

Making Everything Easier!™

3rd Edition

Dating

FOR

DUMMIES®

Learn to:

- Safely navigate social networking and online dating sites
- Avoid common dating missteps
- Get back into the dating scene after divorce
- Deal with differences in age

Dr. Joy Browne, PhD

Nationally syndicated radio host WOR Radio



Dating For Dummies®

Visit www.dummies.com/cheatsheet/dating to view this book's cheat sheet.

Table of Contents

[Introduction](#)

[About This Book](#)

[Conventions Used in This Book](#)

[What's Not Required Reading](#)

[Assumptions about You](#)

[How This Book Is Organized](#)

[Part I: The Starring Roles: Who Am I and Whom Do I Want?](#)

[Part II: Setting Up the Date](#)

[Part III: The Big Day: Preparation and Action](#)

[Part IV: The Day After and Beyond](#)

[Part V: Playing It Safe and Keeping It Fresh](#)

[Part VI: The Part of Tens](#)

[Appendix](#)

[Icons Used in This Book](#)

[Where to Go from Here](#)

[Part I: The Starring Roles: Who Am I and Whom Do I Want?](#)

[Chapter 1: Thoroughly Modern Dating](#)

Scoping Out the Changing Dating World

Speed bumps

Changing definitions of marriage: When and why

Fantasies and realities

Terrorism, war, and recession

Gadgets, gadgets everywhere!

Money matters

Sex

Safety

Dating in the Age of Facebook

Privacy versus publicity: Protection or prudery?

Avoiding the nostalgia trip trap

Computer common sense

Being aware of the pitfalls of “friending” a date

Dealing with Specialized Dating Situations

One of you is a lot older or younger

You’re different

You’re gay

You’re in a long-distance relationship

You’re involved in an office romance

You’re a single parent

You’re dating your best friend’s ex

You’re dating your relative’s ex

You’re a senior

You’re married

Keeping a Dating Notebook

Chapter 2: Being Confident

Handling Fear

Winning the Confidence Game

Appearing confident

Confidence on the inside

Confidence on the outside

Confidence builders

When you're confident enough to date

False Confidence

Chapter 3: Polishing Your Social Self

Self-Assessment 101

Three-Heart Ideas

Taking yourself off house arrest

Making friends

Two-Heart Ideas

Charm practice

Reading the personals

Writing a personal ad for practice or real

One-Heart Ideas

Making a good first impression

Considering a mini-makeover

Learning from past experiences

Turning your fantasy self to reality

Broken Heart Ideas

Comparing yourself to others

Throwing pity parties

[Vowing never again](#)

[Beating yourself up](#)

[Beating up Mom](#)

[Putting yourself under house arrest](#)

[Whining](#)

[Chapter 4: Finding Out What Makes You Tick](#)

[Starting with Mom and Dad](#)

[How Mom and Dad can still ground you](#)

[Escaping parental haunting](#)

[Looking for Patterns](#)

[Who Am I?](#)

[Describing an Ideal Match](#)

[Being the real you](#)

[A personal ad with no purse strings attached](#)

[Figuring Out If the Time Is Right for You](#)

[The wrong time](#)

[The right time](#)

[Chapter 5: The Perfect Date: Person and Place](#)

[A Word about Attitude — Yours](#)

[Searching for the Best Places to Meet Someone](#)

[The halls of academia](#)

[The people in your neighborhood](#)

[Parties, vacations, and other fun stuff](#)

[Grocery stores, bus stops, and other public places](#)

[Spirituality and altruism — a dating duo](#)

[Good sports win big](#)

[Friends, relatives, and — believe it or not — exes](#)

[The personals: Online and off](#)

[Avoiding Certain Places like the Plague](#)

[Planning a Cool Approach](#)

[The eyes have it](#)

[From your mouth . . .](#)

[Admitting you're not perfect](#)

[Perking up pick-up lines](#)

[Part II: Setting Up the Date](#)

[Chapter 6: Asking for a Date](#)

[Risking Rejection](#)

[Improving Your Odds](#)

[Never ask for a first date for a Friday or Saturday night](#)

