
FRONT COVER:

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Foreword

Salvation in a little book, Dating Dos and Don'ts: A Single's Rulebook to an explosive love life is your ticket to Speed dating 101! If you're on a speed date, you're bombarded with a gigantic amount of personal info within a very short period of time.

This may be a bit overpowering, particularly when you're assessing which individual you'd like to see again, as well as startling, since you'd want to be on your toes to impress, but your dates are all up in your face.

Not to worry though, with this marvelous little book, you've got a wingman and life and love guru all in one! Get all the info you need here.

Dating Do's And

Don'ts - The Singles Rulebook An Explosive Love life

Chapter 1:

Introduction

Synopsis

As you only have a few minutes, focus on the significant things. First try to figure out whether or not this person is suited for you. Within a couple of minutes you'll already be getting a certain feel from that person.

Whether it's a good thing or not, you have every bit of power to steer the date your course of direction, so to speak. You must emit a confident, driven and likeable energy. That way your date would feel more comfortable and conversations will be easy. It's also a practice of good judgment. Keeping an open mind is key.

Don't shut yourself to the idea of seeing this person until you get to know them. Zone in on what the person's life feels like, and whether or not he or she's happy with it. In the long run, the success or failure of the date will depend upon the little things that the other individual does or says -- just like in a conventional dating situation. The little things count.

The Basics

Everyone prepares for dates in their own special way; may it be an elaborate bath routine or stress-relieving yoga positions to achieve the best state you can for the dating game. However the magical structure of speed dating requires that you at least have an idea of your dating preferences. Before you go into the sitting, a good trick would be to formulate a simple list of all your likes and dislikes.

It will help cross out some of the other time consuming elements, as well narrow down all your thoughts so you wouldn't have to stammer out things you'll later on regret or feel stupid for. Be cool and keep it simple. Jot down personality quirks that irritate you and any likely "deal breakers" -- traits or habits that you'd never wish to find in an individual you date. If any of your speed dates exhibit these traits, then you are able to speedily eliminate them as feasible companions.

It likewise helps to compose a short mental list of favorable traits, too. Either things that you love, traits you'd like them to have, or things that you would like to undergo while dating. Remember, it never hurts to be a bit adventurous. And it's all in the fun of speed dating, so go on ahead! But keep in mind that all the rainbows and butterflies kick in during the relationship. Not within a couple minutes of googley-eyed gazes and "so tell me more about yourself" lines.

Here's how it goes: Interested men and women assemble at a preset spot. While the women sit at individual tables, the men go around in 10 minute intervals till they've met and talked to each woman in the room.

As the evening starts to wrap up the shindig, you let the event organizer know which individuals you're interested in seeing again, and the organizer gives out contact info. What you choose to do next is totally up to you! Now ain't that fun?

During a speed dating event, too many individuals pretend to be somebody they're not in hopes of getting more individuals interested in them, as well as raking in a higher number of dates. This is a complete and total waste of time. The object of speed dating is to find a suitable and potential partner within 10 minutes of agonizing fun. 10 minutes to find someone and impress them with just you.

Not the shiny, fake image you want to portray but the person who's going to end up working hard for the relationship. The person who will either enjoy being in love or suffer with not only a broken heart, but an identity crisis now too! You owe it to yourself to be the best person you can be. So put your best face forward and love the skin that you're in.

Think about it this way: if you wish to find somebody to be with for the long run and go on romantic dates with, and share the kind of

loving you're dying to give, they have to like you for who you are. Communicate. Reach out to that person as who you are from the very beginning, the very first time you reach her table and the seconds start ticking. You won't only discover that person a whole lot better, but you might also discover the correct somebody. That person that could finally, maybe, be "The Right One." And that's a big thing!

The amusing thing about speed dating is that you only have six to ten minutes to decide who you view is dating material! Just a good-sized amount of time to dive into the sea of chance. So you might as well make the best of it and have a couple of solid questions organized.

It's likewise advantageous to have answers for these questions at the ready! Think about the most common sorts of questions you're more than likely to be asked and devise a short response for each.

There is nothing worse than bumbling for words in spot where you only have a few minutes to make that all-important initial impression. This is where I remind you that the little list we discussed earlier is key.

