

Jill Douka, MBA, PCC
Nikolas Ouranos



7 Secrets

To Manifest Your Perfect Match

CREATE LOVE

Voted by readers as one of the top 10 wellbeing books of 2015

"This book guides you with humor on the path toward living True Love. I highly recommend it."

John Gray, Ph.D. author of *Men Are From Mars, Women Are From Venus*

more at www.createlovethebook.com

Testimonials about Create Love: 7 Secrets to Manifest your Perfect Match

Create Love guides you with humor on the path toward living True Love. I highly recommend it.

Gray Ph.D., author of *Men Are From Mars, Women Are From Venus* (MarsVenus.com)

Create Love: 7 Secrets to Manifest Your Perfect Match contains the proven principles and techniques that will help you find the true love of your life. This book is a true gem.

**Jack Canfield,
Co-author, *Chicken Soup for the Couples Soul*® and *The Success Principles*™: *How to get From Where You Are To Where You Want To Be***

The path toward your perfect romantic match is built on admiration and respect. This book will support you in taking the 7 steps to manifest your Perfect Match, through self-respect and respect for your partner. If you really want romance to work for you, this book will help you manifest Real, True Love.

**Marie Diamond
Global Transformational Leader, Speaker, Teacher and Author.
Feng Shui Master and Star in the Global Phenomena and best seller *The Secret***

Jill Douka and Nikolas Ouranos have written a book full of humor and sensitivity. After you read and follow the practices of ***Create Love: 7 Secrets to Manifest Your Perfect Match***, get ready to experience True Love.

Marci Shimoff, bestselling author of *Happy For No Reason, Love For No Reason* and Co-author of *Chicken Soup For The Women's Soul*

An ideal soul match is honest, loving, and vulnerable. That's how I would describe this exquisite how-to guide for manifesting the love of your life. Beautifully written, masterful advice.

Shawne Duperon, Six Time EMMY® Winner, Project: Forgive Founder

There seems to be a growing number of middle-aged people transitioning out of long-term marriages into a new chapter of their lives. So, if that applies to you, I highly recommend *Create Love* by Jill Douka and Nikolas Ouranos. This book will touch your heart and remove the fear of trying to find a life partner in the second and better chapter of your life.

Natalie Ledwell, bestselling author and co-founder of Mind Movies

What Stephen Covey is to successful people, Jill Douka and Nikolas Ouranos are to successful relationships. This book is a MUST-READ for anyone who wants to experience True Love - first with yourself, then with your soul mate. A fun, insightful guide to manifesting your perfect match that goes well beyond attracting a wonderful relationship.

Teresa de Grosbois, Chair Evolutionary Business Council, 3X International bestselling author

Create Love is a beautiful title and a message the world needs right now. I personally believe in living a life of no regret and living fully in all areas of life, and the greatest area of all, that magnifies all the others, is Love. This book will guide you and inspire you to find your perfect match.

Deri Llewellyn-Davies, International speaker, CEO and global adventurer

Simple, but profound. With *Create Love: 7 Secrets to Manifest Your Perfect Match*, you will achieve extraordinary results! Get ready to find your Match!

Marilyn Suttle, author of the bestselling book Who's Your Gladys?

In *Create Love: 7 Secrets to Manifest your Perfect Match*, authors Jill Douka and Nikolas Ouranos provide powerful tools for you to let go of the past, build self-confidence, and experience True Love. With their warmth, passion, and commitment to helping others experience love, they will inspire you to evolve into the person you want to become in order to blossom with the love of your life.

Sheri Fink, Inspirational Speaker, #1 Best-selling Author, and Founder of "The Whimsical World of Sheri Fink"

The loving information and practices in ***Create Love*** will certainly get your creative juices flowing and make your relationship breathtaking. It will take your self-love and love for others to new levels. It is a heartfelt, wise, honest, and tender book. Enormously helpful both to those facing a pattern of being alone as well as challenges, inspiration and the knowledge that real love is possible. Read this book to learn how.

Debbi Dachinger, Award-winning, syndicated "Dare to Dream" Radio/TV, Bestselling Author, Media Mastery Trainer of Radio & Bestselling books <http://DeborahDachinger.com>

If you want to manifest love in your life, this is the book to read!

Marina Pearson, No1 Best Selling International Author of Goodbye Mr Ex. www.MarinaPearson.com

Create Love: 7 Secrets to Manifest Your Perfect Match is more than a book about falling in love and finding your perfect match. This book helps you move beyond your own personal and relationship challenges, strengthen your resilience, and create a mindset for success and happiness.

Charmaine Hammond, Professional Speaker and Best Selling Author

Finally, a book that walks you through what you need to do to find true love. Not only does it hold your hand, it makes you laugh and have fun along the way... Everyone deserves to find that special person and this book shows you how.

Kitty Waters, British founder of ATL Europe, author of 8 Steps to Abundant Living – No Regrets: A Spiritual Women's Guide to having the Life of her Dreams. www.atl-europe.org, www.kittywaters.com

As love is the greatest gift in our life, **Create Love** is a must-read for simply everyone who does not live a solitary life. Jill Douka and Nikolas Ouranos offer countless real-life stories, hands-on exercises and mind-shifting perspectives to uplift any of your personal and work relationships. This book is not just a powerful guide to creating love, but first and foremost a priceless counselor to live a happy and fulfilled life.

