleanse, but trust me—you can do it. Cell phones weren't even commonly used until this past decade. During the Cleanse, they're worse than a distraction. What are you afraid of discovering about yourself? Don't fear being alone. Women who fear being alone are most likely to date Pigs. You don't want to be one of those!

### Brain Retraining:

You don't need to go to the gym for this exercise program. The Dating Diet's Brain Retraining program focuses on brain fitness. If you've suffered from a weakness for Pigs, this fitness program will help boost 1) your *concentration* to keep you from caving to Pigs' ploys, 2) your *cognitive thought process* to help you detect the truth about prospective dates, and 3) your *powers of strategy* to enable you to make better, healthier dating choices that will improve your life instead of draining it.

### Suggested Brain Work-Outs:

- Sudoku
- Word Searches
- Optical Illusions
- Crossword Puzzles
- Jigsaw Puzzles
- Video Games
- Chess
- Learn a new language, instrument, sport, anything. Just learn something new.

## Mind-Strengthening Techniques:

Yoga, meditation, journal writing and trying something new (i.e., dance class, hobby, race, restaurant, anything, just get yourself out of your comfort zone).

## *Brain Food:*

Blueberries and strawberries are loaded with antioxidant chemicals that help improve cognition and maintain brain function so you can make the best possible dating decisions.

Walnuts help nourish your brain with serotonin. No need for prescription meds for dating depression. Just eat plenty of walnuts. Serotonin affects our moods and our appetite. Walnuts relieve depression, insomnia, compulsive behavior and over-eating.

Spinach is pure brain food and is loaded with essential nutrients and enzymes that your brain needs to strengthen synapses and produce neurotransmitters. Eat spinach every day of your Dating Diet. Spinach also helps reduce bloating, which keeps us looking good for future dates. \*Note: Highly recommend organic spinach. Non-organic spinach is a high insecticide-laden vegetable.

A little curry can help cure you of bad dating habits. India's curry contains the antioxidant cumin, which reduces deposits of brain plaque. No wonder you've been making bad dating choices. Your brain was cluttered.

Wild salmon (NOT farm-raised) actually improves your brain matter. It's one of the best sources of essential fatty acids, low in saturated fat and high in protein. It's good for your body all the way around but your brain needs the omega-3 fats. Lack of these omegas can lead to depression, poor memory and lower IQ.

Water: Is your brain working below its capacity and potential? Studies reveal that most people are partially dehydrated. Water is a Dating Diet MUST. Copious amounts of water are absolutely vital for mental alertness and concentration.

Other great brain foods include:

- Nuts
- Wholegrain foods
- Avocados
- Tomatoes
- Green tea (real green tea)
- Sunflower Seeds
- Pumpkin Seeds
- Dark Chocolate (Organic with high Cacao percentage)
- And don't forget to always drink plenty of water!

#### My Favorite Brain Food Snacks & Meals:

- Mango Spinach Smoothie
- Fresh Organic Salsa with Guiltless Chips
- Spinach Salad with Curry Salmon & Walnuts

#### Gain A Few/Lose A Few:

Women who continually date the wrong guy have an aversion to being alone. If you're uncomfortable being alone for more than ten minutes it's time you ask yourself, why? Perhaps you've lost yourself somewhere along the way, or perhaps you've been taking care of others for so long you forgot about you. Well, no wonder your relationships have been suffering! Regain your sense of self and lose the added weight of carrying a bad relationship around with you by getting to know yourself with a "Me Day."

Remember: You are the precursor to your successful relationship: You Are What You Date! With the Dating Diet you'll regain your sense of self, lose those unwanted love affairs, and maintain a healthy love life...with yourself! It's time to love and pamper yourself, and most importantly, learn to be alone.

Choose your friends carefully during your Dating Diet. You're only as good as the people whose company you keep. Friends who are in relationships do not speak "singl-ish," and they might encourage you to get out there and date again too soon. They want you in a couple so you



can come to their parties as a couple. Single women who have habitually dated Pigs need a good single friend base too. However, if you're hanging with a cynical Susie who spends most of her energy whining about relationships gone wrong, your chances of finding Mr. Right will be gone as well. More than your dating life will benefit from letting this friend go. Surround yourself with positive energy. Like attracts like. If you're exuding good energy, you'll attract a good guy and no more Pigs. It's time for new friends. It's easy and simply starts with "hello."

## Don't Feed the Pigs

Do you still have, or are you still infatuated with a Pig, a man who is easy on the eyes but hard on the heart? Be honest. If you constantly complain to your friends, family and co-workers about what a Pig your so-called boyfriend or sex partner is, but you never leave and never let go, he isn't your worst enemy. You are. You're always thrilled when he beckons and you always scurry back as soon as he calls. You have become a walking paradox, controlling your happiness and destroying it at the same time.

Dating Pigs is almost a disease, a mental illness. It's a compulsion that forces you to date men who are not good for you. You know this, but you do it anyway and you always get hurt. Yet, breaking it off with a Pig takes effort. Chances are that you are the one who must force the breakup. You cannot allow the dysfunction to continue.

Getting away from the Pigs you've been dating may be one of the toughest challenges you've ever faced. Why? Certainly not because of the Pigs themselves, they're actually harmless and will barely even notice when you're gone. Don't blame them; they're just cute little Pigs. Remember, it wasn't them choosing you for a relationship; it was you choosing them. It's your dating choices that keep landing you in bad relationships: You Are What You Date!

### Foolproof Ways to Say Scram:

This is a great time to use the old “It’s not you, it’s me” line. Yes it is “me,” “my choice,” and “I’m choosing to no longer subject myself to piggish behavior.” To that end, try these lines as a means of saying goodbye.

We’re in very different places in our lives. You live in a barn and I live in reality.

You’ve hogged my love and patience without returning any for me. You love yourself so excessively that there’s no love left for anyone else.

I’ve got a healthy plan for my future. No way I’m getting stuck with a swine.

You’re not good enough for a woman of my caliber.

My time is valuable and I’m not willing to waste it.

I want a real relationship, not an imitation.

Delete my number and do not call me!

I just don’t date Pigs!

As a woman, you excel at manipulation. Getting him back would be easy. And from his perspective, that would be okay, because he knows he can dump you whenever he wants. Unlike you, he has nothing to lose... and also, I must remind you, *nothing to give*. And here I emphasize: You Don’t Want a Pig, not any more than it would be fun to lie down in the middle of a busy, high-speed interstate.

Yet, after a break-up, loneliness sets in quickly. Here are your new laws:

- Do not call him or his friends.
- Do not go to the places he hangs out.
- Do not text him.
- Do not beg.
- Do not respond to or answer his calls or messages, if he makes them.
- Do not conspire a way to “accidentally” run into him.

- Do not break these laws.

Now that you've finally lost the last Pig you were dating, you must be extremely careful to watch what you date. Break-ups put you in an extremely high-risk category for dating Pigs. No more Pigs in your blankets!

Moving on too quickly to the next man after a break-up will only leave you vulnerable to more Pigs and more disappointment. More than ever, your ability to differentiate between Pig or prince is compromised, for two reasons. First, on the rebound you'll do almost anything to feel better, and secondly, you have neither analyzed nor recovered from the damage recently inflicted. Don't be the woman who hasn't gone out with her friends since the first date of her last mate and shows up to flaunt herself in the singles social scene. You will stand out like a babe in the woods and the Pigs will stampede you! Stay in for a while and heal a bit. Catch up on your Me Time. Rediscover yourself! Know this: Pigs love being your rebound guy, but they will never love you because they are simply not capable. To avoid ever dating another Pig you must purge yourself of the last one you dated, by completing the Dating Diet.

So instead of jumping back into the dating scene, try something new. Cleanse and purify according to the just-offered prescription, and fast of all dating *for at least one month*. Six months would be better, but one month is the minimum.

During this time of fasting you'll need a tremendous amount of self-discipline. It's so hard to break bad dating habits. You'll crave the text messages, you'll yearn for the drama, and you will be ravenous for even the smallest amount of attention or affection. Remember, no one ever said giving up Pigs would be easy. It's actually very hard and it hurts, but you must go through the pain of the break-up to acquire better dating habits. However, when you're checking your messages and jumping at every phone call, remember that when they came they were toxic. They hurt you!

Don't let your ego get in the way of your sorrow. Go ahead and be depressed! Cry, let yourself go a bit, take a day to stay in bed and watch

love stories that will make you cry until you can't cry anymore. My personal recommendations are: "When Harry Met Sally" and "The Notebook." "The Notebook" will make you want to strive for a man who loves you and will stand by you forever through it all, and "When Harry Met Sally" will remind you that you can't rush love. Be open for it and let it come without preconceived notions of perfection.

### CLASSIC LOVE FILMS

"Slumdog Millionaire"  
 "French Kiss"  
 "Moonstruck"  
 "The Proposal"  
 "Something's Gotta Give"  
 "Room with a View"  
 "An Affair to Remember"  
 "4 Weddings and a Funeral"  
 "Pretty Woman"  
 "Gone with the Wind"  
 "Legends of the Fall"  
 "Jetlag"  
 "Titanic"  
 "Love Story"  
 "Camille"  
 "Sleepless in Seattle"

Chances are if you're coming out of a failed relationship you weren't very happy. And only you can make you truly happy so find out what it is that makes you happy again. Look at it this way: Relationships take two people to fail and two to succeed. By working on yourself, you're actually creating a strong half of your next relationship. The truly good relationships survive because both parts have found contentment. But you must find the contentment first on your own. The relationship comes later.

The best thing for you during this time of heartbreak, believe it or not, is solitude. While, yes, it sounds depressing at first, it is the only way to break free of that Pig-preoccupied mind of yours. Revive the peace, confidence and pure awareness that insecurities and relationship fears have so

long suffocated. These fears are Pig enablers. To lose the fear, you need to rediscover the power. Dating Pigs makes you feel powerless to find and participate in a good relationship. Actually you're not at all powerless. In fact you hold all the power!

In my situation, once I got over the tears and going over every detail of a one-year relationship back and forth, inside and out, to figure out how it went so horribly wrong and how I missed all the signs, the last thing I expected was peace. But there it was—peace. I embarked on my

fourth decade with an untroubled state of happiness. Peace is a harmonious resolve that cannot be bothered or distracted. At first I wasn't sure exactly what the feeling was. Was tranquility the same as losing my desire to love again?

At first I thought that was it, no more yearning. Not until I became social again did I realize how much I had changed. I had newfound strength, not loss of heart. My heart was still pounding and full of love. What I had finally lost was my fondness for Pigs.

On a life's search for Mr. Right, every woman encounters her share of Mr. Wrongs, as well as the Mr. Wrongs of other women she knows. What is this epidemic of Mr. Wrongs? These are not just Mr. Wrongs as in *it's just a wrong fit, bad timing, wasn't meant to be, or we're better off as friends*. These men are callous, conniving and gluttonous. Their behavior can only bring pain and heartache to any woman who entered into any level of emotional involvement with them. No wonder relationships seem so difficult. Any interaction is difficult if one plays with cheaters. Men who lie and cheat are Pigs. I realized that I was better than the liars and cheaters I had been intimate with. So were my friends. And so are you.

With this, an all-empowering wisdom came over me and I carried it everywhere with me. Dating became much easier. Why? In the past, I had little or no power in relationships; I was there for the plucking. Now I had all the power. With my fresh wisdom and confident attitude, I made my dating choices cognitively and clearly. It still wasn't easy finding Mr. Right, but I was no longer wasting my time with Mr. Wrongs. A certain air followed me when I walked into a crowd of men, or perhaps it was a look of "I do not date Pigs!" Pigs actually stopped approaching me. It's as if they knew that I could see right through them, that they could no longer exploit me. I was "Off Limits." Yep, that's me!

However, I did start getting a new following. Not only could men tell I wouldn't date Pigs, so could women. At first the following was small—a few friends, a few friends of friends, my manicurist, the girl at Starbucks, the women at the gym, and eventually complete strangers wanting to know the secret of how not to date Pigs!



## CHAPTER FIVE

# BECOME A SILK PURSE

**R**EMEMBER that old adage about turning sow's ears into silk purses? If the company you've been keeping has left you feeling trashed, unappreciated and worn out, you've been reduced to a "sow's ear," metaphorically speaking. This chapter is dedicated to turning you into a "silk purse." The very opposite of a pig's ear, a silk purse is recognized as rare, refined and invaluable by everyone.

But first, I want you to accept that the frustrations and loneliness of your present life can actually function as a springboard to happiness. I know this firsthand, from my own single days, which were invariably painful and seemed to go on *for-ev-er*. As my friends settled down with guys they were crazy about, I felt worse and worse. Not only did I not have a husband; I didn't even have a boyfriend. I couldn't wait to find one, but after years and years of dating, I was still single. In desperation, I did it all wrong. Champion Pig Dater, I had wholeheartedly given my trust to many men who gave nothing in return. And I willingly accepted the "nothing" they offered. In so doing, I gave nothing to myself as well. As each little Piggy came and went, my self-esteem sank lower and lower.

