

Dating Success Guide

By

Lucy
O'Brien

Your dream man is out there.
Do you need help to find him?

www.datingtorelationshipadvice.com/dating-success

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Dating Success Guide by Lucy O'Brien

Hi there and welcome to my dating success guide. I'm glad you are here and I hope that I can help you to find the relationship that you are seeking. Relationships are so important to us as women and it's often that intense desire and the emotions and impulses surrounding it that drive away what we so long for. Because of these inclinations, many of us cling to behaviours that are not effective in getting us what we want. Added to that are our attitudes of how dating and relationships "should" be which can also be a problem when we find out they are not. Well I have news for you. Life is not always as you want it. There are attitudes and behaviours that work in dating and relationships as there are also those that don't. Whilst these don't always come naturally they are definitely a skill set that can be learned. And this is what I hope you will get from this guide.

This dating advice is not about manipulation or playing games. It's about learning what works with men, what motivates them to want to be in a relationship with a woman and what makes them feel good on a deeper level. When you understand what attracts a man and what has the opposite effect, it becomes easy to succeed at dating and win over your dream guy. And because many women do not understand these secrets, then simply by putting this information into practice, you will stand out in the mind of a man; you become a highly desirable woman – the type that a man cannot resist and will want to commit to. When you understand this information, you will see a different reaction from the men around you. Then you will start to understand your own power as a woman.

Disclosure*

Hyperlinks within this document to dating experts Christian Carter and Mimi Tanner are affiliate links to sales pages of these experts. Some of my Ezine articles and web pages also contain affiliate links. This means that if you decide to purchase any product through an affiliate link, I may receive a commission. Whilst I generally recommend the products of such authors based on my own knowledge of their work, you must use your own common sense in deciding the suitability of their products to your circumstances.

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What Qualifies Me to Write a Dating Success Guide?

I am now in my fifth serious relationship. Only this one is so different to all the others. In this relationship, there are no power struggles, no fighting, no raised voices, and no massive arguments followed by stony silences that ruin the whole weekend. In this relationship there is love, security, compatibility and harmony. I am very happily in a relationship with a fantastic man who adores me and my life is great. How did I get here? Well after years of bad relationships, power struggles and dating adventures that just never seemed to work out, I realised that the common denominator in all these failed relationships was *me*. I set about looking for the answers and I wasn't disappointed.

Dating experts such as [Christian Carter](#)* and [Mimi Tanner](#)* taught me where I was going wrong and what I should be doing, not only to attract a man but to keep him interested. Even though I reeled at some of the advice – after all, I had my own ideas of how dating and relationships "should" be, I started to experiment with what I was learning. And it worked. It wasn't an overnight success but bit by bit my attitude towards myself, men and my relationships changed and my experiences of dating began to improve.

I realised the mistakes that I had been making in picking partners. I realised the behaviours that had been repelling men. I realised the attitudes that I needed to succeed and the qualities that attract men and draw them in. I started to experience my own power as a woman and the effect that I had on men by changing my own attitudes, behaviours and my style of communication. I stopped "shoulding" on dating and relationships and began to accept that there are powerful biological reasons for the way that things are. Life is not always fair but now I am able to see the equity behind how things work in relationships. I know that this stuff works because I have put it into practice and it has worked for me.

I have now written many articles on dating and relationship success and have several websites on this subject. This guide contains the basics but I will point you in the direction of other resources which you can consult where you wish to expand your knowledge regarding particular tips or guidance.

If you are serious about finding a fabulous man to spend the rest of your life with, then I suggest you read this advice with an open mind. I also recommend that you immerse yourself in this type of advice by signing up for regular emails from my favourite dating gurus [Christian Carter](#)* and [Mimi Tanner](#)*. You may not accept all the advice straight away and there will be bits that you don't like. But with regular reading, this knowledge will gradually integrate itself into your being and behaviour and bring about positive changes - not just in your dating success but in all your relationships, your future happiness and your entire life. Dating success is just the start and there are many more wonderful benefits that you will get from following this advice. I wish you love, luck and happiness and I hope you find your dream relationship soon.