Monique Blokzyl, founder of the Business Launch Portal moniqueblokzyl.com

Whether you're starting out, or starting over, this book is for you, especially if you want to create a lasting, fulfilling, loving relationship. Jill and Nikolas not only teach us the 7 Secrets, but they openly share their own journey as an example of how this works—for women and for men. As the reader works through each of the steps, the authors provide simple, practical activities to reinforce what you learn and apply it to your life. Most importantly, as you read, you'll feel that Jill and Nikolas are right by your side, encouraging you every step of the way, and rooting for your success.

Cheryl Bonini Ellis, Expert, Certified High Performance Coach, Author of Becoming Deliberate. www.cherylbominiellis.com

Inspiring, straight-talking and practical. Create Love will help you to create a better life.

***Martin Limbeck,
International Keynote Speaker and Trainer
www.martinlinbeck.com***

To quote a Woody Allen film title, Jill and Nikolas have created the ultimate guide to “everything you always wanted to know about relationships (but were afraid to ask).” Full of practical tips that cover everything you will ever, ever need to find the partner of your dreams, love it!

Dean Griffiths, author of *The Soul Whisperer* (deangriffiths.co.uk)

In Create Love: 7 Secrets to Manifest Your Perfect Match, Jill and Nikolas present a guide to making your romantic love life as good as possible.

In a straightforward but sincere way, they give tons of good advice on how to become better at staying on top in relationships.

The best advice often comes from bad experiences, and Jill and Nikolas share theirs in a humorous and effective way. Even emotionally difficult areas, such as sexuality, are dealt with in an accessible way. Feelings are not easy to handle, and this book gives you the tools you need to get back on top in your love life, and to find your perfect match. Loved it!

Mats J. Uldal, Norway

***Author, Founder of Strong Again, from a troubled mind to a healthy heart, Founder of Neuro Tapping Techniquesw
www.muís.no***

Just reading it made me fall in love all over again! Create Love: 7 Secrets to Manifest Your Perfect Match Supports You to Prepare Yourself for True Love, and is so right on point. Grab it, and you will not be able to let go!

Rúna Magnús, the internationally awarded personal branding strategist, author of *Branding Your X-Factor*.

I have a very active imagination, and always have. I used to wonder, even worry, “What on earth would I do if I was alone, without anyone? How would I cope—would I find someone or be okay?”

Create Love: 7 Secrets to Manifest Your Perfect Match is written by two people who have clearly found love, for everyone who wants to.

It’s insightful, practical, fun and a work of pure genius.

For anyone who wants to heal the pain of past relationships, and take active steps to find their ideal partner, it’s essential reading.

Nicholas Haines, Creator of The Vitality Test, and Founder of the Five Institute

Create Love is a wonderful book that breaks down the laws of manifesting easily so you can use these steps for creating anything in your life, not just your perfect match. Jill and Nikolas write in a way that makes you feel as if they were talking to you as your best friends. I am sure that the 7 Secrets to Manifest Your Perfect Match will change a lot of lives.

**Gido Schimanski, London-based
Transformational Coach for Creative High Achievers**

Create Love: 7 Secrets to Manifest Your Perfect Match helps you find the courage and faith to understand the patterns you may be repeating that have not served you in prior relationships and empowers you to experience your own metamorphosis in love. This book teaches valuable relationship strategies, practices, and actions that will open you up to finding your perfect match and experiencing true love once and for all.

**Cindy Ertman
Founder & CEO of The Defining Difference**

Create Love is not just a book about finding your perfect match. This book is about finding self-acceptance and self-love that will lead to the most fulfilling relationship you can possibly imagine with your lifelong partner. Jill Douka and Nikolas Ouranos have done a masterful job of helping people find true happiness.

**Sean Smith, Life and Business Coach
www.CoachSeanSmith.com**

If you are single, longing for True Love, but have experienced disappointing relationships in the past, this might just be the book for you! In **Create Love**, you'll find good, universal advice on how to find your Perfect Match.

**Bitta R Wiese, Quantum Leaps for Leaders
www.wieseconsult.com**

The book ***Create Love: 7 Secrets to Manifest Your Perfect Match*** will help you to create a healthy relationship, first with yourself and then with your partner.

Yes, there is true love, and from the pages of this book we learn how to approach true love, primarily by understanding and shaping our own truth.

Love is something beautiful! Do yourself a favor and read Choose Love: 7 Secrets to Attract Your Perfect Match. You have a lot to learn from it!

***Agapi Stasinopoulou, author of Unbinding The Heart,
www.unbindingheart.com***

The path toward love begins from within ourselves.

With their book ***Create Love: 7 Secrets to Manifest Your Perfect Match***, Jill Douka and Nikolas Ouranos create a map in an honest, wise and humorous manner, using their own experiences and simple but necessary tools for us to shape our own path, our own truth.

If you don't want to become once again distracted from the most important path in your life, read ***Create Love: 7 Secrets to Manifest Your Perfect Match!***

***Marina Theodotou, economist, portfolio manager, Founder of
TEDxNicosia***

If you have just split up...

If you feel suffocated by your relationship...

If you don't have an orgasm that sends you to the moon...

If the pillow on your bed belongs to your ex...

If you hate the color of the curtains in your living room but you keep them because it is your ex's favorite color...

If you are finally ready to confront your own truth...