Sure, I can't deny the "thrill of the hunt" or the amusement of the chase that occasionally blew through those days. Some part of me must have liked dating Pigs, because I did it long and frequently enough. But looking back, I can honestly say that I dated Pigs because *I had no idea what receiving love felt like*. Does this sound familiar? Like a Pig, I was so obsessed with the ideal—an elusive but marvelous man of my

dreams—that I had become a dating sow myself. I dated to the point of exhaustion. Then I stopped dating again. Cold turkey.

Being alone gets extremely lonely! It takes some time to learn how to adjust to it. I tried to keep myself busy, went to a lot of movies, cleaned out closets, rearranged furniture and went to the gym three hours a day to keep busy. That got me through about the first week or so. It was an eternity. On Day 10 of being single, the “Fix Up” phase started. Several of my friends had someone they wanted to fix me up with. My loneliness took over and I suddenly started accepting any and every date again. Was I really going back to being a serial dater? I’m not proud of this, but in case you’re as weak-willed as I was, it should give you a feeling of solidarity.

First fix-up date #1 was great. Total hottie and I mean model hot. We totally connected, then I learned that he was totally broke—the kind of broke in which you don’t have a job or a car or even a home for that matter. So I broke that off very quickly and even quicker jumped to the next date—an immigrant doctor who didn’t speak English very well, didn’t drink at all and didn’t interest me either.

Round and round I went date after date. I was learning all the tricks. I learned how to be enticing and I learned how to get out quickly when necessary. I learned a lot of dating lines, many of which I borrowed collectively from my dating partners. I had several first-date outfits, set up several first-date rules and developed highly sophisticated strategies for aborting dating disasters. And I also quickly learned that dating is exhausting!

After months of wining, dining, flirting, staying up late, wearing heels, tight jeans and make-up, I couldn’t wait to hop on my couch alone in sweats, no make-up and my hair in a scrunchy. Yes, I was lonely but at least now I was lonely and comfortable.

I went six weeks without going on a date. Well, that’s if you don’t count a virtual date. While refraining from being a serial dater, I couldn’t resist exploring the possibilities of Internet dating. Like many lonely creatures sitting at home on a cold winter night, I signed up for a free trial with an Internet dating service. Once again I was the new kid on



the block. I posted my profile and by the next day I thought I was in dater's heaven. I was chatting with men from Boston to Baltimore. It consumed my days entirely but my lonely ego was loving it. I could barely focus on work or anything for that matter. Narrowing the selection down to three guys, I eventually went on one date with each of them, only to discover that all three were delusional liars. Bachelor #1's photo was about 10 years younger than he was, Bachelor #2 was about 40 pounds heavier than stated in profile, and Bachelor #3 lived at home with mom and dad, appeared about 5 inches shorter than he claimed to be and believed that I might be having sex that night with him in the parking lot. That was the end of my trial membership.

So it was back to quiet lonely nights for me. No incoming phone calls, text messages or emails. I felt pathetic! When you're single, depressed and feeling desperate, everyone who has a boyfriend or husband tells you to not even think about it. Don't look for him, just go on with your life and it'll happen when you least expect it. So the trick to finding my Mr. Right was not to look for him? No way! Believe me when I tell you that only people in relationships spew out that theory.

I went on with my life, stayed in night after night and didn't look for a while and just as all us singles already know: *nothing happened*. No magic, no power of the universe, no coincidence, nothing. Well, there was one thing: I got a little more comfortable with being alone and I didn't feel pathetic any longer. I was still lonely but I was feeling good about myself.

I did, however, have plenty of free time on my hands. I had time to travel, take cooking classes, go back to school and learn to tango, all while attempting to find love and a lasting relationship. Many a night I was sad. I didn't realize at the time that those days, months and years were the precursor to a successful relationship. At last those bad dates, short relationships and lonely nights had their effect. I finally gave up looking and chucked my checklist. I no longer cared if he was at least 6 foot tall, had six-pack abs or made at least a six-figure income. I just hoped he'd cuddle with me on Thursday nights and watch *Grey's Anatomy*.

I offer you this wisdom of my own interlude in hog hell. You can

take my word for it, or you can stay there in the burning, humiliating disgrace longer. Tally the Pigs you've dated in your Dating Diary for yourself, then try to convince yourself that they are not all versions of the same thoughtless, self-centered person. Can you do it? One way or another, you will finally learn what love is not.

I suggest that "you are what you date," so why not stop Pigging out now? Otherwise, your family and friends will label you as a glutton for pain and lose patience with hearing about and propping you up after yet another dating disaster. Don't even think about embarking on this chapter before banning Pigs from your life. You need not a hiatus from dating Pigs, but a whole new approach. Saying goodbye to Pigs forever gives you the opportunity to start from scratch, to reinvent yourself. Loaded with a profound commitment to becoming swine-proof, a reader can re-vision herself as the priceless asset she is and develop strengths to protect that asset.

This isn't an overnight process, no matter how loudly your biological clock is ticking. If you're hoping to find love fast, your hunger to find the perfect man will only fetch you Pigs. Women who like instant gratification often end up with Pigs. Love doesn't come made-to-order. Anyhow, fast mates are like fast food; they're not really good for you. Love takes time and patience. A wise old woman once told me that it takes about ten years to become an "overnight success" with just about anything!

To find a truly successful relationship you don't "find" it at all; you build toward it over time, then one day it arrives as a sweet surprise, more stunning than a clap of thunder. It happens! It happens when and how you least expect it and it comes only to those who are able to give and receive it. You don't have to "do" anything. *Just let it happen.* No, you can't *find* love, you can't *force* love, and you can't *rush* love. You can only be open and ready.

*To get on with your life, take the concentration and effort you've been devoting to your search for the perfect man and apply it to a more rewarding enterprise. All the time spent going to bars, restaurants, parties, match-making services, coffee shops and more bars with hopes of finding a man has*

*a much better use—investing in yourself. It's about time you take some time out for you. If anyone asks, you're in a relationship with yourself!*

Dating Pigs takes its toll. There's a good chance you've lost self-worth. Simple economics suggests that you're undervalued because you've been busy giving without receiving. If you leave this worn-down worth unaddressed, "you" will completely disappear. Don't lose yourself! You need a self-appraisal. What are you really worth? Are you worthy of a good date, a good relationship, a good marriage? The answer is *yes*. You're worthy of anything you're willing to work for. It's like redecorating or refurbishing a dwelling. You already have the foundation of your future relationship. One step at a time, you must revitalize yourself from the ground up.

Hauling around your past is like becoming a bag lady. Forget about the past. Your past is now gone, so put it behind you forever. Focus on today. Each day you awaken here is a rebirth. Before you even put your feet on the floor make a positive plan. If you're hoping for a date or ready to meet your soul mate, chant it three times before you get out of bed. Chant it, be ready for it, but otherwise let it go. It will come, but you must be seeing clearly enough to see it.

As you already know from previous chapters, dating Pigs makes you lonely. We get lonely so darned quick that we make bad choices and settle for Pigs. Women who date Pigs fear that loneliness more than anything. Loneliness kicks hard at your self-esteem until your foundation feels shaky. If you've found yourself drawn to Pigs—one Pig after another—it may be that the foundation wasn't that solid to begin with. You might have been used to being lonely, for whatever reason, so seeking out or being available to men who made you feel lonelier was simply acting on familiar behavior—your *own* familiar behavior—and reinforcing familiar results.

A woman with a history of dating Pigs—even if it was only one Pig—leaves the relationship with an essential loneliness, a void where her self-esteem either used to be, or, should have been but never was. Moving beyond what is essentially a habit or even addiction to loneliness is, for many, a radical departure. Obsessing about getting a commitment

from someone else, they may not have the first clue about committing to the most important person of all—*themselves*. Whether you're afraid of the boogie man or you weren't hugged enough as a child, it's time to get over it so you can stop dating Pigs and get on with your happily ever after. If lonely nights are the source of your Pig dating dependency you need to fill your lonely nights with friends, movies, hobbies, cleaning closets and/or anything that will keep you busy. If you're truly struggling with being alone get a dog; better to sleep with a dog than a Pig.

If you've been really hurt, your efforts to tend to yourself, commit to yourself, may feel as if you are just faking self-love. And maybe you are, but that's okay. Going through the motions is good practice on the way to self-indulgence. Start with "Take Care of Me" maintenance. Women are natural caretakers. Our bodies are loaded up with the hormone oxytocin, and from birth we feel the urge to take care of everything. You take care of the house, the car, the kids, the shopping, the bills, the birthdays, the coworkers, the problems and the planning of everything. But what have you been doing for you? It's time to take care of yourself. Schedule your own self-maintenance the same as you would for your car or house.

To fashion a shimmering new you, remember the health tenets of the last chapter's Dating Diet. Consider yourself still on your Dating Diet. By now, you should recognize that exercise, good nutrition and sound sleep are not a punishment, but an opportunity to spoil yourself. Every morning brings a new day with new opportunities to make your dreams come true. Grab hold of your life anew each day and reach for the many opportunities for happiness that you've passed by.

To be capable of seeing them, you have to be certain of exactly what it is you're looking for. I suggest that you write your objectives down in your Dating Diary. To prioritize them, number them or ascribe them to categories—for instance, *Do Today*, *Do This Week*, *Do This Month*, *Save \$ to Do Next Year*, etc. If you don't like these categories, conceive your own. They could be anything: *Today I Love My Feet*, *Tomorrow I Love My Mind*. Don't hold back. How about *A 10-step Plan for My New Life*? Or if you like to draw, you could make *An Illustrated Map to My Future*.

Make a To-Do List of all the things you wanted to do during the time of the last relationship you were in but were never able to do them; now you can do them all! Do them by yourself, with a friend or group but get out there and do them. Cross everything off that list one by one. As you conquer each goal and implement your sense of self you will reach contentment as a single and you'll be much closer to reaching it as a couple in your next relationship. You may even find your other half while on your self-healing and self-discovery journey.

I have another opportunity for you—"Me Days." I've been pushing "Me Days" for a very long time and find that they are very effective for women going through relationship troubles. Me Days are an opportunity to indulge yourself, from dawn to bedtime, as though you were the object of your love, with good, healthy food, with inspiring entertainment, with beauty, with tenderness. You must be disciplined here; put aside all the selflessness you've been practicing on those Pigs. Don't put yourself last and don't cancel on your commitments. The world won't fall off its axis if you ignore it for a bit and focus on you.

Not everyone's Me Days are the same. You're fully capable of conceiving and achieving your own Me Day, but to whet your appetite, I'm going to throw out some of the favorites that women seem to love:

*Road Trip* A long drive to the mountains, the country, the shore or nowhere can really clear the mind of all the relationship dilemmas that have been cluttering up your thinking. Plan a road trip with some yummy snacks and your favorite soundtrack. Take the wheel and drive away. Be sure to bring a camera and take pictures for your Dating Diary, and most importantly keep your cell phone off. This trip is for you!

*Clean Out the Tear Ducts Day* Every once in a while we need to let it all out with a good cry. If you're feeling sad from your relationships gone bad and can't seem to get your smile working, it's time to cry till you can't cry anymore. Pull down the blinds, load up with some good tear-jerker movies, grab a box of tissues and

have a movie marathon day. Even a sad “Me Day” can get one’s perspective in check every now and again. Let me remind you of my personal favorite: “The Notebook”. After a few hours of crying you’ll be refreshed and ready to laugh again.

*A Tribute to Yourself* Who knows you better than you? Nobody! So it’s up to you to honor yourself with your own scrapbook. Go through your drawers, rummage through your closets and attics and find everything that represents you. Photos, diplomas, wedding certificates, divorce certificates, winning lottery tickets, favorite restaurant menus or matchbooks, airline tickets, favorite wine cork, lucky penny, anything at all that you enjoy or enjoyed goes in this scrapbook. Jot down your favorite quotes, jokes and worthy information. *Example:* All Time Favorite Movie Quote - *The greatest thing you’ll ever learn is just to love and be loved in return - Moulin Rouge 2001. 04/17/05 Stopped Drinking Soda! 09/28/06 Got Promotion! 12/31/08 Plan on learning to ski this year. 02/16/09 Promise to myself: No More Dating Pigs!* Fill your scrapbook up and show it off for the world to see how amazing you are!

*Nothing To Do* For the super busy, there’s often nothing better than doing absolutely nothing at all. If your hectic busy life spills over the 24-hour-a-day limit, you’re probably very stressed with not enough time even to fathom a “Me Day.” You are the extreme case. Turn off the phones, don’t set the alarm, and sleep until you awake fully rested. On this day take time for yourself and be sure to enjoy it. No rushing. Enjoy the sound of morning, stop and smell the roses, bake a cake from scratch or do a puzzle. Do whatever it is you enjoy but haven’t had the time for. You should start with nothing to do and end with nothing but time on your hands. When your “Me Day” is over, carry it with you by never forgetting that you have all the time you need.

