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**Authors Bio**

[YOUR NAME] is an entrepreneur living in [YOUR COUNTRY] who loves sharing knowledge and helping others on the topic of [TOPIC].

[YOUR NAME] is a passionate person who will go the extra mile and over-deliver.

[YOUR NAME]’s words of wisdom:

"I believe that there are no secrets to becoming successful in life. And I truly believe the result to true success in life is the result from hard work, the preparation and the most important of them all, the learning from the failings.

If you would like to learn more from [YOUR NAME], please visit:

[YOUR WEBSITE]

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# Introductory

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**Spruce up your appearance ladies and take grooming very, very seriously. For, where a man is concerned, nothing has changed so far as his dating instincts go.**

It’s just that technology is serving as a medium to couple up people made for each other. Online dating is the new buzz for all mate seekers. Who knows you meet the love of your life chatting for no reason. Online dating is a modern system which allows individuals to meet online and share their heart stories to develop a nice friendly relationship.

It is a boon for those who are introvert and seems a bit scared at times. Internet gives you all chances to share your feelings with an unknown and when you find the person compatible, you may go and meet him/her. All you need to do is inviting him/her to meet or after few chats you may opt for talking on phones followed by a couple of meetings.

Well, if you don’t know how to get into it, all you have to do is make a search of dating sites that allows you to go for online dating. Once you are on the dating site you can see varied kind of people. Not, all of them are there for fun, few seek serious relationship, few are for casual encounters and few are quite shy to talk in person.

Hence, communicating with to them and sharing their views might be a lifetime experience for you. Finding a like-minded person on a dating site is pretty easy. The ball is in your court and entire decision lies on you to choose any boy/girl whose profile interests you to date.

You may be scared of the disadvantages of online dating. It is agreed that online dating is stigmatized with various drawbacks including non-credibility and deliberate misleads. But, remember “no risk, no gain”. Incredible and misleads may also happen in real life, so does that mean we stop meeting different people?

That’s not the way we human live our lives. You should not forget that on internet, one gets every chance to test the person at psychological, emotional or intellectual level. Moreover, the security to hide your vital information serves you an upper hand. Blocking people who by-pass your right as a net user is another advantage to get rid of them whom you don’t want to be around. These securities and captious approach makes online dating a safe place to search your lover. Throw away scary dreams of being alone and get a right match for yourself through online dating sites.

# Chapter 1: Make The Most Of Adult Online Dating

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**Adult online dating sites are formed based on a simple concept - to create a site for adults to connect.**

Adult online dating services are available for those who are looking for intimate encounters, and enable people to meet others with similar interests and needs. Whether you are looking for a friend, lover, sex partner, intimate encounter, one-night stand, group activities or just someone to chat with, adult online dating is the place to meet all types of people from across the globe.

Most of the well-known adult online dating services allow you to join for free and have limited use of their site. You can create a free profile, upload some pictures, browse other member profiles, and sometimes even view the details of your favorite members.

But unless you whip out the ol' credit card and upgrade your membership, your freedom and options are severely restricted. Generally, with a free account, you can receive messages but will be prohibited from contacting any other members - and since the purpose of joining an adult online dating site is to initiate contact, these restrictions force most people to upgrade.

There is, however, one loophole within this paid dating service that allows you to avoid member fees, and the secret lies in creating a truly award-winning profile and attracting the paying members to contact you!

A snappy, attention-grabbing headline will encourage people to have a closer look at your profile. Try to come up with a unique title or tagline to solicit attention from other members.

Posing a question is often a good way to entice people to click through and view your full profile. Appeal to others' curiosity, and don't be afraid to be interesting! Be sure to include a lot of information about yourself to give the full picture of who you are and what you want. You will find many fields to enter such data: your bio, interests, favorite books, preferred movies, and so on. The more effort you put into your profile, the more opportunity you give people to meet you.

In order to use any paid adult online dating services without spending a cent, all you need to do is create an attention-getting profile that encourages people to respond.

People who use this technique at many of the popular adult dating online sites have several hundred responses a week without ever upgrading to a paid account. Now you can save your hard-earned cash - and maybe even pay for dinner on your next big date.