Lucy

[Succeed at Dating - How I Turned Dating Failure Around and Met My Dream Man](#)
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What is Dating Success?

Many women dread dating and would prefer to avoid it altogether, wishing that they could just get straight to the happy-ever-after relationship. Often this is part of the reason why dating doesn't work out quite the way they want it. Unfortunately you cannot skip dating and when you understand its importance in the selection process, you should not want to.

So how do you define dating success? Dating success is not just about settling for the first man that comes along and putting up with his sloppy behaviour. Dating success is about understanding that dating is an important part of finding a great relationship. It's about patience, dealing with your fears and frustrations and making the right choices. It's about learning to enjoy the journey and not just trying to get to the destination.

Dating success is about finding the man that will love and cherish you - and as much about letting the wrong ones go as finding Mr Right. It's about ensuring that you create a happy, secure, stable and loving relationship with someone who wants to make you happy. It's your choice. Do you value yourself enough to seek out a wonderful man rather than just any man? There really are plenty of great men out there for women who have the right dating and relationship skills.

[Succeed at Dating - How to Stop Your Relationships Ending As Quickly As They Start](#)
[Successful Dating - The Number One Reason Why Relationships Fail Early On](#)
[Turn Dating Failure Around - Your Guide to Successfully Winning That Man For Life](#)

The Keys to Dating Success

Now that you understand the importance of dating in finding the right relationship for you, I will summarise what you need to work on in order to succeed in moving through dating to your dream relationship. Then I will expand on these points and point you in the direction of any resources that I feel might help if you want to know more.

Here are the Keys to Dating Success:

1. You respect and value yourself and it shows.
2. You manage your expectations of a relationship.
3. You know the qualities that attract a man.
4. You avoid the common dating mistakes that many women make that repel men.
5. You have the patience and wisdom to hold back and avoid acting on your impulses.
6. You have a positive attitude towards men and towards life.
7. You don't sleep with him too early on.
8. You let him pursue you at least as much as you pursue him (preferably more).
9. You let him go if he's not right for you.
10. You take responsibility for your choice and creating a great relationship.

1. You Respect and Value Yourself and it Shows.

It is your own attitude about yourself that a man will adopt. If you show that you respect and value yourself then he will respect and value you too. Please check out the sections on dating mistakes to find out the types of behaviours that many women adopt which unconsciously show that they do not value or respect themselves enough.

Two of the ways that we can show that we do not place enough value on ourselves are by giving too much too soon and being too keen to get to the relationship without fully getting to know the man.

In the beginning of a relationship, we are so keen to please because we have met a guy, allowed ourselves to fall for him and we want to keep the relationship on track and get it moving to where we want to take it. This, however, can be a mistake in itself. Men are apt to take advantage of our willingness to give. When you go overboard in trying to please a man you end up giving more than you receive. And that is a recipe for disaster and resentment as sooner or later you are going to want a lot more back. When you give more than you receive early on, then somewhere in his subconscious he will be thinking that your behaviour doesn't feel quite right. And then he will start to doubt you and your motives. Your actions may even subtly imply "I am desperate for a relationship, please trample all over me and then leave".

On the other hand it is often the women who do not seem that interested who tend to spark his interest and draw him in. This is because he feels safe with the type of woman who does not appear desperate for a relationship. She has her own life and sticks to her own agenda. She won't put up with his bad behaviour and won't change her plans for him. She has enough self-respect to let him go if he does not fit in with her idea of what she is looking for in a man. And it shows. He is on his best behaviour because he knows that he will lose her if he is not. This is the type of woman that a man will go out of his way for and will want to make a commitment to. He won't want to lose her because she is valuable. She knows it and so does he.