*Spa Day* A day at the spa is the ultimate “Me Day.” There, you can be pampered and treated like the queen you are, all day long. Your spa time can be anything from a mini-pedicure at your local nail salon to a full day spa. For those who have been truly neglected, one day will not be enough to restore your sense of self and well-being. A retreat is suggested for those who continually break commitments to themselves by putting everybody and everything before them. There are spa retreats, religious retreats, nature retreats, yoga retreats and even sleep retreats. A retreat provides you with the time and space you need for emotional healing. With quiet rest and contemplation, your sense of self will awaken along with every level of your being. Choose your getaway and make your “Me Day” a “Me Week.” However, remember this week is for you so don’t make it a girls’ getaway and invite your friends. Retreats are great places to meet other women just like you. The new friends and new inner changes you’ll find will last a lifetime.

*Dating Myself* Who knows better what I consider a perfect date than I? Nobody! For my favorite “Me Day” I plan a date with myself: A ticket to the symphony followed by a late dinner at my favorite restaurant where I indulge in my all time favorite dish: *Capellini Pomodoro* paired with a fabulous glass of cabernet. After dinner, I stroll home and reach heaven when I stop by the best chocolate shop in NYC for a dark chocolate nightcap.

### SILK PURSES...

...DON'T pine after lost men or let self-pity corrupt their self-indulgences. "Me Days" are not about you and a missing mate. They are about YOU.

...DON'T squeeze ordinary routines, habits or attachments into their "Me Days." Skip the gym on this day. Get a neighbor to get the kids off the bus. The laundry can wait and the dog will be fine.

...DON'T turn their "Me Days" into "Girls' Days." This day is about you. The more you've lost yourself, the more you'll avoid being alone with yourself. But have no fear; I'm certain you'll really like yourself once you get to know you again.

...DON'T use their "Me Day" to catch up on all phone calls. Talking on the phone all day only distracts you from yourself.

...DON'T ever give up their "Me Day" even after they've found their Prince Charming. Always keep this day for you.

...DON'T allow themselves to feel lonely on their "Me Day." Loneliness causes Pig dating and it is the result of Pig dating. Try something new for a change. Get comfortable with yourself!

...DON'T worry about impressing anybody on their "Me Day." If you don't feel like wearing make-up, don't. If you're comfortable in sweat pants and sneakers, wear them. On this day you're the center of the universe and the world revolves around you. So be yourself and comfortable with who you are. If you don't accept you for who you are, why should anybody else?

You'll find that dating yourself is very rewarding. Not only that, unlike the bar scene, it will truly put you in the company of people with whom you actually share interests. Write down and/or draw anything and everything you ever wanted to do or try, by yourself or with a man. Then start scheduling the "to do" activities on the list by yourself. If you



always wanted to see an opera or symphony, make a date with yourself and go. If you want to see every film by a certain actor or director, throw yourself your own private film festival at home. If you wanted to travel through wine country, party in Vegas, eat *gelatos* in Italy, or learn to rumba in your kitchen, now is the time to do it. If you love to cook, take a cooking class. If you're a wine connoisseur, go to a wine tasting. If you're a fitness addict, sign up for a triathlon. You'll soon see how much more nurturing than dating Pigs this is. It's a shocking improvement.

And there is still that loving future, waiting in the wings. It won't find you in a bar or online. There's no Prince Charming waiting to buy you a drink or instant message a wedding proposal at these places, so don't waste any more time. A lazy dater is a Pig dater. If you're too bushed for the gym or too busy for hobbies and only have time for a quick happy hour cocktail, topped off with a laptop full of online dating sites, you're going to get back exactly what you put into finding Mr. Right: a big zero. The good guys have lives with careers, hobbies, responsibilities, friends and families. They're out there and you'll meet them but you must get out there too, in your silken you-ness.

When you go out, make sure you're going to places you love, where you can meet people who share common interests. No matter what it is that you enjoy, you'll find yourself with people who enjoy those same things. Your self-worth will improve greatly. Finding your "tribe" puts a burst of new energy into your life, an energy that creates endless opportunities to meet new people, make new friends and get plenty of new dates.

You don't have to do anything special to attract a male. The forces of nature already took care of that for us. Men notice women. Women do not need tricks, strategies or even make-up to get a man's attention. Just get out there with your silken new you. Let every *eligible* bachelor know that you're available and ready to find the man you want to share yourself with, but in the meantime enjoy that table for one.

While you're finally taking some time for yourself, you'll discover more than you ever imagined. You'll retrieve what you enjoy most in this world and you'll also discover the absolute best place to meet your soul

mate: *Everyday Life*. Not someone else's everyday life. "Your" everyday life. You won't even want to turn to earlier pages in your Dating Diary workbook, but if you do, you'll be amazed at how much you've distanced yourself from the trough. So get a life and make sure it's a really good one! Be the person you're meant to be.

## YOUR CHRYSALIS PHASE

*Even a butterfly must pass through an extensive caterpillar stage, then spin its own cocoon before its labor of love silk emerges. Patience will serve you likewise, giving you the advantage in your quest for love.*

*The quality of your next relationship depends on your own efforts. Transforming bad dating tendencies to fine dating qualities may be a time-consuming process but the end result is worth it. Are you willing to labor for love?*

Relationships commonly fail because people simply aren't ready for them. We love the idea of love and often jump right into a relationship because we long for that "happy together" feeling. However, to be happy together in a relationship both participants must have taken the time to prepare for one. To prepare, don't just read about the suggestions in this chapter. *Live them!* The only person capable of completing you is you. So take all the time you need and complete yourself. Become so amazing that you'll want to share yourself with someone as special as you. Love yourself the best you can. Be good to yourself and know no other way. You will exude this love. You really will. And others will be attracted to it. Men,

women and even children recognize people who are filled with love and they gravitate to them.

I realized, as you may, that I didn't know how to recognize love as "love." And how would I? I had never been in a successful relationship before. I had always been looking for love with my eyes, expecting "love at first sight." No wonder I'd been dating Pigs for so long. Then love came, not through my eyes, but through my feelings. It emerged slowly, not in the way, shape or form I had imagined. It came without force; there were no difficulties, worries or tears. It finally arrived! It didn't happen by fate, luck or make-up. Well, obviously I had stopped dating Pigs, which helped lead the way, and the way led to a man that

was ready, willing and able to love, but more importantly I was finally aware of what real love was. There are no obstacles with true love. And everyday my true love demonstrates, what love actually is by his commitment to it.

Once you stop dating Pigs, you'll recognize love when it comes into your life. There won't be fear. There won't be doubt. You will not confuse it with irrational passions, obsessions and crazes. The task is to become an expert at love by learning how to love yourself. Be kind to yourself and you'll never accept callousness. Believe in yourself and you'll never accept disregard. Become that silk purse. You'll just naturally shimmer when you walk into a circumstance of your own choosing. Love yourself with all your heart first and never forget your worth. Once you know your value, there will be no more dating Pigs and a whole new dating world for you to explore. Create it as you wish. It's yours.



## CHAPTER SIX

# BE A BETTER DATER, NOT A BITTER DATER

**S**ADLY many women wallow in disenchantment over their failed relationship endeavors. Some Pig Daters would rather be unhappy than change. Pig Daters are angry because they didn't get what they want. I'm begging you: Release the anger and move on. If by contrast you refuse to release the anger, it simmers down to a constant bitterness that eventually engulfs you. Bitterness will devour you quicker than you can fry a slab of bacon. Bitterness is no good for you and bacon isn't either. It's time to let them go.

An embittered dater stays angry and resentful toward men, all men. She spoils every day by carrying her bad relationship experiences with her. She's infectious with cynicism and healthy-able-daters will shun her like Swine Flu! Ladies, please don't let this be you. There is simply too much love within you and out there too, for you to drag this bitterness around with you. It's only baggage if you carry it! And you don't have to.

From this day forward there will be no more squealing about dating Pigs. It's time to let go of the heartache and disappointment. Your life is a beautiful story with endless possibilities of happiness, so if you're still harboring feelings of resentment toward the chap who let you down, get over it! It's time to get off the pain train. There's a new train coming every 20 minutes and you've been wasting your time on the wrong one. Try a new destination; you're here to *enjoy* your journey, not sulk through it.

Many of us do hop on that wrong train or just seem to keep missing

it, but there's always another one coming. While you're waiting, you can dust yourself off and prepare for your next journey.

First, to gauge your bitterness, answer the following questions truthfully:

- Are you plotting revenge?
- Do you feel an intense dislike, anger or animosity?
- Are you jealous of your friends who are in relationships?
- Do you hate weddings?
- Do you feel you have wasted the best years of your life?
- Do you feel like damaged goods?
- Do you feel that you have become a total bitch?
- Do you feel that you have been made a fool of?
- Are you thinking:

*All men are Pigs!*

*I'll never love another man!*

*I lost everything!*

*It's not fair/I have the worst luck!*

The experience of all of those relationships, dates and flings, which seemed to amount to nothing but wasted time and heartache, is not a cause for bitterness. They can be put to good use. Consider each failed date and/or relationship as the “anti-date.” Anti-dates taught you what you do want. Anti-dates put you closer to a good relationship, because they taught you never to date a Pig again. Don't weep and become cynical over all the dating that went horribly wrong. Consider yourself a dating expert now. You have the experience, training and skill to build a better relationship and you don't date Pigs anymore. You are a better dater, because now you have power over your love life.

Let me tell you how that feeling of power over my love life came to me. See if you can relate. After nearly a year of a full-fledged depression, two good friends who never gave up on me dragged me out again. Fall weather in New York City is romance in and of itself. The girls took me to the Peninsula rooftop bar, which offers one of the best views in

the city. Champagne on top of the Peninsula can really put one's life in perspective. Whereas during my year of depression I had felt small and near invisible, standing at eye level with the skyline, staring out into the universe, I felt on top of the world. As I looked onto all the many majestic buildings below, life's possibilities seemed infinite. Sure, maybe it was just where I was standing at the time, but that night marked a new beginning for me. From that point on I would become larger than life in my decisions. I had always believed that the Pigs I was dating were choosing me, when actually it was me choosing them. I was the one with the power to choose.

With help from my new perspective, New York City seemed in the palm of my hand, and from it I could choose a guy good enough to be my man. With my new attitude there would be new dating rules and there would be No More Dating Pigs.

The first rule would be to avoid the root of all evil: Pre-relationship sex. I decided to become celibate for at least one year. My girlfriends thought I had lost my mind and wondered if it was just an excuse to avoid getting hurt again. It wasn't that I had gone crazy, though. It was crazy sex that got me into so many bad relationships. It was time to hit the proverbial "refresh" button and start all over.

Practicing celibacy is truly empowering for a single lady looking for a genuine relationship. When you know that there's *no way* you're allowing lust to affect your dating decisions, you make much better choices. It strengthens the mind and exudes confidence.

Before long I was out in the city's social scene looking for my guy. More and more I learned to compartmentalize my emotions and treat dating as I treated my career. (And God knows it's a job to find a good relationship in New York City.) I was definitely dating a better quality of men, two to three guys at a time and my attitude was: "May the best man win!" With sex not an option, I became a better listener on dates. I listened closely to what he would reveal about himself and I revealed that I was celibate and looking for a long-term monogamous relationship right up front. Pigs fly when those words are spoken by a woman. I had become a highly skilled dater.

Are you brave enough to do this? Brave enough to jettison sex, the bait you've been casting to Pigs, while asking for nothing back? It's a big step, but one that will keep you from making split-second decisions that lead to heartbreak, heartbreaks that leave you hurt, angry and sometimes bitter.

Putting sex on the back burner gives you a chance to discover the man inside the prince skin. Don't go on every date with the question: *Is he the one?* Relax! In time, you'll know if he's the one. Take some time to get to know him before you ascribe to him, before you kiss him. If you share common values and beliefs and you're as comfortable with him as your best friend, then begin to *plan* your futures together and the relationship will just happen.

**You 1<sup>st</sup> > Man 2<sup>nd</sup> > Relationship 3<sup>rd</sup>.**

You'll find that a better quality of men will materialize. Dating about 2 to 3 guys a month your attitude can be: "May the best man win!" Practice will help you learn to compartmentalize your emotions and treat dating as you treated your career. These are important points of self-nourishment, as you begin to feel better, more in control and managing your potential love life quite successfully.

Emerging from a year of sulking, I was determined to eschew all signs of bitterness. Sure, they'd rear up every once in a while, particularly when I was tired. However, in my imagination I'd cut them down; I'd drown them. Then I'd tell myself that I would only get better, much better!

A sudden intuitive bolt of lightning hit me, and I finally understood that compatibility in a relationship can only occur between people who share beliefs and values. That's why it was so important to wait for sex until you know more about the man. Without confrontation, without being anything other than honest, simply say, "I don't have pre-relationship sex." When I did this, I always made it crystal clear that I had not been sexually active for a while and I planned on saving something that was very special to me for a very special man when I found him. A man



who is interested in a long-term committed relationship will not bolt when you say you are looking for the same thing and have decided to stay celibate for an interim. He will be interested. Truly, men are actually fine with it when you tell them...well, that is, good men of course.