# Chapter 2: What To Talk About On A Date

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**I’m sure you want your date to have fun and you want to have fun, too! You want to ensure that the conversation is interesting and stimulating to both of you.**

Body language always speaks first in any conversation. When you are confident your body relaxes, becomes more open, you lean in, you smile, and you become more animated. When you are tense or not at ease with yourself, you will be sitting back, crossing your legs, maybe your arms, your mouth will barely break a smile, and your eyes will be searching elsewhere in the room. Knowing this will allow you to convey confidence with your body language.

Your verbal dating conversation skills will largely be judged on how able you are to create a conversation that your partner enjoys. Ultimately, that leads to you getting more dates. If you’re thinking this is obvious, yes, it is! The question is HOW to create an interesting conversation.

Your dating conversation will be made up of you both asking and answering questions. If you ask the right questions, your partner is going to have fun. If you ask the wrong questions, they are going to ditch you. If you are evasive or less than honest when answering her questions, she is going to ditch you quicker.

Questions are powerful. Funny thing is that when a person is asked a direct question they somehow feel obligated to answer it.

**Here are some conversation starter question ideas for your first date:**

“What do you love to do in your spare time?”

“What do you particularly enjoy about that?”

“If you could go on a fantasy holiday, anywhere in the world, where would it be and what would you do?”

By asking these questions you will cause your date to recall pleasant past experiences and share them with you.

**Popular Online Dating Activities**

All types of everyday activities are growing in popularity online these days like sharing photos and greeting cards. In fact, both of these even go hand in hand with online dating opportunities, one of the most popular online activities for singles today.

Before actually meeting in person, many dates get acquainted online first. Here’s how.

Photos - As a wonderful keepsake of your budding romance, create an online photo album for your new cyber-mate. Include digital photos of favorite outdoor scenes, pets, flowers, cars, silly moments, your computer corner or laptop, etc. Then you’ll even have more to discuss during online dates via emails and chat rooms. Search for “photo albums” to find places that store your photos.

Greeting Cards- Regardless of where the person lives, you can mail a greeting card. If privacy and security is an issue, check into renting an inexpensive P.O. Box (check the Yellow Pages). You do not have to be an artist to make something homemade and special for the new friend in your life.

Even making a special, personalized greeting card would be appreciated and show your date that you care enough to take the time needed to make something by hand. Search your favorite search engine for online greeting cards to send, too. They range from free to low cost and can be sent in a click.

So get online and get active! No need to risk meeting in person until you get more familiar with each other online first. So, take the online plunge!

# Chapter 3: Growing Online Dating Relationships

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**Just like regular real-world relationships, online relationships need tending, to grow over time.**

*Here are some quick growing tips.*

**1. Take time and make time.** Does your online date get in touch with you regularly? Do you do the same? Neglecting virtual meetings can be considered abuse or neglect, so treat each other’s time with respect. If it’s lacking, might mean time to move on.

**2. Communication needs to “feel” right for both of you.** If one of you is too pushy about meeting, for instance, that can give off bad vibes. So, don’t rush. Take time to learn more about each other and develop trust.

**3. Respect each other’s privacy.** Don’t share personal email addresses or digital photos online, for example, if your online date sent you the information in confidence.

**4. Share special online and offline fun times.** Online – send greeting cards, links to favorite places to upload digital photos of your favorite pet, download music and video clips, post on favorite forums of interest. Offline- if you’re exchanging addresses or post office boxes, send print greeting cards and postcards, small items from your area (like a key chain with your state bird).

Mend your online relationship. Water it with care and over time it can sprout and grow.

**Establishing Online Dating Relationships: Safety First**

Online dating can be fun. But don’t neglect safety and common sense when you try to hook up with a mate. At minimum, take caution in the following areas.

**Protect Your Computer**

Take care of your equipment and systems before you head out into the Internet realm. You need to have a firewall and anti-virus protection for your email and for when you search websites and interact online. At the bare minimum, you may want these two solutions that are offered at no charge to home computer users (i.e. not for commercial use):

Free Firewall Download: ZoneAlarm www.zonelabs.com

Free Anti-Virus Download: AVG Anti-Virus www.grisoft.com

**Protect Yourself**

Take care of yourself, too, by choosing appropriate dating sites. Seek and choose a reputable online dating service. How? Begin by asking around with friends, neighbors, co-workers and others you may know who have tried online dating, and see which places they recommend.