It's likewise a great idea to prepare a mini "Personal Infomercial" -
- A really short 1 to 2 minute life history about yourself that highlights a few favorable aspects of your personality. Have it memorized and ready to blurt at a seconds notice. Do keep it fun

and light! This isn't History class so easy on the walk down memory lane unless you want your date bored out of their minds.

Alright then! That sums it up. The following chapters will delve into the other topics you would like to be taught in, as well as some that you might not already know and very important instructions you need to follow.



Chapter 2:

Basic Grooming Tips

Synopsis

Basic grooming tips for both him and her.



Some Basics

For Him

A well-groomed man is not just appealing to women these days. In fact, being clean and well-groomed can give you that boost of self-confidence that will work magic on you and the people that are just waiting be charmed smitten by you. A clean-cut look can give you that extra lift; this wonderful feeling like you can take care of anything in your life. The confidence will just naturally flow. A well-groomed man is sexy. If you want to add that extra appeal in your personality, find out some men's grooming tips to help you start transforming yourself into someone more appealing to women. Ever heard of GQ?

The yellow brick road to a sexy new you, minus the dirty:

1. Always, always maintain a clean shave. Don't let your beard grow beyond being unattractive. No woman would want to snuggle up next to a hobo and kiss a network of facial hair. Learn how to give yourself a clean and smooth shave. Among the important things to keep in mind when shaving is to do so after showering, while the pores are still open. Or you can place a facecloth in warm water, place it on top of your beard area for 30 seconds and then shave. It is important to invest in a good quality razor and shaving cream. This will help you avoid having shaving bumps, annoying cuts and wounds that will end up as gross little patches of white on your face as you're walking down the street.

2. Maintain a good haircut, as well as clean hair all the time. Hair is a symbol of power. Of style. And so of course the woman mind takes this into account as something that matters. A feat that is also one of the biggest deciding factors in attraction. Make sure you have no dandruff and your hair is neatly trimmed. Itchy white flakes are a big no-no. Also make sure that the hair style you're going to get is perfect for your face shape. Salons as well as barbers would know this as common knowledge. Before getting a haircut ask them first which hair style is best suited for your face shape. The result is a big high-five and a better looking you. Avoid using too much grease or oily hair product on your hair as it tends to give your hair a grimy look and feel. Less is more. Just a little product, along with the right shampoo and conditioner, can go a long way.

3. Free yourself from unpleasant odors. This may be one of the basic things to keep in mind not only for those who want to be well-groomed but for every man and woman out there. Deodorants, foot powder and mouthwash are among the things that may help you stay squeaky-clean and fresh. Making sure that your whole body is clean is also one of the basics when it comes to men's grooming tips to stay free from body odor. Scented body wash, as well as the right type of cologne and deodorant is key.

4. Observe proper body grooming. Although a little hair may be acceptable, you must know which is acceptable and which nasty, black curls must be kept away. Unkempt hair anywhere in the body that is not appealing, thus one of the men's grooming tips to keep in

mind is to invest in a good quality shaver or razor to trim those unwanted curls. Although hair in your armpit may be acceptable, trim them if they are way too thick and unkempt. A little chest hair alright but please do shave once it starts to resemble a bush. Trimming and getting rid of messy pubic hair is also recommended. In fact, getting rid of the hair down there can help prevent odors within those areas, as the hair locks in all the sweat and odor. Here's another healthy reminder for all you fellas: Change your tidy-widies! If it ain't white, it ain't right.

5. Maintain clean fingernails and toenails. Dirty fingernails are always out when it comes to being attractive to women. Take time to clean your nails, a step that will always be in your best interest. Long, dirty sharp nails are so stone age. Have someone clean it for you or go to a salon for cleaning. It is common for men to even go as far as putting on some colorless nail polish to protect their fingernails. It is also quite endearing to women to think of men who take pride in presenting themselves as clean and well groomed.

These are the basic tips for Men's grooming. Stick to these and I assure you, you're going to be one hell of a catch!

For Her

When you're out with your girl friends, look at the way they're dressed and make a note of what you like about their sense of fashion, style and their trendy outfits. You'll probably notice things like their fabulous vintage Sixties shift dress, bold geometric earrings,

beautifully streaked urchin crop or elaborate eyeliner teamed with metallic eye shadow for a cutting-edge, feminine and glamorous look. It's always fun to experiment with all sorts of make-up and play up your wardrobe with unexpected twists in your closet expertise. But it's always good to stick to what you know; clothing that you're comfortable with and make-up that contours your face just right.