Then do yourself a favor. Read Create Love: 7 Secrets to Manifest Your Perfect Match and you will realize that you can make your dreams become your reality.

Christina Vidou, journalist, SKAI 100, 3

The book ***Create Love: 7 Secrets to Manifest Your Perfect Match*** is such a genuine one, it is as if you are listening to Jill and Nikolas talking to you and supporting you. It is such a strong and passionate book that can change the way that you perceive your relationships and love!

Maria Papazoglou, Head Manager of My Publics
www.mypublics.com

The book ***Create Love: 7 Secrets to Manifest Your Perfect Match*** is so pleasant and sincere! It makes me think that if I practically apply the numerous pieces of useful advice I find in it, then I can actually do something amazing for myself! By reading this book, I learn things about myself, and I am in the process of becoming a better person for my...prince! Thank you,

Maria Vella, reader

The book ***Create Love: 7 Secrets to Manifest Your Perfect Match*** is written in such a way that it seems Jill and Nikolas actually enter the minds of their readers, both male and female, making them feel that they are not alone in their struggle for self-development. Even more importantly, Jill and Nikolas make their readers feel that they are not alone in trying to find true love, either in an existing relationship or in a new one, which is very promising!

Kyriaki Katraki, reader

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#1 Bestseller

Voted by readers as one of the top 10 well
being books for 2015 in Greece and Cyprus

Create Love

7 Secrets to Manifest Your Perfect Match

First Edition in English

Dedicated to you

...Because you have the courage to take the
step to find and live through True Love.

To my husband, who is my Sky.

Jill

Dedicated to all those challenges and people
...that helped me to reach this point in my life.

To my lovely wife, Jill,

Who inspires me to become more every day.

Nikolas

We are so thrilled that you're reading our book:

Create Love: 7 Secrets to Manifest Your Perfect Match

Would you do us a favor?

Please post your thoughts about the book on www.amazon.com and support us in spreading the message of Love all around the globe!

YOU can become a master of Creating a Life filled with Love.

Thank you so much!

Jill Douka and Nikolas Ouranos

ACKNOWLEDGEMENTS FROM JILL DOUKA AND NIKOLAS OURANOS

The creation of the Academy of Relationships
www.academyofrelationships.com has been an inspiration
and a blessing.

It is a dream that is evolving into a beautiful reality.

Within just a year, the Academy of Relationships has completed several training programs, delivered many worldwide web seminars, and managed to train hundreds of people in a physical space and more than thousands of people through its online programs.

The Academy communicates its message through television programs at a national and local level in Greece and through seminars in Cyprus, Europe, the USA, Asia and Canada. In addition via its online programs reaching people from all over the globe.

Every subject, whether old-fashioned or contemporary, needs the right communicative support in order to reach an audience.

For this reason, we would like to sincerely thank all the journalists and other media associates who have helped us reach a wide audience.

The Greek version of the book became a #1 bestseller in Greece and Cyprus within just 30 days of its publication.

Within 5 months, it was voted one of the 10 top books of 2015 in the Wellbeing category by the readers of public bookstores in Greece and Cyprus.

You are now holding the English edition of the book, and there are more to come...

We thank you very, very much from the bottom of our hearts for communicating the message of Love!

Because True Love exists!

JILL'S ACKNOWLEDGEMENTS

Everything in life is made possible by teamwork.

Even our own birth! This book, **Create Love: Secrets to Manifest Your Perfect Match**, is no exception.

Thank you Achilleas Karayannis for the wonderful translation to English. I would like to thank the editors of the book, Winslow Eliot and Samantha Stier, for the excellent quality of work they put into it. Grateful for David Jones who designed the English edition with mastery.

I would like to thank the tens of thousands of people I have worked with over the last years in America, Europe and Asia. Your courage and everything you accomplish on a daily basis give me more and more faith in the endless capabilities that we have as human beings.

I would like to thank all my friends and associates who have supported me over the last decades. They bring to fruition what is in my mind: Christina, Mina, Eliza, Pandeli, Danai, the entire Better Life Day team, Sylvia, Vicky, Alexandra, Giorgio, Dimitri, Elena, Marina, Niko, Christo, Tina, Konstantina, Eleni, Tina, Meni, Alexandro, and Sotiri. Thank you from the bottom of my heart for your faith in my ability to accomplish what seemed impossible.

I would like to thank my teachers: Jack Canfield, Brendon Burchard, Marie Diamond, Spiro Zachziou, Anthony Robins, Merce Cunningham, Leonard Orr, Eva Maria Grossmayer for everything they have taught me and for their shining, bright examples.

I would like to thank Dr. John Gray, Oprah Winfrey, Arianna Huffington, Deepak Chopra, Mike Dooley, Katherine Woodward Thomas, Jose Gomez and Agapi Stassinopoulos, for inspiring me on a daily basis.

I would like to thank my colleagues and friends in Association of Transformational Leaders who have helped me to learn, grow, and reach out of my comfort zone. Andrea Pennington, Bea Benkova, Bitta Wiese, Dean Griffiths, Deri Llewlyn-Davies, Gido Schimanski, Gina Lazenby, Ian Young, Jan Polak, Jiri Vokac Cmolik, Joanne Simpson, Katarina Zacharova, Kristiaan Heinen, Marilyn Devonish, Marina Pearson, Marius Eriksen, Mark Dzirasa, Martin Limbeck, Martin Laschkolnig, Mats Uldal, Mia Haukås Skriver, Mimi Vanmileghem, Molly Harvey, Monika Laschkolnig, Patrick Pye, Radka Dohnalova, Runa Gudrun Bergmann, Simon Zutshi, Sukhi Wahiwalla thank you my friends!