[Never say, "Would you like to go out sometime?"](#)

[Always offer options about the date](#)

[Remember that timing is everything](#)

[Always go for it if you're having a good hair \(or anything else\) day](#)

[The Invitation: Sending the Message](#)

[Knowing What to Do with the Answer You Receive](#)

[Dealing with a no](#)

[Getting some feedback](#)

[Asking for a Phone Number](#)

[You want to get in touch with the person](#)

[You want to keep your options open](#)

[You're not interested but don't want to be rude](#)

Giving Your Phone Number

You'd like to see the person again

You're not sure whether you're interested

No way, Jose

Deciding whether to give out your home phone number

Talking Once You're on the Phone

Chapter 7: Plotting the Perfect (Sorta) First Date

Ten Rules for Planning a First Date

Rule 1: Pick an activity that you enjoy

Rule 2: Pick an activity that you can easily afford

Rule 3: Do something that doesn't require new clothes

Rule 4: Go where you can talk without getting thrown out

Rule 5: Go to a place that's easy to get to

Rule 6: Do something that isn't competitive

Rule 7: Pick an activity that doesn't involve a lot of alcohol

Rule 8: Leave time to get to know each other

Rule 9: Do something that doesn't involve high-ticket others

Rule 10: Find an activity that doesn't last more than a couple of hours

Exploring First Date Ideas

Good places for a first date

So-so ideas

Places and things to avoid

Doing the Restaurant Thing the Right Way

General considerations

Specific considerations

Who Pays?

Part III: The Big Day: Preparation and Action

Chapter 8: Getting Your Outside Ready

Suiting Up

Dressing for real-world dates

Bearing other factors in mind

Putting together an emergency repair kit

Cleanliness Is Next to Dateliness

Don't sweat it

Hair apparent

D-day hygiene checklist

Taking Care of Business: Practical Details before You Leave Home

Time

Transportation

Money

Directions

One Final Checklist

Ten Minutes to Lift-Off

Chapter 9: Getting Your Inside Ready

Understanding the Psychology of Stress

The stress wall

Creating chaos

Easing Your Mind

Mind over what's-the-matter

Looking at every dater's fears

Relaxing into your sweet self

Relaxing Your Body

[Step 1: Heavy breathing](#)

[Step 2: Progressive relaxation](#)

[Step 3: Visualization](#)

[Pre-Date Affirmations: Sweet Talking to Yourself](#)

[Chapter 10: Impressions: First and Lasting](#)

[Before You Begin](#)

[Say What? Knowing What to Say](#)

[Opening gambits](#)

[Small talk](#)

[Safe subjects](#)

[Avoiding Taboo Topics](#)

[Sex](#)

[Exes](#)

[Politics](#)

[Religion](#)

[Flirting Fun](#)

[Interpreting Body Language](#)

[Positive signs](#)

[Negative signs](#)

[Mirroring](#)

[Listening Attentively and Effectively](#)

[Chapter 11: Having a Way Cool Time](#)

[Enjoying Yourself](#)

[Making the Most of the Place You Picked](#)

[Restaurants](#)

[Movies or plays](#)

[Concerts](#)

[Sporting events](#)

[Special events](#)

[Fielding the Curve Balls](#)

[Surviving dating's most embarrassing moments](#)

[Lighten up](#)

[Picking Up the Check](#)

[Ending the Date Gracefully](#)

[Successful date](#)

[So-so date](#)

[Disaster date](#)

[The Contact Issue: Handshakes, Hugs, or Liplocks](#)

[Keeping your lips to yourself](#)

[It's in his \(or her\) kiss](#)

[The signs](#)

[What about sex on the first date?](#)

[Post-Date](#)

[Gaining a little perspective](#)

[Chilling out](#)

[Chapter 12: Not Having a Way Cool Time](#)

[Your Date Hates You](#)

[Me, paranoid?](#)

[Reading the signs](#)

[Getting more info](#)

[No whining!](#)

[Ending on a positive note](#)