If, however, you ask a man to comment on your mates' attire, he'd probably point out 'the one in the shapeless dress, her with the big triangles in her ears, that one with short boy's hair and her mate with the scary gold eyes.'

Men see women's appearances in a very different way from other women. While ladies judge how a certain look works on someone, men are more likely to notice certain staples they find attractive or repellent, and ignore the rest. Be aware of the things guys always find it hard to stomach, as well as what will make you stand out in their eyes.

Too Much Make-Up

This doesn't just mean foundation so thick you could chuck rocks at it. Men aren't keen on very obvious make-up such as bright red lips or bold eye shadow. You could be wearing the most recent runway make-up looks and all they'd see is a blotchy face resembling some sort of wild tropical fruit. They prefer a bird's eye view into the canvass of a woman, which is her face. To be able to see what a girl's face looks like without a lot of paint on her skin. What you think looks

colorful, futuristic or vamped-up, they'll see as obscuring your features, somewhat unattractive, and ill-fitting. Keep it classy. Only lay on the make-up during night outs or photo opts. Invest in High Definition Make-up to prevent layering on the make-up too thick. With this tip all you really need is a few clean swipes. You'll be defined without having to be too overdone.

Come-Hither Eyes

Quiz any group of men on their favorite (non-sex-related) parts of a woman and the top response is bound to be 'nice eyes'. Make the most of the 'windows of your soul' by dolling them up with eyeliner, highlighter and mascara to emphasize, contour and reshape. This also opens up the area, making your most beautiful asses shine forward. Keep it clean and go easy on the rest of your face, keeping the blush and lipstick to a minimum so the immediate focus is on your eyes. That should give them plenty to gaze into longingly... Don't be afraid to dress up your peepers! But don't go crazy over them. Know when and where to use the appropriate amount/make-up look. Whether it's out and about town, or a hot night at a club, or a dainty wedding. You should always follow these codes, as well as remember: Make-up was made to enhance, not to make up for your whole entire face. Use meticulously. For more tips beauty salons and magazines can cater to all your beauty mishaps and teach you more on what you want to learn more about.

Over-sized Jewelry

While adorning yourself with bold plastic necklaces, dangling chandelier earrings or fake bling, don't think the fellas will love it as much as you do. Men get confused when you wear anything that doesn't appear to be in proportion with your body - they don't get oversized clothing, teased 'big' hair or six-inch platform heels either, because it doesn't fit the contours of your figure if you don't know which pieces compliment you best. And, of course, your figure's what they really want to be looking at. Invest in classic statement pieces that look good on you, as well as match your clothes and acts as a nice accent. Don't go overboard because that just screams tacky.

4. Stroke-able Hair

Gelled crops and tightly structured curls may be cutting-edge hair chic, but running your fingers through them isn't a pleasant experience. Men like long hair for a reason - it feels soft and silky in contact with their hands and skin. To get hair they're aching to touch, make sure your hair's clean, use an intensive moisturizing conditioner once a week to maintain body and don't use any harmful hair products that might damage your hair. Always consult an expert and resist the urge to do permanent make-overs at home. It will only spell out disaster. A safe trick would be a bottle of good ol' shine and or hair mist. But if you're a gal with limp hair and you're looking for that extra touch of vavavoom-volume, then go for a light weight volumizing formula. Great hair makes the fellas go wild.

Killer Heels

They look sexy, stated, sophisticated. The very definition of killer heels. But it's called 'killer' for a reason. It's hell on the soles! After a couple of hours, stilettos start to exert agonizing pressure on soles, pinch toes and blister heels, causing much hobbling and moaning about wishing you'd never worn them. Limping around in pain with blistered feet is not cute. Stick to comfier shapes if you know you'll be dancing. Also, a bit of height goes a long way. Grab a pair of shoes that look hot without having to hurt. Go for sense, before style. The pumps with padding are very merciful on your little piggies.

Knee-Length Boots

These are a winner on both fronts - women love them because they look stylish with everything from short skirts to jeans, while men adore the suggestive naughtiness of a long boot. Wear them with tights, though - bare legs and sticky leather don't go. A safe and sexy bet would be paring them off with your skinniest pair of jeans.