I would like to thank my friend from the Evolutionary Business Council who are next to me and support me every step of the way. Teresa De Grosbois thank you so much for creating EBC!

I would like to thank my Mastermind Group from America, which, over the last four years, stood by my side like family: Sheri Fink, Cheryl Bonini Ellis, Jane Ransom, and Winston Abalos. Words cannot express my gratitude toward you all.

I would like to thank my Mastermind Group from Europe, from the Association of Transformational Leaders, which has been by my side over the last year and supported me in whatever I do: Monique Blokzyl, Rúna Magnúsdóttir, Nick Haines, Liz Foster, and Kitty Waters.

You are all amazing!

Mum and Dad, thank you for all the values, love, and endless support.

I chose to have the best parents in the world!

Sister Theophili, thank you for being by my side every day.

To my husband, Nikolas Ouranos: thank you for helping me to become a better person every day. Thank you for choosing me to be next to your heart.

NIKOLAS' ACKNOWLEDGEMENTS

I could never have predicted that I would end up writing a book. What a pleasant surprise! Expressing yourself through writing is not easy—actually, it can be very demanding. At the same time, I enjoy expressing myself through words because I want to convey this important message:

***True Love does exist, and we deserve to live it.
To live and feel good with what we have.***

I will begin my acknowledgements with my childhood friends and my friends at school. During our walks and parties in South's Athens neighborhoods, and then during our five-day drip during high school, we discussed and shaped our opinions of love and being in love. Until that time, our opinions were shaped not by our own experiences but by movies, television, and magazines.

Dimitri, Mano, Taki... thank you.

I would like to thank my teachers and professors at school and university, who have given their all in making me a better person.

I would like to thank all my associates in the organizations I have worked for, most of which were multinational ones. They have taught me quite a few things, and they have given me the opportunity, in a tough and demanding manner, to nurture the gift of communication.

Pavlo, Konstantini, Stavro, Eleni, Michali... thank you.

Sports is definitely one of the most important chapters in my life, and probably in the lives of most of us. In future projects, I would love to explore the benefits of practicing sports in developing social skills. I played and I am still playing basketball, and I always take the opportunity to be part of a volleyball or football team, both at work and in the army. Making a superb goal with the air force team was my career's highlight.

However, I lived my best moment—until the next one comes along—as part of the 35+ Greek basketball team in the World Cup Basketball Competition for veterans. I will never forget the opening ceremony at the Nick Galis Hall stadium in Greece, alongside 6,000 athletes from 32 countries. It was magical, just like the three wins that we managed at the tournament. Orlando, here we come!

Mr. Niko, Manoli, Pari... thank you.

The knowledge that I gained from all the people whose names follow right below has made me a better person, and their examples will continue making me a better person for the rest of my life, through opening up to new experiences. They make up my informal advisory board, and I would like to sincerely thank them for sharing their lives with other people, for sharing their knowledge and vision for a better world:

Spyro Zachariou, Eckhart Tolle, Wayne Dyer, Deepak Chopra, Jack Canfield, Marie Diamond, Brendon Burchard, Mike Dooley, Marianne Williamson, Arianna Huffington, Scott Peck, Neale Donald Walsch ... thank you.

Many thanks to my colleagues and friends of my transformational family in Association of Transformation Leaders Europe (ATL).

Giorgo... thank you so much for honoring me all these years, through our parallel paths, with your friendship.

Grandfather Foti... I feel close to you very often. Your principles and your life experiences are a true inspiration to me.

Father... thank you for being proud of me and for the enthusiasm you express when you talk about me to other people. Thank you for the gift of communication that I inherited from you.

Mother... thank you for everything that you taught me throughout my life and for the integrity and honesty that I inherited from you.

I would like to thank you both so much for bringing me into this world. I would like to thank you so much for the love and the interest you have shown me, and for everything that you have given and that you still give to me.

Marilena, you are a shining star in my life. I am so proud of you.

My love, Jill: thank you for being in my life, for charming me to the extent that I want to push my own personal limits and boundaries on a daily basis; thank you for the wins, and for the love that I want to keep on celebrating with you and at your side.

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Quiz:

Are you ready to find your perfect match?

For each one of the questions below, choose one of the following three possible answers:

Yes; No; I don't know:

- ♡ When you see loving couples, do you say to yourself: This is what I want too, now and for the rest of my life!
- ♡ Are you confident that you could spend the rest of your life with your future perfect match?
- ♡ Have you stopped thinking about old relationships when you listen to certain songs that remind you of them?
- ♡ When you look at yourself in the mirror, do you ever feel that you've become more beautiful, that you're at your best?
- ♡ Do you have a list in your wallet with the 10 characteristics you want your perfect match to have?
- ♡ Do you possess at least 7 of these 10 characteristics?
- ♡ Do you believe True Love exists?
- ♡ Are you ready to do anything, within reason, to find True Love?

If you answered "no" to even just one of the questions above, then you are **unconsciously preventing yourself from finding true love.**

You are, however, in good hands...through this book and the practical application of its 7 secrets, you can find and experience true love!