Tuition for Dating 101

You Hate Your Date

Making it to the (not) bitter end

Avoiding blame

Being polite

Proclaiming truth: Honesty is a tricky policy

Handling hurt feelings

Chalking it up to experience

You Hate Each Other

Facing facts

Speed bumps

Total turnoffs

Acknowledging the moment of truth

Exiting with style

Reviewing expectations

Starting Over

Part IV: The Day After and Beyond

Chapter 13: The Next Day

Second Thoughts on First Impressions

After an Icky Date

Paying life's tuition

Restoring your confidence

After a So-So Date

Valium for the soul

All the right moves

[After the Perfect Date](#)

[Testosterone versus Estrogen Central](#)

[Nine hints for limbo and surviving the wait](#)

[Men's ten-day morphing into two-week rule](#)

[Believe in fate](#)

[Nix the gossip](#)

[Chapter 14: The Second Date](#)

[Is It Really a Second Date?](#)

[Dates versus date-ettes](#)

[Anatomy of a true second date](#)

[In Between Dates One and Two](#)

[Date Expectations](#)

[Good places for a second date](#)

[Mind over what's-the-matter](#)

[Old patterns, new people](#)

[The First Fifteen Minutes of a Second Date](#)

[Getting to Know You](#)

[Trust or Consequences](#)

[The Last Fifteen Minutes of a Second Date](#)

[Chapter 15: To Blab or Not to Blab: Sharing Personal Info](#)

[Volunteering Information](#)

[Things to tell immediately](#)

[Things to tell eventually](#)

[Things to tell before sex](#)

[Things to tell if asked or pushed](#)

[Sharing Feelings](#)

[Keeping Mum](#)

[Past sexual experiences](#)

[Past relationships](#)

[Showing Interest](#)

[Good questions to ask](#)

[The Spanish Inquisition phenomenon](#)

[Avoiding Pitfalls](#)

[Chapter 16: Speed Bumps on Life's Highway](#)

[Scoping Out the Four Stages of Attachment: The Gospel According to Dr. Joy](#)

[Applying the Brakes](#)

[Putting Off Sex](#)

[Baring your soul](#)

[Trusting your emotions](#)

[Not Getting Ahead of Yourself](#)

[Being Patient: You Can't Hurry Love](#)

[Chapter 17: Getting to Serious](#)

[Casual versus Serious versus Heavy Dating](#)

[Casual dating](#)

[Serious dating](#)

[Heavy dating](#)

[The Role of Sex in a Relationship](#)

[What sex isn't](#)

[What sex is](#)

[The Thing about Sex](#)

[Identifying the right time](#)

[Saying yes](#)

[Saying no](#)

[Soul Mates: Fact or Fiction?](#)

[Fish or Cut Bait: Relationship Evaluation](#)

[Chapter 18: Breaking Up](#)

[Decoding Warning Signs](#)

[Dealing with Evidence of Problems](#)

[Understanding the Break Up](#)

[Timing](#)

[Incompatibility](#)

[Hauntings by ghosts](#)

[Geography](#)

[Sex](#)

[Money](#)

[Friends and family](#)

[Kids](#)

[Work](#)

[Health](#)

[Substance abuse](#)

[Lack of trust](#)

[Violence](#)

[Making Last-Ditch Efforts](#)

[Apologizing](#)

[Taking responsibility](#)

[Keeping your fantasies to yourself](#)

[Avoiding ship-sinking mistakes](#)

[Taking time out](#)

[Making a Clean Break](#)

[Avoiding blame](#)

[Don't ask why](#)

[Beyond the Breakup](#)

[Looking for patterns](#)

[Accepting that things don't last forever](#)

[Always looking forward](#)

[Scrutinizing the details](#)

[Spending time alone](#)

[Sidestepping emotional pitfalls](#)

[Chapter 19: Rebound](#)

[Loosening the Ties That Bind](#)

[Defining Rebound](#)

[Using the Time Productively](#)

[Waiting It Out](#)

[Avoiding the Still Married, Separated, and Newly Divorced](#)

[Part V: Playing It Safe and Keeping It Fresh](#)

[Chapter 20: Safety First](#)

[Telling Somebody Where You're Going](#)

