





10 Ways To Pick the Perfect Man

I don't know about you, but in my life I have gone out with and married perfect losers. I mean it! I feel as if I have ended up with the wrong man over and over again and it is unsettling! I think I have figured out what I have done wrong the real losers immediately!

1 t really all boils down to paying attention to who you are with and then comparing their behavior with the ideal you have in your mind. Determine what characteristics and behaviors are negotiable and which ones are not. Then be realistic. No one can re-parent you and no one will love you more than you love yourself and if you expect them to you are being unrealistic. So get your life together first so you have something to bring to the relationship and then you will be much better able to spot a loser at 50 paces or less. You can do this by using your God given senses: Stop, Look, Listen, Feel.

2 When you are with him, stop yourself in the process of thinking about what you are going to say or how you are going to act or what he thinks of you and look at his actions, listen to his words and pay attention to how you feel when you are with him. Does he drain your energy? Is he empathetic? Does he take responsibility for his actions? Is he able to self-reflect and change? Is everything always about him?

3 Look at him. How does he hold himself? What about his eye contact, does he think he is better than you? Do you think that he thinks his appearance is more important than anything else? Or is he a slob? Does the inside of his car look like a trash dumpster, because you can be sure if it does he won't pay attention to the details of your relationship. Or is his vehicle so clean you could eat off the carpet? Well in that case your man could be anal retentive and will look at you in disgust if you aren't anal too. See we need to pay attention to the little things that at first glance seem insignificant and you should use your discretion. If he wants to impress you on a first date and has his car cleaned that is a caring gesture and we like this, but don't get serious with him or God forbid sleep with him until you've known him for several cycles of the moon.

4 What does he watch on TV? Do you like those shows too? Does he play couch commando? Will he negotiate? Cuz let's face it folks this stuff matters. Do you really want to be with a 40 year-old man who still watches cartoons, or better yet old Westerns? It's all fine if it's what you're into, but only if you are. Is he a sports fanatic? If he is and you're not and you want attention or better yet you want to spend quality time with him, be discerning. It seems women take for granted that men are going to watch sports and that's fine, especially if you like alone time, but if he's the needy type who wants you to like sports and serving drinks and food and thinks it's a religious experience I suggest you look elsewhere.

5 Stop thinking you have to do these things to please your man. Your man can please himself and so can you. So if you love each other find a middle ground or another man, because if he likes watching sports more than he likes watching you he's a loser. See this whole system is about prep-work and paying attention in the beginning, before you get roped in. So stay sober and be present! Listen to him. What does he talk about? Many women get sucked in by the whiny- married-victim-guy at work. He wiggles his way into your consciousness and sooner or later the Mommy in you will want to rescue him and take care of him. "Oh, he's so nice!" You think, "Why is his wife such a bitch?" Then you begin wondering what a nice guy like him is doing with such a rotten woman and then you'll be hating her in order to justify going out for drinks with him and one thing will lead to another and you'll be screwing him and all hell will break loose. Then you will be adding to one of the bigger problems in this country, the divorce rate. And while I could rant on and on about this I am going to say that as women we should stick together!

6 Don't be a hater and please don't ever and I mean ever sleep with another woman's husband, boyfriend or fiancé! It's deplorable! How would you like it if she did the same thing to you? And for God's sake don't listen to his whining about how rotten she is or that she never has sex with him, since we all know he just doesn't feel like putting any effort into his relationship. He would rather look to you or some other female sucker to save him from his pathetic life. Please don't let him get away with this. I am telling you this from experience, because I've done it a couple times and realized that I had gotten in too deep too fast and had to bail out quickly.

7 Don't allow yourself to imagine that you have found true love with this type of person or indulge in the fantasy that he just needs the, "right" woman because if he goes from one relationship to you with very little space in between he has serious emotional problems and needs a good talking to by a qualified therapist, especially if he has cycled through a lot of relationships in the past where he always blames the break-up on his significant other. If in addition you notice that he moves in with his parents while on respite from his previous relationship, run, don't walk to the nearest exit sign. And remember that to him everyone is expendable and every relationship is just another pit-stop on his path towards his perfect woman, don't add yourself to the list. Don't forget that his

involvement with you makes him a liar in the eyes of everyone else in his life. Don't assume you will avoid the same fate when you get involved with him. Liars will not change their ways out of love for you. Please don't let him get away with hurting someone else because you need someone to love, especially when you know it isn't love. This loser can't live alone and will cling on to anyone who buys his bullshit. Kindly excuse yourself and put a big scarlet L next to his name in your address book. Remember the only person he should be intimate with is his partner eitherways.

8 I know to most of us criminal behavior would indicate a man is a loser and prison inmates should be number one on your list of men to avoid. If you are so hard up for a relationship that you feel you must associate with criminals to get love, might I suggest you seek the counsel of a qualified psychotherapist to have your head examined before you decide to take any other actions suggested here. Just say no. Just stay lonely. Trust me on this! If someone is in prison their criminal behavior is obvious, but what about behavior that is not so obvious and frequently accepted as not being so criminal, like stealing things from work, or doing illegal drugs, or driving while intoxicated or not paying child support? Is this the type of person you really want to associate with?