Being a better dater doesn't necessarily make love come any more easily. But at least you can stay out of your own way, avoid shooting yourself in your foot with your own Cupid arrow. No more stupid dating choices and no more out of control. Watch yourself as you wade back into the dating world. Take notes and keep up on your Dating Diary.

At a winter fundraiser event I sat next to a really nice guy who happened to be single. He was so cute and so sweet. I could tell he was different right away. He was genuine, asked about me, my work, my hobbies. His name was Brody and he was from Chicago. New York City girls just love Midwest guys. Brody and I hit it off and talked all night. His kind brown eyes made me want to curl up next to him and hold his hand but I controlled myself. I listened closely to what he had to say. He was in New York looking for an apartment and would be moving to Manhattan in the spring for work.

As much as I wanted to get to know this guy, I wanted a relationship more, so after a great night of chatting I thanked him for the company and wished him well. He asked for my number and gave me his card but I chucked it. Why torture myself? I was a little sad to let a good guy go, but long-distance relationships just never work out. I knew I had to find someone who was available on every level this time around.

Love was soon in the air again. Spring was approaching and the city would soon blossom with flirty singles who had been cooped up all winter. And sure enough at the first spring social event I met one of them. His name was Perry. Tall, dark and handsome, he was kind and smart, and we hit it off immediately. He was recently divorced and completely available. I was totally into him, but since I was a *better dater* I was able to keep it cool and play by my dating rules, prioritizing DON'T THINK WITH MY LIBIDO.

Like most of us, I had always been in a rush to find love. But using my head instead of my heart, I was operating from the point of view

that you can't find love. It just happens. I knew I had to be patient and see what happened. There was no rushing love. When you're not in a rush, dating is so nice. Nearly four weeks had gone by before my first date with Perry. We had talked on the phone a lot over the month and really got to know each other. He was away in Greece for two weeks and called me practically every day. He described every detail of Greece over the phone. Many nights I felt as if I was there in Santorini standing on his balcony staring out upon the starscape of the island.

The night before his return to New York, he called to ask if I were available for dinner the following night. With an entire month of playing it safe, I was most eager to see Perry again. We met for dinner and the night was fabulous. We spoke of everything from meaningful to meaningless. I loved his voice and his intellect. His charm was definitely eroding my commitment to celibacy, but I was determined to stay focused.

The date lasted until midnight. He walked me to my apartment, where he gave me a soft gentle kiss goodnight and then called me when he got home to tell me he had a great evening with me. I was dazed and astonished. An A+ date with a true gentleman. Finally! Wow, my hard work was finally paying off. There really were still a few good men out there. I felt as if I had reached the promised land. This was a whole new level of dating. I was in control and dating felt good. I was very fond of Perry, but I had to keep my dating options open. I dated him and I continued to date other men as well. Perry was an awesome man but I wasn't searching for just a man any longer. I was searching for a relationship. Weeks turned into months.

Try this: Break your bad dating habits. Go on a few dates with a nice guy that perhaps you're not crazy for. Feeling crazy is not feeling love and you often get what you ask for with crazy: INSANITY! If you're dating men who make you feel crazy, be warned: you may be dating Pigs. You may mistake crazy and nausea for love, but they're actually not the symptoms of love at all. So while, yes, you may be extremely attracted, it's not called love quite yet. Unfortunately drops in serotonin not only

make you feel lovesick; they also impair your thought processes. Feelings of crazy love never amount to anything fruitful.

Always without sex, I dated Jake, who had a difficult time remembering to call when he said he would. I dated Carter, who never called back when I told him I was practicing celibacy. I went on a date with Paul, whom I saw in the park the next day with his wife and baby. There was a Steven who just completely disappeared and I'm still not really sure why. And there was a David who wasn't over his ex yet.

And Perry was still standing. Throughout these months a really amazing friendship developed between us. We made each other laugh and we could finish each other's sentences. We spoke every day. We only lived two blocks away from each other. We both only drank red wine and we discovered that we were born on the same day. Could this be the guy for me? I was very comfortable with him. Perry was getting very close to becoming the man that I would become un-celibate for. He invited me over for dinner on his rooftop patio and once again Perry had done everything right. Incredible wine, great food and the outdoor summer air made for an amazing aphrodisiac. I almost gave it all up for Perry that night. But *sorry Perry*, we still hadn't determined if we were in an actual relationship yet. He was not very pleased that his efforts hadn't gotten me into the bedroom that night, but he took it like a champ and truly understood exactly what it was that I was looking for in my life.

Even though we had grown extremely attached to one another we had reached the point of our dating period that we needed to determine what we were. I knew for certain that I wanted a monogamous relationship with the hope of marriage someday. Perry was just recently divorced from a very long, bad marriage, and as much as he enjoyed being with me he was not quite ready to commit to another relationship so quickly. In no way was Perry a Pig. He was simply indecisive. Indecision is a decision and I deserve to be with someone who is certain of what he wants.

## Not sure if you're dating a Pig? What's His Score?

The Lower His Score the Higher Boor:

All candidates start with 10 points (May the best man win!)

Calls within 48 hours of meeting you	+ 1 Point
Earnestly requests your company by asking you on a date	+ 1 Point
Offers to pick you up and deliver you home safely	+ 1 Point
Arrives on time	+ 1 Point
Converses in mutually stimulating conversation	+ 1 Point
Pays the check in a gentlemanly fashion	+ 1 Point
Delivers you home safely	+ 1 Point
Pleasantly delicate yet somewhat reserved hug goodnight	+ 1 Point
Recap phone call to say what a great time he had	+ 1 Point
And the pièce de résistance: Asks You Out For Another DATE!	+ 1 Point
Asks you out on a date by way of Text Messaging	- 1 Point
Calls, texts, emails, messages in a bottle at any point after 48 hours of meeting	- 1 Point
Nonchalant and unconcerned with making specific plans with you	- 1 Point
Doesn't call when he said he would	- 2 Points
Arrives late	- 2 Points
Pays more attention to his phone than you	- 2 Points
Doesn't ask about you and takes the conversation hostage	- 1 Point
Splits the check or even worse forgot his wallet	- 3 Points
His eyes are fixated on your breasts and Conversation turns to him groping you	- 3 Points
Says goodnight by moving in for a big wet sloppy tongue kiss . . . He's out!	- 10 Points

I loved everything about Perry except his inability to commit to a relationship. He was almost the perfect mate for me. There was chemistry, we understood each other, shared similar values and beliefs, and were both single and available. Unfortunately our degrees of availability differed. I was ready and available for a committed relationship and Perry was ready to date. There's a significant difference between dating someone and committing to someone. Dating was too open-ended for me and I wasn't about to waste my time on another train going nowhere.

I could've easily hated Perry for ruining what could have been a fabulous union, but bitterness will only get you a sour face. My plan calls for authentic love! I want the real thing! If I tried to combine my love plans with Perry's and the underlying design is structurally different, we'd be assembling an unstable habitat that would eventually break down. I couldn't change Perry and he tried to change for me, but bad timing overpowered his ability to commit. I was a better dater now; no hard feelings. I dated everything wrong to learn how to date right. My dating journey cultivated a knowledgeable sense of confidence that assured me that there was another Perry out there somewhere who was capable of committing.

This was my experience. You'll have your own. And I hope you'll write about it as you move forward, because the diary will keep you true to yourself. The object is to find a man who loves you, not just a man for you to fall in love with. Date the guy who you like as a friend more than you'd like to sleep with. Date the guy who you said is a great guy and a great catch but isn't your type. Date the guy who always comes through for you and date the guy who will be the best man for the job. Once you can truly surrender all your vulnerabilities and give love a chance a relationship will blossom. And instead of fighting, heartbreak and regret, you'll find love, trust and respect.

Women who date Pigs attempt to love men who do not return their affections. If it's not reciprocal, it's NOT love! Out of loneliness and dating frustration many women often give up and settle by accepting the disrespect that comes with dating a Pig. Never settle! Even if he just has one element of pigginess—Avoid him!

Don't blame the Pigs. It's not really about them; it's about you and your dating choices. Remember, *you are what you date*. So choose the man who treats you the way you believe you deserve to be treated. Love is supposed to feel wonderful. It should bring you joy and contentment, not anger and emptiness.

Start my dating algorithm with a fresh new attitude toward dating. Leave all your bad dates behind. Look forward to the many good dating choices you have surrounding you. You're a better dater now so leave behind any bitterness of relationships gone wrong! Nowhere in this book does it read: "All Men Are Pigs!" There are plenty of good men around, in fact more good men than Pigs. You were just choosing the piggish ones to date, but no more dating Pigs for you!

## GOT A DATING PROBLEM?

### Solve It with Norah's Dating Algorithm:

1	Date	x	4 in 30 Days	=	4	Dates per Month
4	Dates	x	12 months	=	48	Dates per Year
1	Year	of	48 Dates	=	1	Prince Charming

48 Dates and May the Best Man Win!

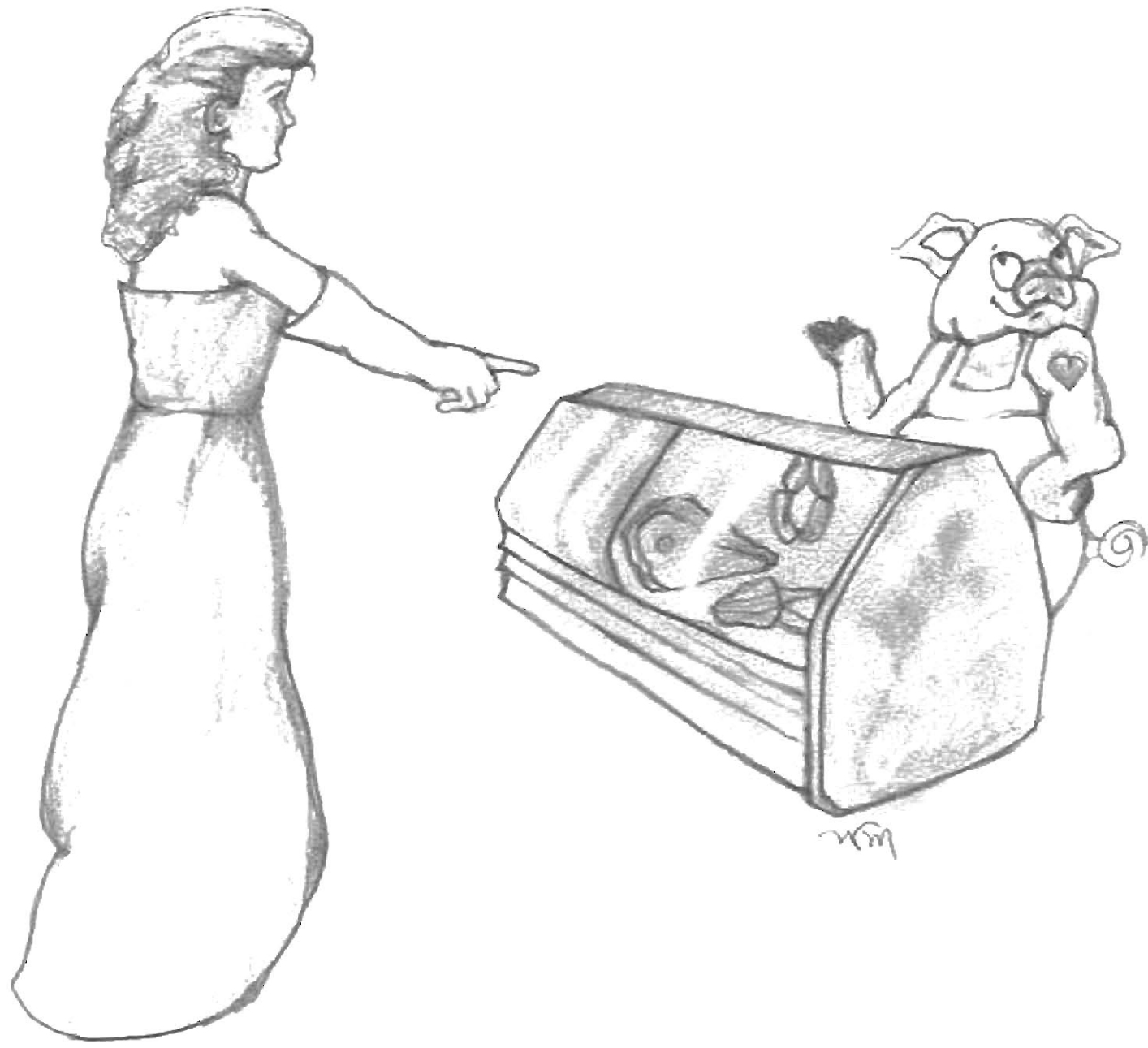
Do not fear love. Love does not hurt you but bad dating choices do. Have the courage to love again. Allow love in by letting go of past relationship disappointments and open yourself to welcome the new healthy dating experiences that await you.