[Getting Your Date's Name, Rank, and Serial Number](#)

[Finding a Safe Haven](#)

[Meeting there](#)

[Meeting at your workplace or school](#)

[Meeting in your 'hood](#)

[Taking Cash](#)

[Achieving Safety in Numbers](#)

[Paying Attention to Your Intuition](#)

[Intuition is . . .](#)

[Intuition versus paranoia](#)

[It's okay to get the heck out](#)

[Date Rape](#)

[Myths and facts about date rape](#)

[How to protect yourself if you're a man](#)

[How to protect yourself if you're a woman](#)

[How to protect yourself from the date rape drug](#)

[Stalking](#)

[Looking for signs of obsession](#)

[Profile of a stalker](#)

[How to protect yourself from a stalker](#)

[Chapter 21: Dating Sight Unseen](#)

[Online Connections](#)

[Personal Ads](#)

[Blind Dates](#)

[Chapter 22: Keeping It Fresh, Alive, and Healthy](#)

[Send Flowers for No Reason](#)

[Write a Love Note](#)

[Reminisce about Your First Mutual Date](#)

[Share Baby Pictures and Stories](#)

[Give a Massage](#)

[Shampoo and Bathe Your Love](#)

[Clean Your Love's Place](#)

[Give a “Generous Soul” Gift Certificate](#)

[Plan a Mystery Date](#)

[Take a Hike to Someplace New](#)

[Part VI: The Part of Tens](#)

[Chapter 23: Ten+ Do’s and Don’ts of Internet Dating](#)

[The To-Do List of Online Dating](#)

[Be precise](#)

[Make your English teacher proud](#)

[Keep the fibs to a minimum](#)

[Use an appropriate photo](#)

[Provide only a cell phone number](#)

[Date within a 25-mile radius](#)

[Meet publicly and make sure someone knows where you are](#)

[The Never-Do List of Online Dating](#)

[Don’t stay online too long before a meeting](#)

[Never online date on an office computer](#)

[Don’t get seduced in online “shopping”](#)

[Don’t rely on humor or sexual innuendo](#)

[Chapter 24: Ten Ways to Know You’re in Love](#)

[You Actually Want to Meet the Parents](#)

[You’re Willing to Explain Why You Don’t Want to Date Others](#)

[You’ll Ditch Your Little Black Book](#)

[You Breathe Easier When He or She Is Around](#)

[You Hum Love Songs under Your Breath](#)

[You’re Full of Energy](#)

[You're Willing to Go Somewhere You Hate](#)

[You're Willing to Save If You're a Spendthrift and Spend If You're Chintzy](#)

[The Idea of Doing Nothing Together Sounds Terrific](#)

[You're Willing to Risk Being Yourself](#)

[Chapter 25: Ten Sexual Commandments of Dating](#)

[Don't Get Naked Too Soon](#)

[No House Calls until Sex](#)

[Slow Down](#)

[No Sleeping Together Until You're Ready for Sex](#)

[Don't Have Unprotected Sex](#)

[Don't Assume Your Date Is Responsible Sexually](#)

[Beware of Back Rubs](#)

[Don't Confess](#)

[Don't Fake It](#)

[Don't Compare](#)

[Chapter 26: Ten Ways to Make You and Your Date Miserable](#)

[Whine](#)

[Blame](#)

[Compare](#)

[Pout](#)

[Holler](#)

[Swear](#)

[Say "You Always . . ." or "You Never . . ."](#)

[Complain](#)

[Be Passive](#)

[Find Fault](#)

[Appendix: Catch Phrases](#)

[Cheat Sheet](#)

Dating For Dummies[®]

by Dr. Joy Browne



Wiley Publishing, Inc.

Dating For Dummies[®]

Published by

Wiley Publishing, Inc.