9 In fact anytime you don't feel totally comfortable with the person you are dating or sleeping with you should have a second look at the relationship. Relationships are meant to be mutually beneficial not one sided. The parties should help each other to feel good, about themselves, not shitty. So if you are feeling uncomfortable a lot of the time, rethink it. There is a wonderful man out there dying to meet you, so free yourself up! I went out with both of these types and let me tell you I was not the apple of their eyes. The first one always thought the world was out to get him and the second one thought the world owed him a big pot of money! Both were emotionally unavailable, insensitive, immature and selfish. If I had paid attention to seemingly "normal" behavior and realized it wasn't compatible with what I wanted I would have saved myself a lot of time!

10 As a woman I am mostly disappointed by the behavior of other women who I'd like to call my sisters. Why do we let losers into our lives? Why do we accept any man just to say we have one? Why do we rationalize character flaws? Why do we worship men and relationships more than we worship ourselves? Let's unite and set a new standard for men. Let's raise the bar and ask to be treated the way we deserve to be, like the Goddesses we are! Why do we worship men and relationships more than we worship ourselves?

The only reason men treat us as if we are, is because we let them. That's right, I said it, we let them! I'll let you in on a little secret, they need us more than we need them. It's true, but as long as we go along letting them believe we can't live without You are more precious than you can ever imagine and you deserve to be loved and treated with respect and dignity and that starts when you decide to weed out the losers in your life!



“Count T H E garden by the *flowers*, never by the leaves that fall. Count your **L I F E** with SMILES and not the **tears** that roll.”

“Yes,
I WILL GO.
I would rather
grieve over your
ABSENCE than over
You.”

“LET NO ONE WHO L O V E S BE UN-
HAPPY ... EVEN LOVE UNRETURNED
HAS ITS RAINBOW.”

“**Forgiveness** is the fragrance
that the **Violet** sheds on the
heel that has **Crushed** IT.”

“SOME
of us think
holding on makes Us
STRONG;
but sometimes it is
Letting go.”

“It is better to have loved and lost
than never to have *lost* at all.”

QUOTES YOUR

“**Giving Up** doesn't always mean you are
Weak, sometimes it means that *YOU* are Strong
enough **To Let Go.**”

“*Sadness* flies away on the wings of Time.”

“I thought when L O V E for you *died*, I
should die. It's **Dead**. Alone, most
strangely, I Live On.”

“With **DARKNESS**,
Comes
LIGHT.”

“**Keep**
Your
Head Up
High.”

"Love **NEVER** dies a natural death. IT dies
BECAUSE we don't know how to Replenish its **source**."

It dies of **Blindness** and errors and betrayals. It
dies of **ILLNESS** and wounds; it dies of weariness, of wither-
ing, of TARNISHING."

"Relationships are like **GLASS**. Sometimes IT's
BETTER to leave them broken than try to
Hurt yourself putting it back TOgether."

MOVE
ON!

"DON'T worry about losing.
If it is Right, it happens - The Main
thing is not to hurry. Nothing good
gets AWAY."

"A final **comfort** that is small, but not
cold: The heart is the only broken
instrument that **works**."

"When love is lost, do not bow your head in sadness;
instead keep your head up high and gaze into heaven for
that is where your broken heart has been sent to heal."

TO MEND HEART

"When Love is **LOST**, do NOT bow your head in **sadness**;
instead keep your head up high and gaze into **Heaven** for that
is where your **Broken heart** has been sent to heal."

"A final comfort that is small, but not cold: The **Heart** is
the only **BROKEN** instrument that **Works**."

"Relationships are like glass. Some-
times IT's better to leave them broken
than try to **HURT** yourself putting it
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"Don't worry about losing. If it is right,
it happens - The Main thing is not to
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*"It is better
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ALL."*