In addition, search “online dating services” and keep a notebook of their URLs or website links, the fees, rules and regulations, complete contact information of each and any other useful information that spikes your interest. Then compare each place. Try only those places where you feel safe. Avoid the others.

So, take care. Arm your computer – and yourself- with the correct tools and knowledge!

# Chapter 4: Online Dating Mistakes to Avoid

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**While you search the internet for that special lady…the one of your dreams…your soul-mate…the other half of yourself, you can do a lot of things right.**

Sadly, you can, also, do a lot of things wrong…. things that will guarantee failure and a broken heart. Out in the “real” world, being aggressive, demanding perfection and even little white lies are all ingredients for success. However, those same qualities are killers when you are dating online and off line, too, for that matter.

There is a big difference between being aggressive or confident and being too aggressive, over-confident, or just plain sleazy or slimy from a woman’s point of view. If you push too hard for a face-to-face, you will come across as too aggressive…maybe even, scary. Try to remember that you are not trying to close a business deal and keep the relationship progressing at a slow but steady pace. Patience is the key.

Nobody is perfect. We are all flawed in some way or another…and that includes you, as well. If you expect the woman to be absolutely perfect and demand that, you will always be disappointed. Demanding perfectionism in your work is one thing.

Demanding perfectionism from a friend, co-worker or a lady you are interested in is not just fine. It won’t happen. Expect flaws and just deal with them. Decide the ones you can live with and those you can’t.

Little white lies and false fronts won’t work. Be honest from the beginning of a relationship. Write your profile. Make it interesting but don’t make false statements. The truth will come out eventually anyway. If you say you are a lawyer who makes a million bucks a year and you are really an electrician that makes $75,000, you have set yourself up for failure.

Remember…don’t be too aggressive, expect to ever find perfection or put on a false front.

# Chapter 5: Online Flirting – A New Art Form

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**Many of the same things work for online flirting that work for “brick and mortar” flirting and all relationships begin with successful flirting.**

Flirting is an art that requires oozing confidence without being OTT. If you go too far, she will label you “slimy” If you don’t go far enough, she will label you “wimpy”. So how do you achieve that point half way between slimy and wimpy and do it online without using eye contact or body language? All you have is a computer an internet connection and membership in an online dating site, right?

**1. Have fun!** Be light-hearted, funny and entertaining. Make her eager to talk to you again. Flirting is playful.

**2. Ooze confidence.** Successful flirts have a positive outlook on life. You need to transmit the “feel good” factor. An optimistic attitude attracts females like honey attracts flies.

**3. Compliment her**… and do it often and sincerely. Nothing opens doors like making her feel good about herself. She will want to spend more time with you and if she pays you a compliment say “thank you”. Do Not be self-depreciating.

**4. Listen.** Pay attention to what she says and ask appropriate questions. Get her to open up and talk about herself. Make her feel like she is interesting and that you are interested in her. Works wonders!

**5. Don’t be rude.** Flirting does not include being sexually explicit nor taking offence if the lady isn’t responding to you. If she isn’t interested, take the hint and move on to the next prospect. If you get a lot of rejections, you should probably consider a different approach.

**6. Send an email after you chat.** This ranks right up there with sending a thank you note for a gift and it is vital to successful flirting.

Don’t try to go too fast. Flirting is the first step to a successful relationship.

**How to Flirt Effectively**

Men and women flirt differently, for different reasons and expect different outcomes to the flirting. However, if you put aside that outcome and flirt just to be friendly you are opening yourself to different opportunities. You may well end up with a new lover but if that doesn’t work out you could meet someone who becomes a good friend and who knows who she might introduce you to. Keep your options open.

After you have exchanged glances and smiles across a room and you are fairly confident that SHE thinks that she might like to get to know you better, send a drink to her. But remember that ALL you are buying is a drink. Don’t expect her to fall at your feet. Sometimes it is nice just to send someone a drink, watch when she receives it and smile, then look away – look back again later to show your interest.

If you find yourself invited to her table, keep you mind on the conversation and not on getting a date with her. Most women want to know what kind of person they are going out with long before they actually go out with them. Make an effort to get to know her and give her the opportunity to get to know you before diving in for a date.

Do not ever approach two women in the same group. No woman wants to feel like second best. Refrain from approaching one after another in the same group. You look like a loser and the women may think you are desperate and looking for any port in a storm. Even if you are, don’t show it.