111 River St.

Hoboken, NJ 07030-5774

www.wiley.com

Copyright © 2011 by Wiley Publishing, Inc., Indianapolis, Indiana

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, 978-750-8400, fax 978-646-8600. Requests to the Publisher for permission should be addressed to the Permissions

Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier!, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

Limit of Liability/Disclaimer of Warranty: The contents of this work are intended to further general scientific research, understanding, and discussion only and are not intended and should not be relied upon as recommending or promoting a specific method, diagnosis, or treatment by physicians for any particular patient. The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation any implied warranties of fitness for a particular purpose. In view of ongoing research, equipment modifications, changes in governmental regulations, and the constant flow of information relating to the use of medicines, equipment, and devices, the

reader is urged to review and evaluate the information provided in the package insert or instructions for each medicine, equipment, or device for, among other things, any changes in the instructions or indication of usage and for added warnings and precautions. Readers should consult with a specialist where appropriate. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read. No warranty may be created or extended by any promotional statements for this work. Neither the publisher nor the author shall be liable for any damages arising herefrom.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit
www.wiley.com/techsupport.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Control Number: 2010942115

ISBN: 978-0-470-89205-3

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



About the Author

Dr. Joy Browne is not only a dating guru, but also a licensed clinical psychologist who has hosted her own nationally and internationally syndicated talk show since dirt was invented. She has won numerous awards, including back-to-back female “Talk Show Host of the Year”; was nominated for the Marconi award for best talk show host; was named one of USA Today’s 10 most influential broadcasters; and is a member of Vanity Fair’s Radio Hall of Fame. The American Psychological Association has awarded her the President’s Award, and she is number 10 on the list of the 25 Greatest Radio Talk Show Hosts of all Time. She is the author of 14 books and counting. In her spare time she has appeared on everyone’s television show, including her own on CBS and Discovery Health. Dr. Joy enjoys hot air ballooning, yoga, and helping people to improve their lives. She has appeared in two Broadway shows, as well as several well-reviewed documentaries, and has made her singing debut at the Friar Club. Can Hollywood be far behind?

She’s gotten her dating experience on the front lines, by watching, listening, and doing, and is always working on a book about relationships.

Dedication

To everyone who's out there giving it the old camper's try
— courage!

Author's Acknowledgments

Writing is hard, lonely work, which is why this section is so often over the top in sentiment. People who were there when you were going through the labor, saw you sweaty and cranky, and still stuck by you are much to be valued, and this group certainly qualifies.

Tami Booth was the midwife, if ever there was one. From moment one, she stayed the course, even with elements that seemed part of a cruel joke. Kathy Welton backed the project, even if it meant taking on the gods of conformity and wrestling them to the ground. Tracy Barr kept the work feasible when the effort was literally dissolving before everyone's horrified eyes, and I thank her husband and babies for sharing her with me for weeks of phone calls and faxes and really dedicated work. Mary Hogan slapped life into a project that seemed oxygen-deprived and calmed me with her willingness to help and set limits. Kevin Thornton rode in on his trusty white horse to shepherd the project to the final glory.

For this new edition, Tracy Boggier kept her eye on the project even when it gave her a headache, as is the nature of her commitment. Chrissy Guthrie made online

editing fun and a whole lot less scary. Having a team that is smart and also makes you feel smart is a true blessing.

I also want to thank all my callers who've shared their tales of woe or wonder; friends and family members (you know who you are) who've called at 2 a.m. to cry or celebrate; and certainly all the guys who've made me part of the great dating experience.

If you see yourself in this book, think kindly of both of us, because, after all, when it comes to dating, we're all dummies.

Publisher's Acknowledgments

We're proud of this book; please send us your comments through our online registration form located at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Media Development

Project Editor: Christina Guthrie

Acquisitions Editor: Tracy Boggier

Assistant Editor: David Lutton

Technical Editor: April Braswell

Editorial Manager: Christine Meloy Beck

Editorial Assistants: Rachelle Amick, Jennette ElNaggar

Cover Photos: © iStockphoto.com / aleksandar velasevic

Cartoons: Rich Tennant (www.the5thwave.com)

Composition Services

Project Coordinator: Sheree Montgomery

Layout and Graphics: Stephanie D. Jumper

Proofreader: Toni Settle

Indexer: Cheryl Duksta

Publishing and Editorial for Consumer Dummies

Diane Graves Steele, Vice President and Publisher,
Consumer Dummies

Kristin Ferguson-Wagstaffe, Product Development
Director, Consumer Dummies

Ensley Eikenburg, Associate Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher,
Dummies Technology/General User