*It's Only Baggage If You Carry It with You...*

PART III

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**REAL PEOPLE,  
REAL LOVE**





## CHAPTER SEVEN

# SWITCHING FROM THE MEAT MARKET TO THE MEET MARKET

**W**ITH over 6 billion people in the world, it's difficult to believe anyone could ever be truly lonely. Yet singles still complain about the difficulties of meeting other singles. One of the most frequent questions single women ask is: "Where is the best place to meet other singles?" The answer is: Everywhere!

Other single people are all around you and it's easy to meet them. However, discrimination is imperative. Remember from Chapter Three, a lazy dater is a Pig Dater. If you want to meet a herd of brutes, go to a bar, club or frat house. It's like shooting in a barrel. They call such places "meat markets" because frequenters are only looking for pounds of flesh, nothing more. If you're still attracted to bars, ask yourself why. On the other hand, if you want to meet exceptional, eligible bachelors with positive outcomes, it's going to take more effort than sashaying into a bar.

### Preparation

I know that you're in a hurry to pair up, but the success of your prospective mating relies on preparation. Women always say they want "real relationships." We must be real then. If you're no longer a commitment phobe and you're ready to "put yourself out there," the

best activities are those that truly attract you. Take a moment to think about who you truly are, your priorities, what's important to you and what you enjoy most.

**WORRIES** about being rejected and hurt again are probably on your mind. There are ways to go about this meeting activity that keep women in control.

### Affirmations

- In your Dating Diary, compose a Dating Declaration before the date
- Remember your dating goals.
- Be true to yourself and your date.
- Start your date with honesty and clearly assert what it is that you represent.

### Dating Safely:

- Always let someone know where you are going and who you are going with (include a last name).
- On the first date, you should rely on yourself for transportation. Get to know him before you trust him to deliver you home safely.
- Set a curfew for yourself and stick to it.
- Limit yourself to two drinks.
- Don't dress provocatively.
- Act like a lady and expect to be treated like a lady.
- Keep your cell phone on you.
- Make sure you have some cash on you. You never know if you'll need a pay phone or a cab.
- Devise a back-up plan if you need to make a getaway, and never leave yourself devoid of transportation.

- Do not go back to his place and do not invite him to yours. It's one date too soon!
- Most importantly: listen to your intuition! If it doesn't feel safe or makes you uncomfortable, Don't Go!

## Meeting Venues

Using your Dating Diary, list between ten and twenty activities that really appeal to you, activities that make you feel better about yourself and more optimistic about everything. You should have created a nice repertory of personal interest venues. After you have your list, make plans to do these activities by yourself or with friends. For example, perhaps your strongest characteristics revolve around health and fitness. That's easy. Make more plans that revolve around health and fitness. Obviously you can go to the gym but you may need to do more to meet more people that interest you. So take it to the next level: consider a triathlon, attend a seminar on nutrition or learn a new activity such as yoga, boxing or taekwondo. Or let's say you've always loved opera. If you can't afford season tickets, you can afford occasional seats in the nosebleed section. You can audit an Italian class, and you could even volunteer as an usher at the opera. Your list is an idea bank for ways to meet not just new people, but people who share your interests.

Internet dating offers endless choices yet doesn't necessarily guarantee the authenticity necessary to establish a real relationship. Sure, some people do meet the mate of their dreams on-line, but you must proceed with caution. Even with its drawbacks, virtual dating is a good way to familiarize yourself with the singles' society. It is also convenient if your socializing ability is limited due to work, school or location.

Note: If you do choose the path of Internet dating, do your homework first and choose a service based on quality NOT quantity! My recommendation is a matchmaking service that offers one-on-one consultation with real human representatives who work to find compatible matches for you. They take their job seriously and their #1 task is to find your match. There's no uploading your pictures on the World

Wide Web, no online winking, no emailing. They do the work for you. This can get a little pricey but in the end it may be well worth it. If you opt to try out the more common and less expensive matchmaking sites, that's fine, but remember to proceed with caution. I personally prefer the old-fashioned way of meeting in-person, but online dating keeps evolving so I keep checking on its progress. More and more dating sites are popping up every day with specific themes and genres that help narrow your search, so that finding love won't be as difficult as finding a needle in a haystack. If you decide to join a dating site go slowly, follow my check list, and don't get all your dates from one source. Always keep your dating options open and remember that there are many ways to meet other singles.

### Online Dating Check List:

- Don't choose a site based solely on popularity.
- Choose a site with a smaller user base.
- Research the service's security measures before you sign up.
- Choose a site with member verification.
- Choose a site that promotes social events for singles.
- Choose a site that customizes to at least one element of your type, i.e. religion, race, age, divorcee, etc.
- Don't let a computer choose your matches!
- Avoid instant messaging and chat rooms.
- Avoid members without pictures.
- Avoid long-distance matches, and keep your searches within 60 miles of your zip code.
- Avoid long-time members. There are an alarming amount of online dating addicts. They pass their days watching for new members like you.
- Date the newer members like you!
- Avoid becoming a long-time member yourself.
- Try it for 6 months then take a break and try something new.

### Approachability

You are going to have to have the courage to say hello. Timid women often end up dating Pigs because they just sit and wait to see who will approach them first. Wrong Approach! You must be approachable and sociable. A smile is friendly and a *hello* is so very kind. It's not being promiscuous in any way and, worst-case scenario, you'll make some new friends along the way.

### *Approachable:*

1. Make eye contact
2. Smile
3. Say hello

Get in the habit of saying hello to everyone, not just men—everyone. Sometimes this takes some practice, until saying hello to strangers becomes automatic. However, you'll find that one simple "hello" has endless possibilities. By saying hello you quickly and easily determine who is receptive and eager to meet new people as well, in other words: who is just like you. You can meet other singles anytime or anywhere, so long as you're approachable.

If I learned anything from years of being a single, I learned how to get a date! I've become an expert at meeting people and an absolute pro at getting a date. I can find other singles as if I'm a walking singles-detector. One of my favorite techniques that will help you meet other singles is to send out your relationship status. Being single is nothing to be hush-hush about. Early on in my single days I was near embarrassed to broadcast that I was dateless! No boyfriend, no fiancé, no husband, no nothing; absolutely single! I avoided New Year's Eve parties because it would have been way too embarrassing with no one to kiss when the ball dropped...or so I thought. WRONG! There is nothing embarrassing about being single. Once I developed confidence over who I am, I was proud of everything I brought to the table. I started letting everyone know I was single every chance I got and yes, they were shocked! They were shocked that a woman such as me was single, because hey, I'm a great catch and so are you. First they'd ask *why are you single*, as if it were incomprehensible. And I'd reply: "Because I stopped dating Pigs and I'm looking for someone very special." And then most often like clockwork they'd reply back: "I know someone I'd like you to meet." What you throw out comes right back to you, so send it out there that you are single. Let your friends and coworkers know. Maybe they know

someone they'd like you to meet. Wear your singleness well; it exudes confidence and will help you meet other singles.

### Practice Your New Dating Skills

Once you meet someone new, it's time to test your new dating skills. You'll be paying better attention early on to establish his intentions.

A man will reveal his dating rituals unknowingly just by speaking. To determine if he's a big Pig or a great catch, all you need to do is listen carefully and let him chat away.

*Pay close attention to what he is saying!* Pay particular attention to what he is saying about women. What does he have to say about his ex, his mother, his sister, even the waitress? If he utters any disapproving type of banter toward any woman from the waitress to his ex-wife, you've been warned.

*Don't ignore all the warning signals,* out of your desperate yearning for this guy to be the one. Refer to Chapter One for Pig Indicators, signs that he is disingenuous, greedy, rude, etc.

*Don't believe he'll be different toward you.*

*Don't believe that you can change him.* A great way to see your future with him is to look at his past.

*Don't be sucked in by his looks.* This is really important, because that has probably gotten you in trouble before. Often the best thing about meeting someone new is the first impressions they present for you. Women who date Pigs are always willing to buy the farm before checking the cattle. Don't be a Naïve Dater. Remember we all wear our best to impress, but Pigs can be dressed well and bear false impressions at the same time.

*Don't be gullible.* He may not be everything he claims. He may be everything and more that he says he is, or he just may be selling you a song and a dance. If he's swiftly promoting himself and all his assets, particularly without asking a lot of questions about you, proceed with great caution. Remember from the

words of Mr. Pig himself: “A good man will be a little gun shy.” Sometimes even the best-wrapped packages have nothing but a bunch of fill inside.

*Don't overlook the people he's hanging out with.* When meeting new people it's a good idea to take a close look at the pack they're running with before you start exchanging phone numbers. Remember the old saying: Birds of a feather flock together. It's true! Like attracts like, so if his friends seem obnoxious he's going to eventually be obnoxious too.

*Don't hesitate to ask around about him.* I'm not suggesting a full background check, but this is your love-life you are working on here, and quality relationships don't happen by accident. Nonchalantly ask his friends about him, *what's his deal?* You'll get a little of his history and have a little fun while you're at it. If they say something like: “Oh, he's the wild one of the bunch” or “he's our hero, he'll never settle down,” RUN the other way! If his friends are all married and they reply that he's a great guy looking for that special someone, smile and say hello.

*Don't be seduced by what he represents to you, particularly if it's only a representation of your own fantasy man.*

## Assessing a “Meet”

Wading back into dating a toe at a time gives women a safe opportunity to confirm that lessons have been learned. Women who date Pigs become easily mesmerized by what appears to be: “The Perfect Man.” Recall from Chapter One: If it seems too good to be true—It is! Do not waste your time looking for perfection in relationships because it doesn't exist.

Example: You met, went on a date and it was so much fun that you've got those crazy butterflies in your stomach. This guy just seems terrific! You're already thinking “He could be the one!” He's got it all going for him, everything you want in a man. Almost a “10” score! There's just one problem and you can't even quite figure it out.



Three or four days have gone by and he hasn't called, so the butterflies start to flutter away. The familiar feeling of uncertainty overtakes you. Instead of saying to yourself, "Oh, yeah. I remember this feeling and I swore never to succumb to it again," you think of an excuse to call him. He's happy to hear from you and very receptive to your call. He mentions he'd love to see you again soon, but he's got an extremely busy week and several engagements the upcoming weekend. You're polite and reply maybe next week? Finally next week comes and he calls! *Hallelujah!* It's 5:00PM and he invites you to happy hour at 6:00. Even though you're completely anxious to see him again there's no way you can make it on such short notice! You're at the gym, sweaty, hair in a scrunchy, and would need a shower and complete make-over at this point. You don't go, but he starts texting you that night so you believe he's feeling it too.

It's week two and you still haven't gotten together again but there has been a lot of texting back and forth. You busily conceive rationalizations for the as-yet lack of a second date. You come up with many really good reasons but you still have queasiness from the uncertainty he's emitting. Finally Friday night comes and it's officially two weeks since your first date. He's been texting you that "maybe" you can get together Friday night if his busy schedule allows it. You're excited to see him, but you're playing it cool so it's not so obvious that you're totally into him. You're on total stand-by in case you get the last-minute call again. Finally the text comes—that tonight won't work out after all. You're feeling crushed, but you're not sure that you want to give up on this guy quite yet. He's a really great catch!

*What do you do?*

*You Listen To His Words!*

**20 Things to Listen for:  
(i.e., What He Is Really Saying)**

Can't see you on weekends = I'm married  
 Married = I'm a Pig  
 Separated = I've got lots of baggage  
 Separated but still living at home = Liar and cheater  
 I'm a busy guy = I'm seeing several women right now  
 Can we rain-check? = Something better came up.  
 My phone was dead = I didn't feel like talking to you.  
 Best way to reach me is thru email or text = I really don't want you calling me!  
 Change of plans, want to get together tonight? = "Booty Call"  
 I only date younger women = I'm a old Pig  
 I date a lot = I have an STD  
 I'm always here at Happy Hour = I'm a drunk!  
 Dutch treat? = I'm Cheap  
 Your treat? = I lost my manhood  
 I forgot my wallet = I'm a loser  
 Between jobs = Bigger loser  
 I'm living at home with parents = Even bigger loser  
 My ex was a total bitch = I'm a total ass and I deserved it!  
 Lost my phone = I'm a liar  
 Take care = Ba-Bye

When you're out meeting eligible bachelors you've got to know when to throw what you thought was a good one back. By this point you've learned that meeting people is easy. You can meet new people every day. You're a great catch. The laws of probability suggest that the more folks you meet, the more dates you'll be asked on, but you don't have to go on every one of them.

Dating is easy now. There are plenty of dates to be had, so slow down and pay close attention. Look past his superficial appearance to determine what's actually there on the inside. Upon meeting a potential love interest you must absorb his verbal and non-verbal communication to avoid ever dating another Pig! In the above situation we need to

listen to the message that this guy is sending. Perhaps he likes you, but you're not "the one" for him. He's not getting the butterflies, because if he were, he would've been as anxious to see you again as you were him!