Loud Behavior

There's a world of difference between letting your hair down and dancing on the table after one too many shots of patron. Far from showing your playful side, such behavior is borderline rude. It will only intimidate and scare off men, since they prefer woman in more quiet, fun groups than the wild, loud ones. Most men prefer the sort of woman that doesn't seem likely to be able to drink them under the table, as well as the type that doesn't get carried out the bar for pesky

behavior. Know your limits and remember that public places aren't your personal playground.

Confidence

That one thing that could set you apart in a crowded room. The one thing everybody wants. The one that all our favorite style icons have in common is their ability to project an image of being entirely comfortable in their own skin. A big factor of our admiration towards them. Its undeniable attraction and swagger. It has to come off as natural. Don't try too hard because I assure you, you will make an ass out of yourself. If you look or behave as if you're trying to attract a man's attention, chances are you won't, because they don't want to be with somebody who spends their time putting on an act. Relax and take a breather and before you know it, there'll be dozens of men hoping you look their way. Roll your shoulders back; keep your chin up and your head held high. Nothing is sexier than confidence that can light up the whole room, or a person that could come off as so cool and yet down to earth. You'll be sure to garner a few double takes.

Chapter 3:

Where To Find Potential Partners

Synopsis

Ever wanted some hot stud or picture perfect arm candy? Hell yeah. Is it difficult? Not entirely so. Any teenager's tendency is crave for someone that's everything they've ever wanted.

They have this perfect picture in their head of what true love's supposed to be. Maybe that's why there are so many heartbreak songs on the radio. People get extremely anxious if they are about to date a person. And expectations, they'll just be the death of you.

Helping you find a great date is our motive. Here are some cool tips and ideas for your dating dilemmas!

Have A Look

Place

Visit popular places where you know a lot of different groups of people frequent. Be present in mind and in body. Try to mingle with them and start the conversation. Visit various places like clubs, parks, libraries and public functions where the vibe's all good and everyone's enjoying themselves.

Get to know them. You cannot judge a person by just having a look at them. That's a Mortal Sin in the rules of attraction. You can start a small conversation by saying "Hi". Keep it light and friendly. Don't force yourself onto them. If you're lucky, the conversation could stretch longer and you can have a shot at asking this person other more gutsy questions like family and friends. It gives them comfort to talk about such topics.

Ask them if they are interested in being friends. With so many social networking sites such as Facebook and twitter, keeping in touch is as easy as flying a kite. Don't hesitate to ask! A friend request can go a long way. Suppose they say yes in becoming friends with you, do not jump in joy. Try to be calm and cool and just ask them where you can meet them the next time. Acting like a 5 year old in iHop will start raising eyebrows. Be cool.

There is no such thing as being fashionably late. It's rude and it will lead to nothing but trouble! Avoid this by preparing everything you need for the date beforehand. Your outfit, cash, a present maybe. Give yourself the time needed to get ready and make sure you get there on the proper time. This is sure to get you points, plus, it's a very good practice.

Tips

If your object of affection is in the same class as you are, that's a bonus. Proximity is one of the best ways in getting to know someone better, as well as an element in attraction. Make her laugh or lend him a pencil. Get to know that person better. Hey! You can even suggest you two go on a study date!

After you guys start to get talking, try figuring out what that person's interests are. This is a good way to establish a good relationship with them, as well as get to know this person better.

If you're feeling confident, the next step would be asking them out on a date. But if you're not brave enough to label it as a date, try using the term "hang out" or maybe go together to a mutual friend's party. Either way they'll get the picture of you initiating a date, and the rest will fall in to place.

Make sure to make it worth the wait, time and effort! Don't let them go home feeling indifferent. Now is your chance to be with this person

and make them really, really happy. Therefore it is very important that both of you end the date with a big smile slapped on your faces...maybe even a lipstick mark on the cheek, if you're good.

Warning

If and when they reject you, don't sweat. That's just one person that passed on an opportunity to be with you. It is not a loss. Do not lose confidence. It might get you down, but don't let it keep you down. Stay strong willed and remind yourself that there is somebody out there who'd love to go out with you.

All set? We've covered the basics of confidence building. But keep going, because there's more. Read on, tiger!

This preview copy ends here and to get the full product, please go to (the website URL).