[Are You the Type of Woman Who Will Succeed at Dating?](#)

[Successful Dating - Do Men Hold All the Power in Early Relationships?](#)

[Dependence on Men - Beware the Dangers Early On in a New Relationship](#)

[Women Who Give Too Much in Relationships and Why It Doesn't Work](#)

2. The Dangers of Expectations – Why You Need to Manage Your Expectations of a Relationship

This is very much related to the previous section. Women generally want to get directly from dating to the relationship (preferably without the dating phase happening at all). Men, on the other hand, are much slower to commit. They tend to enjoy dating because it is easy and fun. It's the bit before it gets serious so they can relax a bit and just enjoy the ride. Generally, men don't tend to need relationships in their lives as much as women do and so they are not always looking for a relationship. However, when they meet that special woman that knows how to draw them in, most of them can't help but want a commitment.

Your expectations of a relationship tend to cause you to act differently to your expectations of dating. Your feeling that you have gone from dating to relationship may be triggered by

something he says or the fact that you slept together or just your own expectations and beliefs around dating and relationships.

If you start to make demands upon him because you feel that you are in a relationship, you should be aware that he may still consider that you are "just dating". When you start to assert your rights early on, the relationship begins to feel heavy for many men because your expectations start to feel too much. Therefore let him lead the way. Manage your expectations in line with what he is prepared to give at the stage of the relationship where he feels he is. Keep your relationship light and free and you will keep him coming back for more.

Of course, you should be on the look out for men who are not interested in moving a relationship forward at any cost. These are the ones that you need to let go. In the meantime patience and acceptance will be your biggest friends in moving dating through to a relationship.

[How Frustrating Is Dating? Beat The Psychology Behind Repeated Dating Failure](#)
[Dating Success - Get That Guy - Don't Let His Sweet Talk Fool You!](#)
[Relationship Commitment - Why He's Not Listening and Why She Should Never Commit Early On](#)

3. You Know the Qualities that Attract a Man.

This whole guide is concerned with the qualities in you that either attract or repel a man. The keys to dating success are that you respect and value yourself, you are patient and positive, you don't expect too much too soon and you avoid the common dating mistakes that so many women make.

Generally you must feel good about yourself in order for him to feel good about you. This isn't just about looks although it is important to make an effort. But when you have all these other attractive qualities the importance of your looks will pale by comparison. It's an inner attitude that you carry about yourself which says "I am OK".

Other qualities that attract men are loving kindness, nurturing, and femininity, but you have to know when to give and when to hold back. And of course men want a woman who feels and acts sexy and playful (but not overtly sexual).

How you relate to your man is also important. Are you pleased to see him or are you always waiting to moan at him? Make it a habit to be happy to see him and to greet him lovingly. Do you accept him as he is or are you constantly looking to change him? Learn the secrets of good communication and how to ask appropriately for what you want.

Also allow him to be a man. Give him the space that he needs for work and the other areas which are important in his life. Men want to feel important and respected. They are problem solvers and need to feel competent and appreciated. Therefore appreciate all the little things he does for you. Men love to make their special woman happy and when you show your appreciation he feels great and can't wait to do more for you.

[Succeed at Dating When You Rev Up His Desire and Get Him Feeling It For You](#)
[What Do Guys Find Attractive? It's All About How You Look, Isn't It?](#)
[How to Keep a Man Interested So That You Won't Stay Single For Long](#)
[What Do Guys Find Attractive? - The Qualities That Meet Their Relationship Needs](#)

4. You Avoid the Common Dating Mistakes that Many Women Make that Repel Men.

Many women unconsciously show that they undervalue themselves by exhibiting certain behaviours during dating and in relationships. These can include sleeping with him early on (see section 7 for more details), putting up with his bad behaviour, ignoring red flags that show he is unsuitable, asking for approval and reassurance, giving much more than you are receiving, constantly texting or calling, going out of your way to fit in with his last minute requests and putting your own life on hold to be with him or to wait in by the phone because you don't want to miss his calls.

By far the biggest dating mistake is allowing yourself to attach early on to a man that you do not know well enough. This is a recipe for a broken heart. In these cases, you are nearly always expecting too much too soon (see section 2). When you are in a relationship before he is ready, your expectations will tend to be higher than his. You will probably make demands on him which he does not want to fulfil and this will tend to trigger his withdrawal response. If you then start to act needy and demand that he meets your relationship expectations, you will most likely lose him soon afterwards.