So what did he really tell you? What is the real interpretation of *his actions*? He told you that you weren't worth a second date anytime soon. He told you that you weren't worth much notice for a date, hence it wasn't very critical if you made it or not. He told you he didn't want to get on a personal level with you; text messaging is the least personal form of communication there is. And he constantly told you loud and clear he wasn't willing to make any time for you! He kept you around for a booty-call and you ignored all these obvious "signs of little interest," because he resembled your ideal man. "Resembled" but didn't "act like." This is a big difference! Ouch. You can let the rejection hurt your ego, if you want, but the best thing to do is to learn something from this encounter. Don't think of it as failure. Think of it as a step closer to the real thing.

We all have an idea in our minds of what we'd like in a relationship. It could be tall, good-looking, great sense of humor and loves hiking. Or maybe it's Mr. Average Guy who loves to cuddle, watches chick flicks, and cooks a mean Sunday chili. Whatever it is you're looking for in a relationship, you have to find the guy first. It's very similar to shopping. I know you know how to shop. For example: Banana Republic may represent the *style* you're looking for. When you shop there, you get butterflies over the clothes the way you get butterflies over a cute guy! So you try on several Banana outfits, but it turns out the clothes don't fit your body type so well. You're bummed because you really liked that style, but you accept it—it wasn't a great fit and you move on. You shop through several more stores until finding that the Loft represents your *style* too and the clothes there are the perfect fit! You never give Banana Republic a second thought.

If it's a relationship you're shopping for, you can't date the guy who represents your style unless it's the perfect fit! If he seems like everything you ever wanted in a man, except the part about how he treats you, it's not a good fit. Moreover, even though everything else about him was

exactly what you've been looking for in a man, you need to accept that the chemistry isn't there and move on to the one who treats you as you deserve to be treated.

People reveal everything we need to know about them in the first 15 minutes of meeting so pay close attention. Remember whoever it is, they want to impress you; listen closely. Do they want you to "like" them or do they want you to "want" them? Do they appear to have an agenda or does it appear that they are having an enjoyable time in your company? If he's in a rush (have to see you tonight, leaving for out-of-town tomorrow) he's most likely got an agenda.

Again, pay especially close attention to what he tells you about his "ex." We're all women of the sisterhood and chances are whatever he tells you about her could very well become what he's telling someone else about you someday! Be a very good listener when he opens up about his "ex" or "ex's" if it sounds like a reoccurring problem, get out fast. Don't, for heaven's sake, imagine yourself as the woman who makes him a better mate.

### Who's In Your Posse?

The company you're traveling with is important too! It's time to assess your associates. Whom are you hanging with? Acquiring and cultivating a good single-friend base can be extremely difficult. Some of your good friends may be in a relationship and aren't interested in the singles' scene. This may leave you with slim pickings for buddies to gallivant with. Don't befriend somebody just because you both have the same relationship status. Sure, it's convenient to have someone to take part in social activities with, but it can't be just anyone. When heading out to meet the world you need to bring your best. Eliminate toxic energy and disconnect from those who bring you down. Make sure your acquaintances are upbeat and friendly. If you don't have buddies like this, you're better off solo for the time being. Negative energy will significantly decrease your chances of positive experiences in the *meet market*.

If you've got a Debbie Downer, Kathy Who-Always-Cancels or Chatty Patty running with you, it's time to run ahead and leave them behind.

Early on in my own single endeavors, I never even contemplated going out solo. I would latch with other singles so at least we could go to singles' venues together, even if nothing else about our personalities jived. The value of not having to walk in alone superseded everything else, or so I thought. Fortunately for me, those thoughts were very short lived and completely mistaken. By hanging out with other singles just for the sake that they were single as well, I wasted about a year of going to places that weren't my style, enlisted with the wrong age group, stayed out later than I cared to, conversed about nothing that ever truly interested me, and was still single after 12 months of rendezvousing. I then realized I had to customize my single life to match my needs. I took inventory of my acquaintances and trimmed the fat.

*The friends you hang out with are critical to your dating life.* If you're going out with hopes of meeting someone interesting, make sure you go somewhere that interests you. Bring your best and that includes friends. If your good friends can't make it out as often as you'd like them to, don't settle for counterfeits; you've still got yourself to count on and a little dater's secret I'll share with you: You will meet more people when you're solo! Solo is more easily approachable and sends clear single signals.



## CHAPTER EIGHT

# WHAT DO YOU BRING TO THE DATING TABLE?

**Y**ES, men may say they like someone gentle, but they don't mean a squashy doormat. Everyone responds better to a woman who knows what she wants and asks for it, who knows what she has to give, is ready to give it, and does give it.

So, what's in your mirror? You're now ready to date again and know exactly what you're looking for in a man, but what about you? Look closely as you look in the mirror because you are the precursor of your relationship. What do you bring to the dating table? Let's say you're looking for a man who is attractive, fit, educated, established, well-traveled, humorous, compassionate and generous. That's a great list but remember: *You Are What You Date*. Like attracts like, so be sure that you are truly ready for quality dating. Do you make the grade? Or do you need more time to prepare?

Successful relationships don't happen by accident. Both participants prepped themselves for the companion they sought long before they actually met them. If you are truly ready for a relationship, we know your mate is out there; so stop worrying about meeting him. He's coming. Your job is to be ready for him. If you are expecting a truly amazing man you're going to have to be truly amazing yourself. What will you offer him in return when he shares his amazing autobiography with you?

Relationships, even the perfect ones, are work. As with any labor

you will reap what you sow. Make a checklist of your expectations and make sure you can reciprocate. In other words: Don't expect your date to be a successful CEO for a Fortune 500 company, if you haven't worked in the last ten years. Don't demand that he own a McMansion on a lake, if you live at home in your parents' basement. It's not necessary that you make the same salaries or share the same zodiac sign, but you must share the beliefs and values that shape your lives.

To figure out what you need to bring to the dating table, let's assess feminine aspects of the qualities you're demanding of him:

At first glance we notice appearance so make sure you're looking your best. If you've been out of the dating scene for a while, make sure you've updated your look before returning to dating. Thumb through fashion magazines and readjust from your social absence. No woman should be without an *InStyle* magazine. The dating world is serious business; dress for success!

Getting a new coif and a few great clothes is the easy part. Women have become highly skilled experts at preparing for a date. We can make our boobs look bigger and our waists appear smaller. We can plump our lips and perform miracles with our hair! We know just the right amount of perfume to dab on and have learned to walk in five-inch heels like champions, yet there's no prepping for tête-à-tête time with your date.

Inconveniently, things that one can't see are those that will determine whether you and your date are a suitable match or just passing playmates.

Communication is of the greatest importance, even before the date. There are facts to relay in advance that will help winnow out men (some of the Pigs) who may be a waste of your time. Hence, before accepting a date, let the guy know something about you. You don't have to proceed the way I do; however, I've dated a lot, so I feel confident in my approach. The first thing I communicate when accepting a date is that I'm looking for friendship first. This one little blurb conveys much about me to my prospective date. (If he was looking for a make-out session he quickly realizes that I'm looking for something else.) I then point out that I'm not a texter. I nonchalantly mention my age and



casually reveal that I'm not much of a drinker. I then also let slip that I wrote a book called *No More Dating Pigs*. (You could mention that you're reading it!) Communicating these several topics helps us both assess our basic compatibilities. If he's looking for a quick score, he's a text-o-holic, he likes to date younger women, and he is offended by my book, we're completely mismatched.

Also before that first date, it is prudent to let the guy know something fundamental about your personality. For example I have an extreme serious side that an extroverted personality would definitely clash with. I let that be known about myself early on, because I've seen what happens if I don't. When I'm out socializing, my serious nature is unseen. Socializing is fun and I risk conveying the impression that I'm "fun" all the time. If I concealed this side of me from the get-go, after about three dates or so, my date might say: "Where's that girl who was the life of the party?"

It's common to meet prospective dates at parties, events and venues where alcohol is served and socially enjoyed. But if you're a social drinker and he's a daily drinker it will become a problem. When I'm not socializing, I'm not a very big drinker. So if I meet a prospective date at an event, I've learned to communicate this to him. If I'm toasting it up with him at an event, it will otherwise leave a misimpression of who I am most of the time.

Here is how I measure this:

- |                        |            |
|------------------------|------------|
| (1) Daily Drinker      | (extreme)  |
| (2) Social Drinker     | (moderate) |
| (3) Occasional Drinker | (rarely)   |
| (4) Never Drinker      | (never)    |

If he's a daily drinker, that is a tendency that is just too drastic of a difference from me who is somewhere between occasional and social drinker. Drinking category plays a big role in compatibility because it has a large effect on behavior.

If a man finds me charming after all this pre-date revelation and he

would love to spend an evening getting to know more about each other one on one, I've got myself a date!

You'll want to bring good conversation with you to your date, not just heavy stuff, not just light fare, but both. Maybe you get nervous, a little shy. Or maybe it's been so long since you've been on a date with a man who actually *wanted* conversation that you have no idea what to say. It's okay! You've been dating Pigs; of course you're not used to having conversations with a true gentleman on your dates! But don't get nervous and don't even think about canceling. Create an outline of at least five conversation topics. Great conversation topics are: work, travel, hobbies, movies and current events.

**Conversation:** Informal talk with somebody about opinions, feelings and ideas.

**Communication:** Exchanging necessary information.

Part of conversation is having something to say. However, most people love being drawn into talking about themselves, and you should be prepared to ask good leading questions, such as: Do you have specific plans or hopes for the future? What did you want to be when you were a little kid? What movie star do you think you most resemble? Have fun with your conversation topics and get serious too. Brush through your daily newspaper for news and current events going on around you. You'll have plenty of great topics for the making of great conversation.

Bring honesty, confidence and openness. Share with him who you are—the person you want someone to love. However, check your baggage ahead of time and bring what makes you you, *not what's been done to you*. Please don't talk about what's been done to you, please.

Put your cell phone away and be on time!

If I gave him my number there was definitely some physical attraction, but good looks don't have anything to do with the success of good relationships. When I prepare for a date, I conceive a list of the things

that are of the highest importance to me for the long-term companion that I seek. With that list in mind, I can extemporize conversations that will reveal if our personalities match as well as our physical attraction for each other. By playing 20 questions, you'll answer the question if this guy could be your man. Your questions will be unique to your personality.

The factors of importance on my list are customized to the core beliefs and personality characteristics that make me who I am.

My first interest is in family values so I'll make some conversation about family: Are you close with your family? Do you have any children?

Generosity and kindness are so very important to me as well so I'll stir up some chit-chat on altruism: What's your favorite charity? Would you like to help out with our holiday food drive?

The future is extremely important to me, so my favorite question to ask up front is: Where do you see yourself in five years? If he says: "I plan on moving to Hawaii, becoming a bartender and taking up surfing" it becomes crystal clear for me that our plans for the future are so contrasting that it would just never work out.

The highest of all topics to chat about is relationship aspirations! What does he want? What is he looking for, hoping for, longing for in the area of a relationship? Since conversations are two-way, it's equally as important to share with him what you want too. If you are certain that marriage is in your future, it's okay to share with him that you hope to get married someday or vice versa if you do not. If you're longing to have children: TELL HIM! Share with him who you are and discover who he is. Don't fake your way through the date out of fear of losing him. That's nuts. If he bolts when you tell him what you want, you're not with the right guy. When you find true love you'll never lose it, you only lose the fake kind, the kind that never accepted you for who or what you were, so you faked your way into it because you wanted love so badly. You can't trick genuine love. Fake love looks and feels about as genuine as a fake Gucci bag—ridiculous! So don't do it!

Even if your conversation cues keep the evening lively, don't forget to communicate about important topics. Conversation is only the prerequisite of *real communication*. You need to learn what there is to

know about this guy and share with him what there is to know about you. Remember, successful relationships don't happen by accident! You must play a role in your relationship success so start by acquainting yourself with him to make sure you like what's on the inside as well as the outside.

A true companion will most-certainly need to be compatible with you. Make a list of your strongest personality traits, your most stubborn attributes, your greatest desires and even your oddest peculiarities. When on the date, I keep the data flowing by discussing: Religion, education, travel, cooking, dining out, theater, exercise, pets, and even tidiness! These are the things that are important to me.

BYOP: Bring Your Own Personality to the *Dating Table*. When you get to the date each person should bring their own personality. Share yourself with each other honestly and discover if you like each other.

What's your score? As awkward as it may seem, what better way to learn compatibility than by one's credit score. If you're a Type-A personality who has been paying your credit card bills on time since your first credit approval, you're not going to be compatible with someone who has three repos and a foreclosure. If you're a 12-month interest-free loan junkie, you're not going to be compatible with someone who insists on cash-only purchases. And if you're in debt up to your eyeballs, you're not going to want to tell him that on the day before the wedding when he is still hoarding the savings bonds from his 13<sup>th</sup> birthday.