Are you ready for the ride?

HOW TO READ THIS BOOK

Here is some useful advice that will help you to get the most out of this #1 award-winning bestseller. Above all, please keep in mind that ***Create Love wasn't meant to be read just once and then forgotten somewhere on your bookshelf.***

Our intention is for ***Create Love: 7 Secrets to Manifest Your Perfect Match*** to become a living guide throughout your amazing journey toward finding love. Anytime you need guidance or advice on something you are confronted with in your life, **you can go back to those points in certain chapters of the book.**

We have written the book for those who want to have a respectful, loving, caring relationship full of awesome sex with a long-term partner. By all means, if you are a “player” (the type of a person who “hits and runs”) and you want to learn how to have short-term relationships and one-night stands, then this book is not for you.

Create Love is primarily based on Jill Douka's thoughts and ideas, since she was the one who started writing it. However, soon after she began writing it, she felt she was missing a man's point of view.

Who would have been the best person to write Chapters 4, 6, 7, the part on love superiority in Chapter 1, the parts on mistakes and distortions in Chapter 3, and the conclusion? The answer was clear: Nikolas Ouranos, who had also worked hard to find True Love. So Nikolas became the co-author of ***Create Love: 7 Secrets to Manifest Your Perfect Match.***

Written by both Jill and Nikolas, this book can be considered the complete guide to finding love, since it contains the perspectives of both a woman and a man.

The book is full of practical applications that will help you reach your goals much more easily; you can find more at our website,

www.createlovethebook.com, which is dedicated to the book.

We suggest that you buy a **beautiful notebook** (perhaps with the word “love” written on it or a picture of a loving couple on the cover). This will help you to put into practice the advice offered in ***Create Love. Do the exercises in any way you feel they would be most effective for you.*** There is no right or wrong way, just as long as you do them.

It is important to write down the answers because when we write, we connect the senses of touch and sight. In this way, we connect our conscious and our unconscious intellect.

Also, please keep in mind that due to the fact that we sign confidentiality contracts with our clients, all names mentioned in the book have been altered.

We would like to note that when it comes to finding love, it doesn't matter whether you are attracted to people of the same or opposite sex. Therefore, during your practical applications, use the gender of the person you are most attracted to.

We will be there for you through our live and online seminars all over the world, our talks and our internet communication; we dedicate this entire book to you.

We are confident in your ability to achieve success.

You are not alone; we are next to you. True Love Does Exist and You Are Worthy of Living It!

INTRODUCTION

Create Love: 7 Secrets to Manifest Your Perfect Match is not simply another book about dating. You will not read about first-date techniques (though you will find valuable advice for all the stages of initial communication). Such information can easily be found on the internet or in other books.

Through the 7 secrets, **you will find out what keeps you away from your loved one.** You will learn which thoughts and situations, on both a conscious and unconscious level, keep you single. You will find out why your cousin Marcia gets so enthusiastic when she talks about her husband, with whom she has two children. You will find out how David, a devoted bachelor in the past, has managed to be happy with Helen for the last five years.

In 2004, Blaire Allison created a website asking her friends and acquaintances to help her get married. The website went viral, and she was invited to appear on all the biggest television shows in the United States. She received millions of letters and emails from men all over the world. As a result, she started dating.

Allison's quest was the starting point for her to realize that she would only find her man if she was able to rediscover herself all over again, right from the beginning.

People who have managed to do that, either **consciously or unconsciously, have changed their way of thinking and have re-created their own reality.**

The same will happen to you too. You just need to make the decision. And do the necessary work.

Nobody can go to the gym and do push-ups for you. You are the only person who can create your own future.

What about waking up every morning next to your perfect match?

How about laughing together while you're cooking dinner?

Do you want to experience that moment when your perfect match says to you for the first time: **"I Love You"?**

It will happen. Invest your time, do the exercises, and companionship will come to your door!

OUR STORIES

NIKOLAS' STORY

When your surname is Ouranos, which is the Greek word for sky, and you're much taller than all the other kids your age, the first steps toward socializing are definitely not the usual ones. My surname and my height have been the source of a lot of teasing by other kids. I was also ambitious, sociable, and popular, and I always wanted to do my best.

I was one of the best students in school and one of the best players on every sports team I was part of. I was the soul and spirit of my different groups of friends, ready to offer a solution to any sort of problem.

However, there was one aspect of my life that wasn't going well **or, to be more precise, it wasn't going at all.** Initially, because of my height, girls didn't want to get to know me. Our school parties ended up in personal misery. Girls did not like to dance with me, not because of my personality, but simply because I was so tall.

Then, I was deeply shocked by something that happened within the first week of my first sexual relationship: my girlfriend announced that she wanted to start dating other people while being in a relationship with me too!

After some more unsuccessful relationships, I ended up at the other end of the relationship spectrum, flirting without limits and using my charm to raise my ego through sex.

There was absolutely no reason whatsoever to try to discover true love.

I got too bored being with just one person, and soon I realized that this was a temporary state, due to the fact that I hadn't yet discovered or dedicated myself to one of the most important purposes in life.

I believed that if I were to find another partner, if I were to create a family, I would feel differently.

The result: an ugly divorce that involved a lot of drama, but also an amazing daughter, my sparkling Marilena.