So, my advice to you is to hold back and let him lead the relationship and show you how much he values you and what he is prepared to do for you. As long as he sees you as valuable and fun then he will tend to keep coming back for more - unless he is the type of man who cannot be in a long-term relationship. In this case, you will see this by holding back rather than charging ahead. You can then let him go before you get attached to him.

[5 Dating Rules That You Should Not Break If You Want To Succeed at Dating](#)
[Succeed at Dating - How to Avoid the Power Struggle and Ensure You Get Your Guy](#)
[Successful Dating - Why You Lose Your Guy When It's Going Well](#)
[Early Relationship Advice - Why Dating May Be Failing For You and What to Do About It](#)
[Things Guys Hate - Avoiding the Pitfalls That Strangle Romance](#)

5. You Have the Patience and Wisdom to Hold Back and Avoid Acting on Your Impulses.

This is related to the sections on dating mistakes and on valuing yourself. When you first meet a man, initially he will tend to be on his best behaviour. However, over time this may deteriorate. This is perfectly natural as we cannot generally maintain the behaviours that we set up in the beginning when we are trying to make a great impression. Sooner or later the real personality is going to come shining through and he is going to try to push your boundaries.

If you have already allowed yourself to become attached to him early on, or if you are over-attached to turning this encounter into a long-term relationship, you may go into denial when you find out that he is not quite as desirable as you initially thought. Your tendency may be to

cling on rather than let him go because you are already heavily invested in your relationship with him and breaking up is going to hurt. This is when you start thinking that he should change for you, rather than just accepting that he is not the man that you want him to be and letting him go.

There are times when being patient really comes into play during dating. It is normal behaviour for a man to withdraw from the relationship when he is busy, has other priorities or just needs to figure things out. *This may include times when he feels that he is falling for you and wonders if this is the right thing to do.* When the withdrawal response happens, your worst fears of losing him can kick in and cause you to behave completely out of character. If you allow yourself the luxury of acting on your impulses at these times, you may find yourself chasing after him like a woman possessed. Believe me, this will only send him running further in the opposite direction.

Learn to be patient during these times and wait for him to come back to you. Most men will return if you don't go chasing after them. If he doesn't come back then he's not "the one" however much you want him to be. You don't want to be with someone who's just not that into you. It will just never work and you will do much better to move on.

[Succeed at Dating - Do Your Instincts Get The Better Of You?](#)

[Succeed at Dating - How to Deal With Dating Issues Without the Drama](#)

[Succeed at Dating - Why You Shouldn't Push When You Feel Him Pulling Away](#)

[Succeed at Dating - Why You Must Stay Cool to Get That Guy](#)

6. You Have a Positive Attitude Towards Men and Towards Life

When you hardly know a man, he will judge you differently to someone that he already knows well. He will be much more wary and critical of your negative side as he has very few positives to balance it against early on. That is why it is important not to show negativity too soon. Most of us are carrying around some form of less-than-positive emotions towards our parents or carers, men in general, ex-partners specifically, friends, colleagues and others whom we have met along the way. But if you let all that out during the first few dates then he will most likely run a mile.

So, avoid certain topics of conversation when you have only just met. For starters, how badly your ex treated you is a favourite man repellent. Don't moan or grumble about life. Don't let him know that you are desperate for a relationship or kids or that you hate men. In fact, if you feel this way, you may want to work on improving how you feel before you go out dating. Your attitude *will* come across in conversation and this could end up driving him away.

On the other hand, a positive attitude to life is a most attractive quality. When you are fulfilled in your life, you will bubble with enthusiasm and this will be obvious. A man is attracted to a woman who knows where her life is going and what she wants. And when this is you, your personality will shine through arousing his curiosity and making him want to get to know you better.

[Succeed at Dating - Why You Shouldn't Make Him the Centre of Your Universe](#)

[Succeed at Dating - Only This Will Ensure Your Success](#)

[Succeed at Dating - Get That Guy - The Secret to Successfully Winning That Man For Life](#)

[All Men Are the Same? - Here Are Some Things You Might Not Know About Men](#)

7. Why You Really Shouldn't Sleep With Him too Early On

I used to be so annoyed when I kept reading this piece of advice. So it's OK for a man but not for a woman, I used to silently scream. Surely that's a case of double standards! But later on I realised that this is actually a sound piece of advice for a few different reasons which mainly have their origins in the different biological make up between men and women.