When you compliment a woman make certain that it is a genuine compliment. There’s nothing worse than someone giving out a load of overblown lines. Everyone has something great about them, notice that and compliment them genuinely.

Do not ever put your hands on a woman uninvited. Some women have no objection to ‘touchy feely’ encounters, others are horrified by it. Respect the person until you have had the opportunity to know more about her. Touching can be a lovely flirty action, but should be confined to the arms or resting the hand just above the arms and NOT touching, until you know more. Test the personal space by moving closer, noticing the reactions then moving back a little to remove the threat.

Respect yourself at all times. Women always fall for men who are that little bit unreachable. Don't hover or grovel or act desperate. Think of yourself as special and know what you deserve the very best.

# Chapter 6: Online Dating Safety for Women

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**Online dating can be a fun and certainly a rewarding experience for women of all ages.**

Maintaining your safety while doing it is simply a combination of using common sense and exercising good judgment. Online safety rules are the same as real world safety rules.

You wouldn’t give your name, address and phone number to a strange man that you met in a bar or on the street so you should never do that online either. Play it safe. Get to know this man who could turn out to be Prince Charming before you give out any information that could make it possible for him or others to trace you.

Don’t tell a stranger exactly where you work. Say that you are a legal secretary (if that’s what you are) for a mid-sized law firm…. not that you work for Brown, Smith and Jones Attorneys-at-law. It is safe to tell him what city you live in but you should wait to be any more specific than that until you have been chatting and exchanging emails for a while.

Use only the tools provided by the dating service you belong to. Most offer chat and private email on their site. Do not give out your ISP email address. If you must give out an email address make it a free one such as Hotmail or Yahoo. Your ISP address is traceable for anyone who wants to go to the trouble.

When the time comes for you to have your first face-to-face, make that first meeting in a public place and during day light hours. Take a friend with you or arrange for one to call you on your cell soon after the arranged meeting.

Remember… you ARE in control so do not let anyone pressure you into revealing more personal information than you are comfortable with revealing.

# Chapter 7: Creating Lasting Love

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**Many people are able to get into relationships. And many are able to attract partners who are suitable for them, physically and mentally.**

But for many people, their relationships do not last much more than 3 months! This is a shocking truth of the dating world. Why does this happen? Why can’t we make it last?

*I’ll give you three reasons:*

**1. Treating a Relationship as a Transaction**

You cannot be calculative when it comes to love. Counting who did what for whom leads to the death of generosity. Theoretically speaking, there’s a hidden universal law guiding human relations, which is, “If you stop giving, you stop getting.” And if that’s the way the law is, then we must not stop giving or else the relationship will die.

So, if you are calculative, you will count to a point where you will say, “Yep, that’s enough. I’ve given my fair share. Now it’s your turn.” But your partner may not feel it’s their turn yet. So, don’t calculate. Keep giving generously and you partner will return your love when the time is right.

**2. Not Being Patient or Sensitive Enough**

Relationships are delicate because human emotions are delicate. You can bring the strongest relationship to its knees with a single quarrel. You don’t even need to do it in person; over the telephone will do. You can end a good relationship with words that hurt, no meeting needed. So, if you treasure your relationship, never blow your top. Your partner deserves your best behavior. And the more love you invest in them, the more they will love you for it.

**3. Idealistic Demands**

Some people are more idealistic than others. They have a vision in their minds of how they want their ideal partner to be – and they will not compromise. Usually in life, the partners we end up with do not meet our original criteria. Maybe she doesn’t have the perfect figure or maybe he’s not exactly Prince Charming. But in the end, we still choose this person. Why so? It’s because our criteria have changed. By living long enough, you see different kinds of people. And you will start editing your criteria of what you want in a partner, circling those qualities which are important, and mentally scratching out those which are not.

So, if a person has a list of rigid, uncompromising qualities that they follow to the dot, they might just kick out the partner that was right for them.

If it were so easy to make a relationship last, our divorce rates would be lower. Even if people do not fall into the three traps listed above, there are other problems such as the possibility of meeting someone more attractive (high chance). What should you do in such a case? Here’s a principle to guide you:

*“A great love relationship is not something you find, but something you build and commit yourself to.”*

There are tons of beautiful people in the world and many who are physically more attractive than your partner. To some people, the grass is always greener on the other side. So, what do they do? They hop over to the neighbor’s lawn! But then the lawn doesn’t seem so green anymore because they see the weeds of the person’s personality.