I ended up spending more than a year and a half in total loneliness. I kept myself away from relationships of all kinds and focused on self-development. I became very interested in rediscovering myself, in loving myself, in understanding myself, and in dedicating time to changing my beliefs about relationships. Eventually, I stopped believing that a sexual relationship was the most important type of relationship.

This rocky pathway resulted in my discovering my amazing perfect match! Jill opened up a new way for me: she helped me to rediscover myself and turn my back on the multinational companies and their big salaries. I began to feel that life was calling me to follow a different route.

My desire to communicate my knowledge, faith, and experiences, which have proved it is possible to be happy in a relationship, became my principal purpose in life. This is the ultimate reason that, through the Academy of Relationships www.academyofrelationships.com, and on a personal level, I am able to help hundreds of people find true love and create relationships that reflect their dreams.

JILL'S STORY

"You can accomplish whatever you set your mind to." This is a phrase I used to hear all the time from friends, teachers, employers, even from people who didn't really like me; and of course, from my parents.

Before becoming a life coach, I changed the direction of my career three times: I went from being a respected professor of modern dance and a choreographer in New York, to a manager who supervised thousands of people in two Olympic games, and finally to a human resources manager. I did actually have a lot of faith in myself.

Besides, I was quite smart. I ended up getting six degrees in three different languages. From a very young age, I was lucky enough to have some very good and loving friends, and my parents were always by my side in every step I took. And of course, I was beautiful...and quite modest.

Once I became a life coach, most of my clients were businessmen. With the majority of them, I helped with the development of their businesses. However, most of them were single, and they ended up asking for my support in developing their romantic life, in finding a good partner. I had so much success in this that my fame quickly spread. People kept inviting me to weddings and christenings, and sending me messages of gratitude upon the births of their babies.

When I was 34, my partner, with whom I was looking for the ideal church to have our wedding, disappeared. It turned out he had decided to move back in with his ex-partner. I felt as if someone had pulled the carpet out from under my feet. But the truth was, I wasn't really in love with him. I was making a good compromise with him in decent terms. This experience made me feel like a teacher who didn't do well in the exam she had prepared for her students!

It was June 6, another addition to my personal record of always having relationships end in this month. I went for a car ride in my favorite marina. I was listening to the song "Nothing Is Going To Change My Love For You" which reminded me of my ex, who had just dumped me, and I was sobbing. At that moment I was struck by a sudden inspiration, much like the cartoon light bulb that lights up above a head when someone has a brilliant idea.

I was gazing at the sea when I decided that I would never allow myself to compromise again. I decided to search for and find true love through whatever means possible, by working hard for it. I would read all the relevant books and put into practice all the advice they offered. I would ask for help. I would wait for as long as I had to. I just needed to know that I could be with a person who would accept me the way I was, and make me want to become a better human being. I wanted to find somebody with whom I could grow out of my comfort zone. The way to achieve this would be to find true love.

My journey, which lasted two years, was filled with many lessons and changes. Through this journey, I ended up realizing that when things didn't go well, it was nobody's fault but my own. Sometimes I wasn't clear enough. Perhaps I wasn't defining my personal boundaries well enough. I wasn't being sweet. I didn't know what was important to me. I was working from morning to night. I wasn't communicating maturely. I was allowing all of these things to consume my life. I wasn't ready for true love.

I worked hard and I waited for a long time, refusing numerous calls from men who wanted to start a relationship. Nikolas came into my life in a very magical and romantic way. Today and every day, I thank God for sending Nikolas to me, because he accepts me with all my flaws and all my good qualities, and I do the same with him. Please do not get me wrong. Yes, we face challenges; yes, we have disagreements—sometimes really big ones, as we are business partners as well. But I always have the deep sense we will work everything out. I feel that we can achieve anything together.

We all deserve to experience true love, but nobody taught us how to conquer it.

Nikolas and I had a tough time in finding it, but the thing is that we eventually did. You, my friend, don't have to go through the same struggle that we went through, or put in a lot of time and effort.

You are now holding in your hands the key to having a successful, happy relationship: ***Create Love: 7 Secrets to Manifest Your Perfect Match.***

You deserve to wake up with a smile, right next to your perfect match.

You deserve True Love.

We are by your side.

Jill Douka, Nikolas Ouranos

SECRET # 1:

**Commit To Manifesting
Your Perfect Match**

YOU'VE MADE THE BIG DECISION

You have to name it to claim it

-Dr. Phil McGraw, American television personality, author, and psychologist

I cannot praise you enough, my friend, for having the courage to buy the book *Create Love: 7 Secrets to Manifest Your Perfect Match* and for being open-minded enough to read it. Bravo to you for realizing that knowledge can come from anywhere, from any direction, and especially from people who have been through situations that you've been through too. Bravo to you for wanting to do something to change your life for the better!

You've already taken the first step toward having a better life by buying this book. Reading this book is not like reading books for school or university exams. There is a wide gap between the practices offered in **Create Love** and the theories offered in school or university books. It's actually the same gap between reading books about exercise theory and actually doing the exercise. In the same sense, simply reading this book will not actually bring you the desired results.

At the age of 34, Emma, an accountant, was having a relationship with her boss, a 55-year-old married man with three children. Emma was under constant stress about the relationship. However, by practicing the advice offered in *Create Love*, within one month she realized that she deserved true love and found the courage to end that relationship. Within a year, she met William and soon enough they welcomed their son, Jacob, into the world.