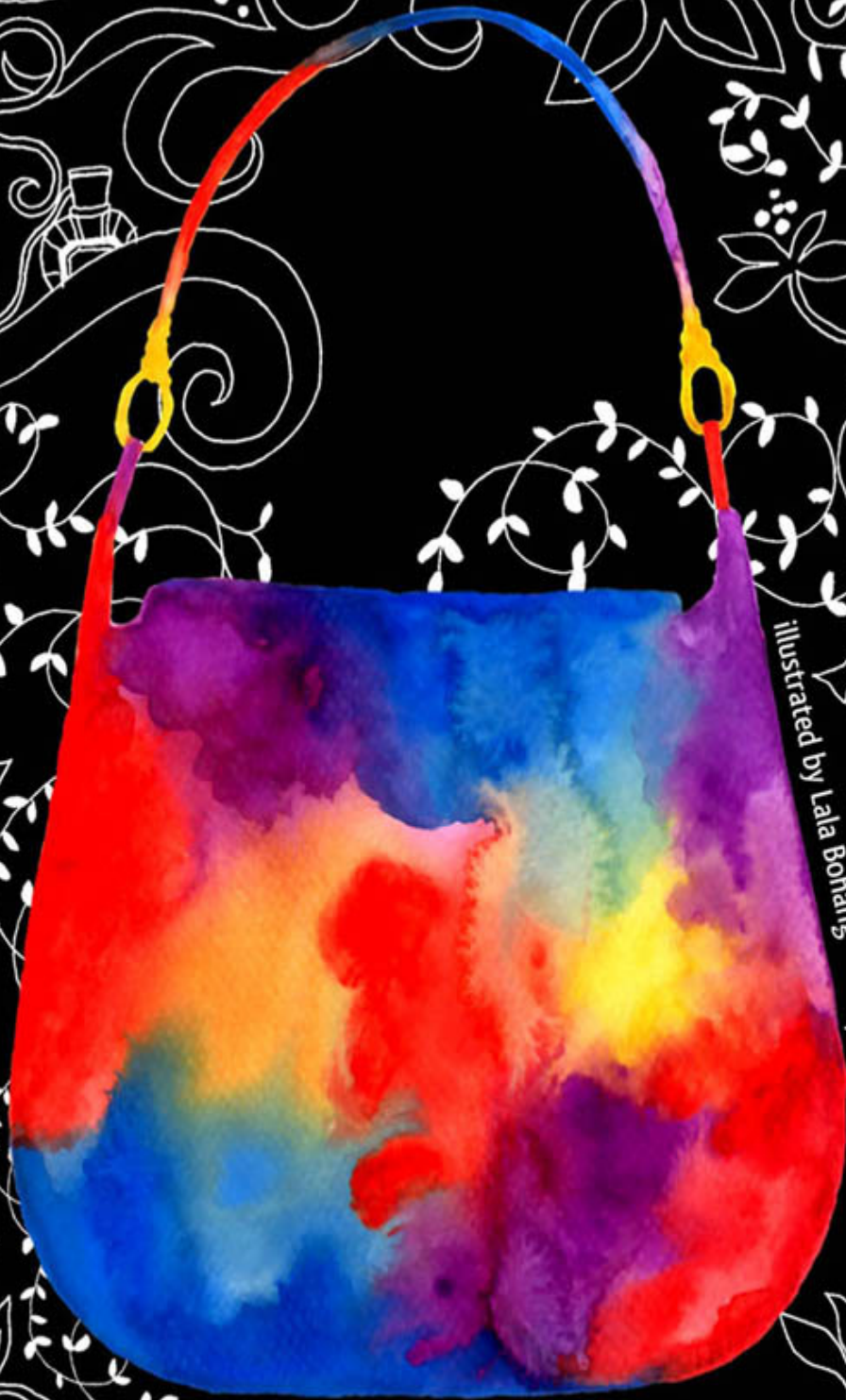
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A Novel by the
#1 *New York Times* Bestselling Author

NICHOLAS SPARKS

.....
Dear John

“

True love meant that you care for another person's happiness more than your own, no matter how painful the choices you face might be.

”



Book Review:

Dear John is a romance novel written by Nicholas Sparks, an American author. Sparks has written over 13 novels including *A Walk to Remember* and *The Notebook*. *Dear John* takes place from 2000 to 2006, mostly in North Carolina. Split into parts one, two, and three, this book begins with John Tyree, the main character, home on leave from the army. He stumbles across a girl named Savannah Lynn Curtis at the beach while he is temporarily home. The two quickly fall in love. Realizing he must return overseas, they continue their relationship through calls and letters. This is how the book came

to be titled *Dear John*. The love Savannah and John shared was full of fiery passion, but could not withstand being apart for so long; they soon broke up. After going their separate ways and battling with social difficulties as well as family member's physical conditions, it was a struggle for the two to attempt reconciliation of their previously shared feelings when reunited later in life. Also, in 2010, a major motion picture was produced, based on Sparks' bestselling novel.

Dear John was an emotion-provoking book that left the biggest surprise for the last page. The way Nicholas Sparks exemplified and narrated John Tyree's perspective throughout, allowed a lot of visual imagery to form in a person's mind and feel like they were actually present while the

events were occurring. From a teenager's perspective, this book was very relatable to life, and the lessons John learned were applicable as well as highly noteworthy. His change in maturity as well as his view on life throughout the book added to its reality and set up a good premise for reading between the lines since it did not directly say these things. The best scene in *Dear John* was when John and his father finally came to terms on their differences and were confident in their relationship as well as themselves personally. This book earns four out of five stars, because despite being a "sappy" love story, it had important life lessons incorporated. The only negative aspect of *Dear John* would be the ending; it was rather disappointing and not what was originally expected.

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