Composition Services

Debbie Stailey, Director of Composition Services

Introduction

Dating makes everybody feel like a dummy, whether you're 15 or 115, going out on your first date or rejoining the dating scene after your grandkids have started dating. "It's still the same old story" — as sung by Dooley Wilson (or as you probably know him, Sam) in *Casablanca* — "a search for love and glory," and there really *are* some fundamental things that do apply. I lay them all out for you, not so that you can be a stud muffin or the hottest kid on the block, but so that you can understand a bit more about yourself, your date to be, and the whole process. Then maybe the old palms will sweat less, and believe it or not, you may actually have some fun.

After all, dating should be fun. It's not like your whole life or livelihood depends on one date or several dates. The purpose of dating is simple: getting to know someone and letting that person get to know you so that you can decide whether you're interested in spending any more time together. Nothing more, nothing less. Put aside the notion that you're looking for a mate or a one-night stand or someone to please your mom. You're just dating so that you can get to know somebody a bit and let him or her get to know you.

So what are the ironclad follow-these-steps-and-you'll-never-fail, step-on-a-crack-and-you'll-break-your-mother's-back rules of dating? They don't exist. There are some guidelines, suggestions, and observations, but this whole experience is a bit free form since you're unique and so is everyone you'll ever date. So this book is about helping you understand who you are and what you want — some commonly held assumptions, traits, and perils that will allow you to be exactly the person you are. That

way, if you're having fun and your date is having fun, you're going to want to do it again.

So why such sweaty palms if this is supposed to be fun? Men and women have been getting together for thousands of years after all. No, it's not because you're the nerd of the universe and everybody else is way cool. It's because the way people date — their expectations and assumptions and goals — have changed with the times.

Adam and Eve were the original blind date (and we know who fixed them up). It's been a lot rockier ever since (ever wonder who Cain and Abel dated?). In the caves, dating was mostly about who had the biggest club (no, not that club) and could carry off the choice woman. I don't think flowers and candy played a very big part. A few eons passed, and we moved from caves and plains to hamlets to villages to towns to cities, and our courting rituals evolved, but still dating really wasn't allowed. Marriages were arranged by families for political and economic reasons. Not only did women have no say, but neither did the men.

Today, not only do we get to pick who we want to marry (at least in this country), but we get to audition them, which brings us to dating. In its purest form, dating is auditioning for mating (and auditioning means we may or may not get the part). Not only has dating gotten complicated (women can ask guys out), but mating has gotten really complicated as well. And then there's romance, truly *the* plague of the 21st century. Romance has made expectations completely unrealistic.

With dating, we're talking individual style — you and your little quirks, which are going to change over time and

from person to person, at least a bit. You're going to be a slightly different soul depending on whether you're going out with somebody you met at a bus stop, your best friend's little sister, or your mom's law partner's nephew. So don't go for somebody else's style. If you're determined to mimic your incredibly cool friend, adapt the moves to your style and your partner. The key is to stay light on your feet, be willing to improvise, and believe down to the bottom of your shapely toes that your style is the one that's right for you. (And if it hasn't worked so well in the past, this book can help you figure out why and what you need to do to fine-tune your style so that you're cookin'.)

Before you find yourself hyperventilating over the prospect of dating, remember that there is no single, right way to date or to ask somebody out. And there is no such thing as a perfect experience that will make someone fall madly and passionately in love with you. A date is a unicorn, an imaginary beast that is unique in every situation. But not to worry: This book helps you get it all sorted out so that you can feel like you know what you're doing, have some sense of direction and some idea of what your date is doing and thinking, and even have some fun.

About This Book

Lots of books have been written about how to be the perfect date — how to mold yourself into a package that no one of the opposite sex will be able to resist. *I want you to resist this notion strenuously.* Think about it for a minute: If you pretend to be a stud muffin or a Barbie doll or a pretty woman or a man in black and that's not the