At the age of 41, Ethan was a well-respected manager in a multinational company, but he had never had a stable, long-term relationship. He always ended up with women who didn't want to settle down or who didn't take him seriously. As a result, his ego was so wounded that for two years he didn't want to have a relationship. When he decided to change his life, he started the process of practically applying the advice offered in this book, with my endless support.

He is now living with Olivia, making plans for their life together.

Sophia lived on an island and worked as a teacher. At the age of 28, she had had only one brief relationship. Due to small-town gossip, she became more cautious about engaging in other relationships. Sophia practically applied the advice offered in this book. She moved to Athens, where she found a unique, loving relationship with Joshua, a widower with two children.

Are you tired of dating and feeling the same sense of disappointment every time the relationship doesn't work out? Most likely you're tired of building relationships that lead to a dead-end. Or maybe you haven't had a long-term relationship for quite some time. The pain is unbearable, and I empathize with you. We've all been there.

EROTIC, SUPERIORITY!

The truth is that a romantic relationship is superior to all other relationships in a person's life. **Regardless of how unique and successful we are or are going to become on a professional and social level, there will always be something missing if we're not happy and don't feel wholeness in our personal relationship.**

Romantic relationships are the most important because they are the result of a triple connection: they are the only ones that require the connection of **the body, the mind, and the soul.**

Also, it's the only relationship that **functions as a mirror.** It's through this relationship that both partners mirror each other, their flaws and good qualities, their personality quirks and odd habits, making it one of the most intensive lessons in life.

Finally, **the romantic relationship is the only real, true passport toward finding real, true love.**

One thing is certain, and we're inviting you to sign up for it together, with us.

True Love Does Exist. It's waiting for you. True Love is unique and rare, and in order to find it, it's vital that you become **a unique and rare person** and make choices that may temporarily make life hard, but which will eventually make you the happiest you can be.

Based on Scott Peck's contemporary definition, **"Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth... Love is as love does. Love is an act of will -- namely, both an intention and an action. Will also implies choice. We do not have to love. We choose to love."**

True love necessitates some important ingredients, which lay its foundation: **admiration, respect, and creativity.**

These are the key words of love you'll see throughout this book.

True love is not hiding behind pink clouds, but it does necessitate mental work both from ourselves and our partners, in order to become a real diamond.

You can therefore see that everything is possible and that you can experience a miracle, if...

THE DECISION

You just need to **make the decision to commit yourself to experiencing true love.**

We are programmed for the best, for self-development and self-improvement. We crave new experiences, joyfulness, happiness, and feedback. We have a fundamental need to share all these experiences with our partner. We weren't born simply to pay a mortgage and buy a new car every five years, with loneliness as our only company.

You deserve to live an amazing life filled with companionship, love, and devotion. You deserve to experience True Love **with your perfect match. That means lots of amazing sex, lots of laughs, lots of hugs, romantic dinners, and trips.** You can have all these things if you focus on the decision to become a person who will stand beside his or her perfect match and share these experiences with him or her.

In this very moment, I invite you to commit yourself to finding true love, to finding your perfect match, your other whole--yes, we will explain to you later on what we mean by your other whole. We invite you to do everything possible to find this person. To commit to making all the necessary changes in your life, especially in terms of your actions and thoughts.

We'll take one step at a time, until you find this person.

Love and companionship are out there, waiting for you.

Let's go and find them.

PRACTICE

In order to accomplish something, it is of the utmost importance to begin by having the end result in mind. Stephen Covey, one of the top specialists in the subject of leadership, was wholeheartedly in favor of this idea. Covey claimed that it's one of the seven habits of successful people in one of the most successful books that has ever been written about success.

We will begin with the intention. The first step is to be crystal clear about what we want.

- ♥ Close your eyes, take three deep breaths, and think of four feelings you would like to experience when you are with your perfect match. Write down anything you see or feel.
- ♥ Now close your eyes and think of what you would like to give to your perfect match and write it down.
- ♥ Then close your eyes again and think of what you think you and your partner would radiate outward to other people when they see you together. Write it down.
- ♥ Finally, close your eyes and think of when you want your relationship to start—at any date in the future. There is no right or wrong here. Have a look at your diary for the actual day that this date falls on.

Create your own, unique phrase to describe your intention. For example: *I, Betty, wish to be in a relationship with a person who inspires me, makes me feel that love and trust are possible, and with whom I have a great time. I offer him tenderness, I take care of him, and making love with him is an amazing feeling. Together, we create an amazing family, radiating true love. I will have met him by Friday, July 19th.*

What follows are some directions as to how your intention will energize your conscious and unconscious intellect.

You always begin with your name, communicating your intention to yourself.

You always write in the present tense, so that your unconscious becomes energized and makes your will your reality. Use words that actually mean something to you, that make you feel satisfaction and desire. Make your intention as juicy as possible. You can even use a dictionary—it actually helps a lot.

Now that you've written down your intention, I urge you to write it again on 10 small cards, which can be colorful. Put one of them in your wallet, one next to your bed, one in the bathroom, one on your front door, one on your computer, one next to your computer, and one inside your car.

Put these cards basically anywhere where you'll be able to see them at least five times a day.

Dedicate two minutes every time you read them over. Then close your eyes and feel the emotions flooding your soul.

In this way, you'll feel as though you're inside your partner's hug.