But it looks like there’s a greener lawn next door, so they hop again! They do their partner hopping, dating and exchanging in search of the greenest lawn, but they’ll never find it because a beautiful relationship, like a beautiful garden, must be tended to and cared for. You can have ‘happily forever after’ with the partner you choose, but you must commit yourself to it. Without commitment, nothing lasts.

To sustain love, two people have to choose each other. If either partner defaults or is unsure, the whole relationship falls apart. It doesn’t matter how much you love the other person, if they do not return your love.

This reminds me of those Chinese drama serials where they are fond of saying, *“Ai Qing Shi Bu Neng Mian Qiang De”* – translated it means ‘you can’t force love’. And this will be the time when the male suitor will grip his head and cry, “Why! Why?!!” Then he has no alternative, but to drown his sorrows in drink, and maybe get knocked down by a truck. Then the girl will visit him in hospital, where with his dying breath he whispers his last words of undying love… then he dies.

**An Uncommitted Partner**

Sometimes you might find that although you are ready to commit, your partner doesn’t want to settle. They may be on the lookout for the ideal person who can fulfill their whims and fantasies… some idealistic vision of what a lover should be. Many people believe that they can hold on to their partner and make them stay.

But this isn’t true. If your partner wants to go, they will. A lover is not an inanimate object – you can’t ‘hold on’ to them – they are human beings with free will and dreams and ideals of their own. What you can do is realize that each person seeks their own happiness. Sometimes it may be with you, at other times it may not. And if you still care for this person, the best you can do is allow them to follow their dreams. Gracefully step aside and wish them well. The right partner will come along for you one day.

**Case Study – “Mr Y”**

Last week we talked to Mr Y about his hope of winning over a girl who already has a boyfriend. This week, let’s flip it and talk about what it’s like to be the person who’s about to lose their partner.

A reader wrote in regarding Mr Y’s case. She suggests that we put ourselves in the boyfriend’s shoes and see whether we like someone trying to break up our happiness. The reader suggests that Mr Y should take an altruistic approach, where he is happy the girl he loves is happy and well-looked after.

I didn’t want to agree (an urge to protect my client) … but after serious contemplation, I yielded because the reader has a point. The easiest way for Mr Y to be happy is to realize that he cares for the girl even though she’s chosen to be with someone else. In a way, Mr Y is a martyr who sacrifices his desire to be with her, for her happiness. Could a man do that if he loves a woman? I’m sure he could, but I doubt she would even notice his sacrifice.

**Dagger in the Heart**

Mr Y said he felt a sharp stabbing pain in his heart, when he found out that the woman he loved had recently found a boyfriend. I said, “I understand that sharp pain feeling.” Everyone who has been on the verge of losing a romantic partner has felt this sharp stabbing pain. If you haven’t, then you have not loved with all your heart.

The more you love a person; the more you care about him or her, the greater the feeling of being stabbed in the heart when they betray or cheat your love. Although the normal reaction to being dumped is to go ballistic and tell your lover what a piece of trash they are, your heart feels like a knife has sliced through it. This heart-pain is there because buried under your anger, there is love.

When our partner betrays our love, there are two immediate feelings – the part that feels cheated, and the part that still cares. On one hand we hate them for hurting us, and we want to hurt them back. On the other hand, we still have feelings for them, so just the thought of breaking up is hurting our soul.

So, what you need to realize is the deep stabbing pain you feel in your heart is not the pain of rejection, but the pain of trying to hate someone you love. Only when you can admit that you still care, and stop trying to hate them, the two parts dissolves and become one whole. The pain disappears.

If you want to find an ideal partner, you first have to BE an ideal partner. Give your partner first-class treatment – be infinitely patient, loving, and giving. This doesn’t mean you do not settle differences, but that you do it in a calm and gentle manner. Don’t be calculative about giving. Give with all your heart and trust that your partner appreciates the love you give.

They will return it to you when you least expect it. Realize that some of your demands are idealistic and unnecessary, drop them or change them. And finally, strive to become the best you can be in mind, body, and spirit; socially, financially, and emotionally because the better you become as a person, the better a partner you will attract.

Good luck and may you build the love life of your dreams.