I don't recommend asking to run a credit report on the first date, but if you've made it to date five or six and you're feeling fond of this guy, it's a good idea to make sure that you are both financially compatible with each other, or at least honest and upfront with each other if either of you have any financial mishaps. A great way to initiate this personal topic is: I'll tell you my score if you tell me yours.

*We both know that you are NOT going to have sex on the first date, no matter how much synergy you're both feeling.* Please do not ruin what might otherwise turn into a life-long union by succumbing to temptation. That said, again on the "show me yours and I'll show you mine" theme, I need to bring up health issues. There is nothing more sacred

in this world than your health and well-being. If you've been out a few times and dating has been "so far so good," you're ready for the next level of closeness. That does not mean that it's time to rip off the clothes. It's time to ask the most important question of all: *Have you been tested recently for sexually transmitted diseases?* No matter what his answer, it is imperative that he's been tested within the last year and that you *see* the results. Your health and well-being are nothing to gamble with. It's important that you provide him with recent STD test results as well to make him comfortable and ease any concerns he may have. If neither of you have had recent STD testing, make it a *date* to get tested. You'll grow closer while scheduling it, have each other's support the day of the testing, and then do lunch. Upon receiving your test results show him yours and make sure you *see* his. STDs are clearly the riskiest aspect of dating. I understand that we ladies are averse to thinking about these sorts of things, but the consequences of ignoring STDs are too grave to put the subject aside.

This is not a health education book but a brief lesson on the seriousness of STDs is a necessary piece of knowledge to bring along with you to the wonderful world of dating.

*You Need To Know This:* There are two types of STDs: Bacterial and Viral.

Common bacterial STDs are Chlamydia, Syphilis, and Gonorrhea. Chlamydia, the most common, can be transmitted through many kinds of physical contact, so don't be naïve and think you can only get an STD through actual intercourse! The most frightening thing about Chlamydia is that the disease can remain hidden for years. Being symptom-free often results in being undiagnosed and, sadly, undiagnosed Chlamydia can lead to pelvic inflammatory disease, an infection that can cause infertility.

Another infection that can cause long-term damage is Gonorrhea. And while Syphilis has declined in its prevalence over the years, it does still very much exist and thousands of cases are reported each year. Syphilis can cause serious mental disorders and even death.

Viral STDs are the really scary kind, because unlike bacterial STDs,

they *cannot* be treated with antibiotics. These diseases are considered to be incurable. *Genital herpes* is a viral STD. It can be acquired through intercourse or oral sex. The next more serious viral STD that I must mention is *genital warts* caused by the *human papillomavirus* (HPV). No man, no date, no love affair, nothing would be worth getting this! It is strongly associated with cervical cancer and there is still much unknown about other possible effects of this disease.

The most feared viral STD is the *human immunodeficiency virus* (HIV), which is the virus that causes *acquired immune deficiency syndrome* (AIDS). HIV is transmitted through the exchange of bodily fluids. HIV has often been associated with homosexuality, but anyone can get it. Ascertain your partner's sexual history very well before you begin sexual relations.

Relationships might not last forever but STDs do! Make sure you know what your date is bringing to the dating table! For STD prevention, be sure you always use protection, but understand that a condom is only a small piece of latex that is far from foolproof. A condom only reduces your chances of contracting an STD. Communication, regular health screenings, and the use of a condom are the key components to taking the risks out of your love life.

## Dating Heralds Relationships

Bring lots of love with you on every date. Be kind and don't fear the rejections of dating. Dating does come with its disappointments but that's why it's just dating. Dating determines if a *relationship* will work. Bring endurance. Temporary highs such as "*Love at First Sight*" or even an "*A+ First Date*" are only brief happenings that can pass as quickly as temporary lows such as "*He Never Called Back*" or "*He's Seeing Someone Else*."

Bring tolerance with you to the dating table too, because the effort doesn't always seem fair (until you find the one you're meant to be with). And please always bring *realistic expectations* on every single date with you. Bring a little *hope* and perhaps even wish that he'll be *the one*.

However, if he's not the one, accept it and move on to your next date. Keep dating until you find exactly what it is that you need to build the relationship that compels you.





## CHAPTER NINE

# BUILDING A HOUSE THAT WON'T BLOW DOWN

**E**XPERIENCE shows that once women stop Pigging out, they almost automatically progress to becoming as good at noticing men's nurturing qualities as they were at noticing broad shoulders. Has this happened to you yet? Do you notice men with traits that appeal to you? They needn't be men who are available, or to whom you're attracted. It's about witnessing from a distance that men like that *exist*. My list of traits that appeal to me, in no particular order, includes helpfulness, responsibility, generosity, assertiveness, gallantry, kindness, compassion, sincerity, bravery, immediacy, loyalty, honesty, leadership, consideration, depth, and about a hundred other fine attributes. Make your own list and add to it as you witness the qualities in others.

As you become better at observing people, you'll begin to become open to a lasting relationship that results in mutual growth. You won't feel so needy, nor so vulnerable to advances that are based only on charm, intelligence and good looks (or whatever else has made you gravitate to swine). Not only will you build discrimination; you'll probably feel that you have a surer sense of your priorities.

These thoughts correspond to this chapter's title, which is about creating enduring love in your life. I refer back to *The Three Little Pigs*, wherein the idea was to build a house that could not be blown down, a house that *endured*. As a story, *The Three Little Pigs* has staying power too, not only because it's a charming fairy tale, but because the plight of

the curly-tailed trio sends a timeless message: *Something worth doing is worth doing right.* As you recall, the three pig brothers built a succession of houses, always striving for a safe hideout from the Big Bad Wolf. The first two—one of straw and another of sticks—couldn't stand up against the wolf's huffing and puffing. The last house—made of bricks—could. They got it right that time. The point is: *Something worth doing is worth doing right.*

That's true of your new you, your Pig-free you too. And it can be true of your love life.

Take a minute to consider who this woman, this Pig-free you, is. Let's go back to houses for a second. As a metaphor, a house is a reasonable way to approach the topic of "you." According to classic dream symbolism, when you dream about a house you are dreaming about your inner-most self, your consciousness or your soul. Yes, your house—be it straw, sticks or bricks—is YOU.

With the intention of exploring this idea, you might try sketching a house in your Dating Diary. You and you alone can be the architect of The Inner You. Give the house as many floors as you think The Inner You needs, with rooms on each floor. Then label the rooms, each corresponding to part of your "consciousness." For example, rooms on the first floor—where you enter—could represent emotions, established ideas and neuroses—the kinds of preconceptions that must grapple with new people and experiences as they appear in "your house" (i.e., when they happen to you). The top floor might be the "let's get things done" room, the place that does math, strategizes and decides. Your Inner You basement might be the deep unconscious, the cellar where you store away sometimes-forgotten memories, mothball topics to deal with later or never.

These are just ideas for an Inner You house. You can draw it, design it, furnish it and renovate it however you want. You've proven that in the course of this book, as you've worked away from Pig dating toward a more rewarding life.

Let's review the lessons, chapter by chapter:

1. You now know how to spot Pigs, so be sure to avoid them!
2. You've learned why men go porky and why you'll never change them.
3. Recognizing why you have Piggied out on unhealthy relationships, you put yourself on a Dating Diet.
4. Steering clear of bad relationships gives you new opportunities to find a good one!
5. You're a better, not bitter dater now, making better dating choices.
6. Cleanse yourself of toxic energy so you can shimmer with confidence.
7. Instead of selling yourself short in the meat market, show the world the real you and find real love.
8. Each day, invest in yourself so you can bring your best to the dating table. Good men seek good women.

Now, let's go back to seeking enduring love. It is likely that the room in your "house" that left you vulnerable to Pigs is still there. It's the lonely room, the hurt, needy part of you that is unacknowledged. The part of you that doesn't know where to turn or how to help you. This room in The Inner You represents how you felt when someone you loved ignored you ... when friends criticized you unfairly ... when you wanted attention desperately but couldn't get a nod. It is the takeaway pain when an important project failed, when everyone except you was chosen.

This symbolic room, with its feelings of inadequacy and desperation, made you reach for Pigs over and over again. And instead of quelling the loneliness, Pigs only enhanced it. Remember? By hurting you, they kept sending you back to that mess of a room. Still thinking in symbols, I'm imagining a room in a state of upheaval, with the floor piled high with clothes that you have tried on and rejected because none of them helped you feel better about yourself. This is the room wherein you'll never get your love returned: *The Unrequited Room*.

Even if you successfully manage all the lessons from each chapter

listed earlier, you may occasionally stumble into this Unrequited Room in your Inner You house. If you find yourself feeling totally rotten, chances are that is where your consciousness has deposited you. Unrequited. It's hardest on Friday and Saturday nights, when everyone except you is out having fun, or so you imagine. Maybe you are so sick of being alone that you actually yearn to parade your stuff in the bar scene. Maybe you've convinced yourself that, with a bit of work, you can change some guy that you are attracted to, make him care about you even though he's a Pig and it's hopeless. Or maybe you've so lost your sense of reason that you're considering a romp with any bad boy no matter the consequences. (Better read again about bad boys in Chapter One.) Maybe you are surprised to find out that the guy you started dating, albeit warily, shows cloven hoof tendencies, and it's made you doubt yourself. Whatever the cause, if you have feelings of hopelessness, it means that you accidentally got yourself cornered in the Unrequited Room.

As must be obvious, you *cannot* let yourself get stuck there. Keep the figurative doors open, so you find your way out. Keep the windows open too, so you can get a breath of hope. Keep a symbolic path through the memories of defeat and rejections open. If you are stuck in there, quickly jettison the pitiful obstructions, all representing people and events that have immobilized you in the past. Either heave them through the symbolic window so you never get trapped by them again, or if you have something to learn from them and don't want to dispose of them, fold them up and stash them until you are able to deal with them productively. If you find it is too difficult to cast them aside symbolically, write the obstructions down, then either burn them, or fold and store them.

Go easy on yourself. Readyng yourself for love takes time. Yeah, sure, you meet someone fun and cute and it "feels" like love. You want to sleep with each other immediately. One of you could be hit by a bus tonight and you'll never know if he was "the one." But come on! That isn't real love. Real love starts from that feeling, or perhaps a reaction that is a lot thinner, even a sensation with as few prospects as *dislike*, then it grows from realizing that you can have fun, that you have more

fun with that person than with other people, that you can nurture each other, that you can count on each other, that—in a bind—that person will be there for you. Love takes time!

To snap you back to attention and keep you from winding up back in the Unrequited Room, let's go back to the #1 Rule: Never, ever, under any circumstances have sex on the first date! Like most rules, this rule is simplified. It doesn't address what having sex on the first date might mean ... to The Inner You. If your date is looking to score more than a great kiss on the first date he's basically telling you: *"I want fast food, not a fine meal. I'm a fast food kind of guy"*. Or maybe he's just hungry. But by obliging him you may as well tell him, "Go ahead and be a Pig, even if you are not really a Pig; that's okay with me." If you've been conditioned to dating Pigs, you're used to this and may very well expect to have sex on the first date. Not having sex might even deflate and confuse you entirely. Time for a reality check: Are you trying to catch a man or catch an STD? Put your ego in check and calm down your libido. Doesn't it make sense that a "good man" would determine if his date can carry a conversation before he leads her to the bedroom, unless all he wants is the bedroom? You should too. You're holding out for a guy who is looking for a woman he can bring home to the Thanksgiving dinner table.

Go back to your Architecture 101 sketch of your house. Where in The Inner You would getting laid on a first date occur? Foyer? Pantry? Laundry Room? I mean, come on. What are you thinking?! Build your relationship before you race to sex. A strong foundation will offer long-lasting pleasure while a quick roll in the hay will get you one night. Here is what you know:

- You don't sleep with men on a first date.
- You stay away from places Pig herds congregate.
- You've learned that revenge isn't sweet enough to spend time on.
- You know how to enjoy yourself without dating.
- Your "Me Days" have become part of your lifestyle, days you'll never give up, ever.

- You engage with activities and friends who attract you, who make you feel safe and nurtured.
- You wade back into dating, cautiously, a toe at a time.

What you're after is a lover whom you can welcome into *every* room in your "house," a man whom you can trust everywhere, a guy who will take a look at your mess of an Unrequited Room and say, "Honey, you just don't need this crap anymore. I'm here. Get rid of it." Or, best of all, he'll say, "Let me help you get rid of it."

Everyone has an Unrequited Room, a place within them where they come up short. This is why love is neither easy, nor a fairy tale. Just as you sometimes weaken, so too do men.

Of course, all men lapse from time to time. Take the guy you may be dating, or even married to. Maybe he is a complete disaster, not worth your time. On the other hand, maybe his recent pigginess is a factor of his own Unrequited Room, some sort of desperate longing, a itch that he doesn't know how to scratch. If only there were a way to know...