When a woman sleeps with a man, as soon as this happens, she almost always has expectations of already being in a relationship, even if that wasn't her original intention. When you don't sleep with him early on, you don't get hooked on him early on. As I have already mentioned, this premature attachment does us no favours if we haven't yet got to know him well enough to know that he would make a good partner. It also changes the way that we behave towards him because we now have expectations of a relationship (see dating success key #2 on the dangers of expectations).

When you make him wait, *you* hook *him* in by arousing his curiosity because he can't get what he wants from you straight away. You show him that you value yourself and your body enough not to give it away to a stranger. And when sex does happen it is worth a whole lot more to him because you made him wait. However, if you sleep with him very early on, a man will think of you as a bed buddy rather than long-term relationship material. Men want sex but they don't always look kindly on women who give it too easily. So please, please wait – *if* you want the relationship to progress further.

[How to Succeed at Dating - Why and How Long Should You Make Him Wait For Sex?](#)
[Survive Dating - One Critical Piece of Information You Should Know About Men](#)
[Early Relationship Advice - Why Dating May Not Be Working For You](#)

8. You Let Him Pursue You at Least as Much As You Pursue Him (Preferably More!)

This is hard for many women to accept because, like men, we are now accustomed to going after what we want. Being told to hold back often does not go down too well. However, again there are biological reasons for this advice. It does not work when you do the chasing unless you want to be the male energy in the relationship and have him as the feminine energy.

You see, man is by nature a hunter and loves the thrill of the chase. He is biologically programmed in certain ways and one of those is to pursue you. Take this pleasure away from him at your peril as he will quickly get bored if you allow yourself to be too easily caught.

This is what happens when you pursue him by constantly calling him, texting him and asking him on dates. Whilst he will feel flattered at first, eventually this will become wearing as it goes against his natural instincts. When a man is interested in a woman he assumes that other men are also interested. When you chase him, he will start to wonder about this and subconsciously think you may be desperate. This topic is closely related to giving too much too early so be sure to read this in conjunction with dating success key #1.

A woman who knows how to let a man know that she is interested (by flirting) without overtly pursuing him is a wise and rare commodity these days. And she stands out from the crowd. Of

course another reason for holding back and letting him come after *you* is that you find out how much he is willing to give of his own accord, without pressure. That's when you really find out how interested he is. So, whilst it is OK to give him the occasional prod, don't chase too hard or you will back him into a corner and from there, he will only want to escape.

[Why You Shouldn't Chase a Man - Unless You Want Him to Run in the Opposite Direction! Succeed at Dating - How Will You Handle It When He Pulls Away?](#)
[When Men Don't Call - Why Calling or Texting Him Will Not Make You Feel Better](#)
[Dating Success - Your 6 Point Quality Assurance Checklist for a Successful Relationship](#)

9. You Let Him Go if He's Not Right for You.

Remember the biggest dating mistake that you can make (see dating success key #4)? The problem for many women is that they meet a man and become attached to the relationship without first checking him out to see if he will make a good partner. Having invested in the relationship they are then reluctant to let it go, even when it is not working out. They cling on to the relationship and the man to the point where he feels the need to permanently escape their clutches. Or they waste several months or years in a relationship that was never going to work out.

It is therefore a good idea to have some idea of what you are looking for in a man and in a relationship. When you meet a man you can check him out to see if he measures up. You should also have good boundaries – these are the things that you will not tolerate. If he oversteps the mark then let him go – he's not the one for you. With each dating adventure you can revise what you are looking for in the light of experience.