*A Pig is NOT a man who makes mistakes; a Pig is a man who does not correct the mistakes he makes.*

In my opinion, there is no gray area. He's a Pig or he is not. Please be certain not to confuse being a real man with a Pig man. Let's say there is a Pig Scale of 1 to 10, where "1" is the slight Pig and "10" is pure Pig. One category of Pig Daters is the woman who believes that out there somewhere is the 100% perfect mate for her. She sets herself up for disappointment because her expectations are so ridiculously high and out of reach. The only man who can make it through the bramble and fencing with which she has surrounded herself is the lying, cheating, totally crafty #10 score Pig. He tells her everything she wants to hear and appears too good to be true, except he isn't true. When she discovers his deception, the disappointment is crushing and she finds herself embittered and further than ever from having a real relationship. Warning, Pig Daters: Don't build your fences too high—from the *Be a Better Dater, Not a Bitter Dater* chapter, you know that wounded relationships result

in some awfully high fences. Please don't build a barricade. Let people in. Trust.

The Pig that scores a 1 might just be the Lazy Pig who is just too slothful to deliver anything worthwhile to your developing relationship. He may not be a bad guy, he's just bad for a relationship.

Guys with zero degrees of Pigness are not the guys who appear too good to be true. They may seem flawed (like all of us), but they aren't hopeless. They are real. They may even have boorish tendencies, but they'll want to be there for you, even though "women's needs" are difficult for them to figure out. They may trip up now and then. They may need some slack and encouragement, but even so, they are not Pigs. Refresh yourself with the definition of a Pig in Chapter One and be sure not to confuse a "real" man with a Pig-man. He's not a Pig if he forgets to put the toilet seat down or even if he forgets your anniversary. He's just human. He's a Pig if he forgets to tell you he has a wife or if he doesn't call until he wants sex. A real man may forget to wipe his feet before entering your home, but a Pig will use you for his doormat and nothing more.

Sometimes love means saying that actually he's not a Pig, he's got a Y chromosome. Love in a *real* relationship can have some challenges. However, that is often what love is—steps forward, steps back, and more steps forward. A man is not a Pig just for being a man, and women must allow their men to be men...real men. Men are not so sensitive to women's priorities because, well, they're not women.

The question is, *is your man available?* If you're truly ready to get in a good, long-lasting relationship, you need to be absolutely certain that the mate you're looking to build an emotional bond with is available. Obviously, he needs to come with no girlfriends, wives, lovers or gal pals. That's a given. He must also be physically and emotionally available. To be physically available he must be able to be with you other than in text, phone calls or video IM's. If he can't be there physically due to his job or any other demands, no matter how terrific he is, he can't be in a relationship. He's being a greedy Pig if he's trying to have more than he can chew. If he is emotionally unavailable due to anything whatsoever—a

bad break-up, loss of job, loss of family member to death, *anything at all*—you must move on with no buts about it.

Women are infamous for “butting” their way into a relationship, meaning for excusing its shortfalls. They can come up with better excuses than a man can! You’ve heard them: “But he just had a really bad break-up.” “But he just lost his job.” “But his mother just died.” “But he’s depressed.”

A friend of mine whom we’ll call Ashley fell for a guy she met over Labor Day weekend. I don’t know what it was about this guy but he put her under his spell. They spent the entire weekend together. The weekend ended and everyone went back to work Tuesday morning. First Ashley confided to me that this could be the guy she would marry, then she stared at her phone all week. He never rang. She made every possible excuse for his not calling, then finally called him herself. He didn’t answer and she left a voicemail. He responded with a text message the next day. She continued to text him for months and he *never* called her. He never initiated any of the text messages; he did, however, text with her for hours a few times. Ashley convinced herself that this meant something. She thought their weekly texting was meaningful. He would’ve gone to the show with us “but” his mother is sick; he would’ve come to my party “but” his job is insane lately; he would’ve called “but” he was under the weather this week. Ashley went to “but” for this guy like no other, and after four months he finally agreed to meet her for dinner at one of Manhattan’s finest French restaurants. Ashley took the day off of work just to have a full day of rest and beauty before her big night. When she arrived at the restaurant every man in the place turned his head to glance at her. She was simply stunning. Ashley sat nervously facing the window watching for the love of her life. She waited and waited and waited and waited. He never showed and, at last, Ashley had no more “buts” left for him. Crying on my shoulder that night, she asked why he would do that to her. She had been so patient and so understanding. She asserted that she really thought he liked her because he texted back and forth with her for so many months. “That must mean something!” Ashley claimed.



“But it doesn’t,” I replied softly. “And he didn’t do this to you really. You did it to yourself.”

If you’re hearing “buts,” he’s really saying: *I’ve got this, that, or the other thing going on in my life right now* (which, by the way, we all do) *“BUT” I’m not really available to be the person you want me to be. I’ll take what I need, but what you need is not my problem.* It’s not as if a guy like this is a scary snarling ogre. He’s probably very attractive and appears harmless. Nor is it that he wants to hurt you. He just doesn’t want the connection and responsibility of a full-on intimate relationship, so instead of coming right out and saying “we’ve had a few great dates and that’s all folks,” he employs another strategy. He sees himself as “dating-lite,” meaning doing whatever he wants and hoping you go along with it. He’ll do this until you’re too ragged from neglect to be fun anymore, until he gets bored with it, or until he finds some fresh victim. Alternatively, if he is already bored (not because you’re boring, but because he needs additional ego-stroking from more women), he’ll continue dishing out the “but” excuses and hope you go away.

The responsibility for you is yours. If your love interest is not downright mean to you, that’s good, but it doesn’t mean that he actually loves you. Look at the other signs. What is solid between the two of you? If he calls every day, saves you a seat each week at church or invites you to meet his family, that’s a real good start. You need to build your relationship with a strong foundation. Fill it with substance, not buts, maybes and text messages. If you can’t feel a man or see him, he isn’t available, therefore you cannot build a relationship with him.

Women who continually date Pigs are as much to blame as the Pigs are, maybe even more so, because they are complicit in their fate. They subject themselves to the Pigs they date, then cast the blame on the guy. That’s hardly fair, is it? If you play along, you empower the Pig and deprive yourself of a real relationship. *If your guy is ignoring any of the basic fundamentals of dating such as calling, sharing, caring and playing together,* there are no buts about it. You need to call it quits.

*Did you call it quits with a Pig, only later to recover a genuinely sorry man who claims to be a recovering or reformed Pig? A reformed Pig is no longer a Pig, but he (and the woman who loves him) can have a hard time, because trust may remain an issue. If your guy stepped out of your relationship but now wants back in...well, love includes forgiveness. And yes, while it is difficult to pardon such a wrongdoing...remember love is difficult and if your foundation was built strongly, a little forgiveness will go a long way. (Forgiveness is one element in the "foundation" I will soon describe.) Are you strong enough to love? Forgiveness is possibly the toughest element of love. If you're not willing to forgive...you're not willing to love, because life is a bumpy ride.*

Clashes in relationships are normal. That they occur isn't the problem; the challenge is how couples recover from them. Clashes often sound like the bell in a boxing match, sending both sides into full-on attack mode. The tendency is to lay down a fierce and terrible line between you (even if it is made of the silent treatment) with each side staking and defending their separate point of view as though it were a fight to the death. It is terribly difficult for two people in this adversarial position to resolve the problem, to get back to love. When a crisis of any size occurs, the most important single act is to figure out if both you and the guy you love can solve the problem together, stay on the same side. This is a real challenge when you're angry and hurt. The only way it will be resolved is to find a topic to which both you and your guy are committed, a safe zone around which you can rally together, so you'll be "on the same side."

Yes, men may say they like someone gentle, but they don't mean a woman who caves to everything, who has no self-esteem. Everyone responds better to women who know what they want and ask for it, who know what they have to give and give it. *Don't lose yourself* is my counsel. And that counsel stands whether you're recuperating from dating Pigs, whether you've reinitiated the quest for your prince, or whether you're with a lover or husband now.

Like the three pig brothers, you want a "house" that is safe and

nourishing, a house that can't be blown down. The initial essential feature is the house's foundation. Here is what I think every woman needs to create a sound foundation. Women who build their relationships with these steady materials will weather the storms of real love.

- **KNOWLEDGE:** Seeking new information and facts, you have a better understanding of love, what it is and how to find it.
- **PREPARATION:** Take the time to prepare for love so you will be ready for it.
- **ACCEPTANCE:** Accept what is real and what is available.
- **COURAGE:** Face love even with all the difficulties and uncertainties that come with it.
- **REALISM:** Nurture a practical understanding of what love actually is rather than only a romantic view of it.
- **PATIENCE:** Endure the wait for true love to come.
- **HUMANITY:** Demonstrate compassion and acceptance when considering behavior typical of human beings.
- **WILLINGNESS:** Be ready, willing, and able to love with enthusiasm!

Without these elements, everything in your house, from your wretched Unrequited Room to the central-processing unit in your attic, is going to remain shaky. With them, you'll have a house that can't be blown down.

*Something worth doing is worth doing right.*



# A CELEBRATION! CHEERS TO NO MORE DATING PIGS!

## EPILOGUE

**D**EAR Reader, I congratulate you. Women who have dated Pigs incur wounds that few acknowledge as life changing. And yet they are. My hope for you is that I have helped you step beyond your pain and despair, that you will allow those wounds to change you positively, to conduct your future in a happy and loving direction.

If this book has helped you, I encourage you to share it with other women, and even with men, if you think it will help them understand your mindset...and their own! The world would be a better place with fewer Pigs out there. And fewer Pig Daters.

Embrace your many lessons on love and revisit this book as you build your life plan. This is not a book to put away and forget about, even upon reaching your goals. It's a book to live by, a book to love by and a celebration of your self-improvement.

My website, [nomoredatingpigs.com](http://nomoredatingpigs.com), is a great place to get to know me better, buy more books, share your personal dating stories through my Dater's Digest page and continue to gain helpful dating tips.

The end of this book marks the beginning of your new love life. You'll now make better dating choices, cultivate healthier relationship habits, and stride with confidence toward your happy future. Yes, it can be so very difficult finding true love. Yet, when you eventually find the

right man, all time is forgotten while love rushes in quickly and easily without pain. It's wonderful!

## ABOUT THE AUTHOR

**N**ORAH Marler is the guardian spirit behind the popular new *No More Dating Pigs* website. The site has given women a supportive shoulder to cry on and a forum in which to kick their habit and reach for less hurtful, more nourishing lives. Norah greets her public as a friend. She's the every woman, a single female with tons of experience, lots of friends, and twenty years on the dating circuit. Readers can trust her expertise. As a blogger and an author, she is warm, authentic and "one of us."

Norah is a recognized women's rights activist in New Jersey. Her years of working with women of all ages and backgrounds demonstrated that women have an uncanny strength for survival, yet exceptional weakness for matters related to the heart. They can conquer cancer and survive nearly any catastrophe, but are immobilized by loneliness, betrayal and heartbreak. She has witnessed more suffering over relationship troubles than over any other anguish. The author's yearning to help led first to her dedication and involvement in non-profit organizations for women, then to hosting the *No More Dating Pigs* web forum, and now to this book.

Norah has helped hundreds of women each year by partnering with high schools, safe houses, churches, shelters and active outreach. Norah conceived an annual toy drive to deliver thousands of toy donations to needy moms during the holidays each year. She also began an annual Kite Flying event that is held every spring at the Jersey Shore and benefits women and children of domestic violence. An outgrowth of Norah's passion for women's health, business achievements and personal development, her mission is to help lead women in need to a better way of life.

As a part-time model Norah is presently represented by the Lauren Green Agency in New York. Working in the beauty industry, she appreciates the difference between being sexy and being a sex object, a distinction she has tested in the dating trenches.

*You Are What You Date - No More Dating Pigs* leads women out of the barnyard and into a happy, healthy ever-after. It's about time.

*I cried when I had no man with me  
Until I saw a woman who had no dignity.*



# ACKNOWLEDGMENTS

*I am deeply grateful to the many men  
I've dated and refer to as Pigs.  
For the years and years of disheartening  
dating experiences led the path to strength,  
wisdom and the greatest joy of all, true love.  
Thank you family, friends, single ladies everywhere  
and most of all my best friend  
for proving that love will come...*

*Thank you*

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a brilliant young artist to help design the cover of this book. Yes, he's avant-garde and yes he's creative but most notably he got it! He knows what a Pig is and wanted to help stop women from dating them. Thank you Kyle!

Jesse Annunziata, Mathew Fawcett & Daniel Fers – Three of the most handsome bachelors out there, these three chaps divulged hush-hush dating codes and practices that women are not suppose to know. I'm lucky to have met them, privileged to get the scoop on men and how they think and most importantly love them for not being Pigs!

Mr. Pig (s) – You know who you are; a commemorative thank you goes to you and only you. Thank you for teaching me what love is not. The journey was tough and wounding as well but my encounters built strength and a book I can now share with women everywhere! Someone needed to write it and I'm grateful it was me for I dated a few Pigs and I loved them too, I forgive them all for they know not what they do.

I am wealthy in friends! The endless support of my close friends is too great to measure. They were there through it all and I thank them all for enduring the journey with me.

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