Having said that, it is not a good idea to become too rigid. Don't give him a list of what you will and will not tolerate early on in the relationship and don't tell him that you will let him go if he doesn't meet your expectations. Just keep your eyes open and use common sense. Accept him as he is, not as you want him to be. You can then make your judgements based on this. As previously mentioned a man is much more attracted to you and better behaved when he knows that you will not tolerate his bad behaviour. He sees you as more valuable and more attractive. This, however, is something that should be apparent in your behaviour and attitude – not something you should keep telling him outright.

[Dating Success - Your Quick and Easy Dating Mantra To Get That Committed Relationship](#)

10. You Take Responsibility for Your Choices and for Creating a Great Relationship

You will only ever have a great relationship when you behave and communicate in mature and responsible ways.

We tend to attract a partner on the same maturity level as we are because we find it hard to put up with the antics of someone who is less mature. Where we meet someone who is more mature, they will find it difficult to cope with the dramas that we tend to create.

If your relationships consist of arguments and fighting - or making up and breaking up - then you may want to look at your own maturity levels and styles of communication. If you are blaming others for everything that is going wrong in your life then you are not taking responsibility.

Responsibility is about making decisions and then accepting the consequences of those decisions. It is about accepting that a man has the right to be himself and make decisions in his own life. And it is about knowing how to ask for what you want and deal with issues appropriately when they arise.

Men are often clueless about what it takes to build a great relationship so don't expect him to take the lead on this score. However, when you know how to communicate to get what you want and bring out the best in him, you can build a wonderful relationship with him. A man loves to give to a woman who appreciates him. So when you appreciate every little thing he gives, you train him to want to give more. Concentrate on the positive aspects of your relationship – on appreciation, respect and admiration; cultivate fun, friendship and compatibility to foster the secure, happy loving relationship that you deserve.

[Developing Your Relationship - The Key to Success and Getting Your Relationship Needs Met Succeed at Dating - How Vulnerability Will Empower You to Get the Fabulous Relationship You Desire](#)

[From Dating to a Relationship - Is it Safe to Let Him Know That You Want Commitment?](#)

[Making Your Relationship Work - One Thing You Must Do in Your Relationship to Stop Him Becoming Lazy](#)

[Relationship Commitment - A Man Must Feel Safe in a Relationship Or He Will Never Willingly Commit](#)

Get Yourself Out There and Talk to Men

Prince Charming is not going to come knocking at your door. You have to put yourself out there and meet men. Make sure you create an active social circle for yourself and take part in life. This also fits in with the advice about having a fulfilling life so that you don't feel the need to latch on to the first man that comes along to fill the gap in your life.

Also start talking to people – not just men but anyone. Make it a habit of yours to strike up conversations with strangers – at the bank, on the bus or train, at the supermarket – wherever you are. This may seem daunting at first but I promise you once you've tried it, you will want to do more of it. This makes you much more confident and sociable and you will find it much easier to deal with the attentions of men when you make this a habit.

The good news is that the internet makes it easy to meet men in this day and age. Online dating makes it easy to get out there and meet as many men as you need to. Just be aware that there are plenty of sharks out there. You need to exercise common sense and vigilance. Don't be fooled into thinking that you are already in a relationship just because you already exchanged some flirty emails and you already felt his chemistry. This is dangerous. The first time you meet IS the first date. Apply this dating advice and take it slowly however well you feel you know him already.

Conclusion

Successful dating comes from a positive mindset that understands the power of communication and human motivation. Whilst not all of this comes naturally to all women, there are definite skills which can be learned to improve your success in dating and relationships. You won't be able to follow all the advice given in these pages straight away but if you start by making small changes in your behaviour, you will soon start to see positive results.

Whenever you notice something that works or doesn't work in dating and your relationships in the future, you will have the awareness to look at it and decide whether you need to keep it or to make some changes. Keep on practising and you will find yourself growing day by day. The best way to achieve the attitudes and mindset required is to immerse yourself in this knowledge and, as already stated, you can do this by signing up for regular emails from my favourite dating experts [Christian Carter](#)* and [Mimi Tanner](#)*. Bit by bit all the relationships in your life will improve, not just those with the men you are dating.

I know if you take this advice on board, it will change your life. It did mine! I wish you love and success and a happy relationship for the future.