Whoop, whoop!

Congrats!

YOUR STORY?

The past does not equal the future...unless you live there.

-Tony Robbins, peak performance coach #1 bestselling author

"I feel that the world is mean, and every time I'm in a relationship, my partner is cheating on me. When I found out that the person I'd been going out with for two years had another family, I never got into another relationship."

It's 2008 and we're in Rome. Annie is on stage with Anthony Robbins (one of the best coaches in America) and within just one minute, she begins telling the story of her life. We all have at least one such story to talk about.

My story is this: *Jill meets an amazing young man and they build a lovely relationship together, which goes through many stages: living together, travelling, wedding plans. Until one morning, one of the two discovers that he/she doesn't want to marry the other person and/or doesn't want to have kids, and the relationship ends.* The same thing happened over and over again.

When it happened the first time, I thought: *I'm glad I broke up with him. I couldn't live my entire life with this person.* About the next person with whom I broke up: *Why did he discover, three years into the relationship, that he didn't want to have kids? And about the next one: He is a big a*****e!*

When I turned 35, I started questioning myself; *What if it's my fault and not the fault of any of the people I was in a relationship with?*

Then, after quite a bit of reading (I read over 50 books), coaching and analysis, I came to understand that:

I was bringing into my life people who didn't want to commit, primarily because I was the one who didn't want commitment. Despite the fact that I was saying I wanted to be in a long-term relationship and I wanted to have a family, in reality, on an unconscious level, I was too afraid to have either of them. Therefore, instead of trying to push away my fear of commitment (something which most of us do at some point in our lives) **I decided to work on my fears.**

Let's see what Nikolas has to say about his repeated relationship story.

Smart and communicative flirting was actually quite productive, always leading into a new relationship. At the beginning, there was some amazing communication, a lot of passion and eroticism, and everything was very exciting.

However, soon enough, I began to lose interest. I would get bored. I whined about everything, ultimately bringing every relationship I had to an end.

I finally realized that what I really needed to do was make an effort to try and understand myself and my actions. It was my responsibility to take action, thus shaping a different sense of my life through my daily experiences.

I needed to discover my "destination," to seek out the things I was really fascinated by, to engage myself without getting bored, to do things that would give me satisfaction, and to succeed on a personal level while at the same time supporting changes in my life and society in general.

In order to get to my destination, it was vital for me to do some self-critique and recognize my story, the story that repeated itself over and over.

Your story will help you locate those situations in your life that you tend to go through over and over again. It may sound strange, but from the very moment you see your life's incidents from a distance, you'll see the same story repeating itself over and over again.

It's very important that you're actually able to see what this story is and how it unfolds. As a result, you'll be able to change it so you can end up with a different result, a different story.

The definition of insanity is to do the same thing over and over again but every time to expect a different result; these were possibly Einstein's words!

Are you telling me that even though this person has hurt me, it's actually all my fault; it's my own story?

I know that especially in such situations, **it's really hard to take responsibility for everything that has happened in our lives.**

However, the only way we can create a new future is to understand the responsibility we've had in our past. Basically, every single person who wants us, the authors of ***Choose Love: 7 Secrets to Attract Your Perfect Match***, to help him or her to find his or her perfect match, is actually saying: **"Please, help me figure out the mistakes I've made in previous relationships so I don't repeat them in future ones."**

Otherwise, you'll end up lonely in 20 years' time, whining with your friends about the unacceptable attitudes of your previous partners. You don't deserve such a future.

So let's discover your story by doing the following exercise.

PRACTICE

- ♡ In your notebook, write down the names of all of your ex-partners and leave a space of 3 lines under each name. If you've only been in relationships that didn't involve sex, simply write down the names of the people you flirted with and spent time with for an extended period.
- ♡ Now, next to the names of these people, write down the reasons your relationships with these people ended.
- ♡ Now write down the feelings you had when ending the relationship with each one of them. At what point in the relationship did you feel unfairly treated? For example: Andreas gave up on me because he thought I was ugly / Ioanna cheated on me / Elias wasn't ready for a long-term commitment.
- ♡ Up to this point, you've been the victim.
- ♡ Now think of the ways that you contributed to the end of each of your relationships. What did you do in order to bring these people into your life? If one of your partners actually cheated on you, in which part of the relationship do you think you "cheated" the relationship or yourself? If your partner thought you were ugly, to what aspects of yourself do you think that applies? To what extent are you afraid of commitment?
- ♡ Well done! Give yourself credit for putting an end to avoiding your part in ending your relationships and for taking the initiative to change your future. You've done a superb job! We are by your side!

THE BIG EGO

You cannot heal what you don't acknowledge.

-Jack Canfield, the number-one success coach in America, characterized by the New York Times as a "phenomenon in publishing."

"Every time I make the decision to start something new, I'm very excited. The same applies for the moment I wrote about my intention to find my perfect match. As soon as I started writing, I felt amazing. Everything seemed to be so easy, so reachable. However, when I started thinking about what I needed to do to put my plan into practice, I ended up considering catastrophic scenarios."

"I see in my mind all the possible routes to failure, the disastrous dating incidents, all the crazy things I'll hear from the people I'm going to meet... and I already feel the great disappointment that will come toward the end of the story. Eventually, I give up, exhausted by the worst-case scenarios in my own imagination."

This story belongs to Vicky, a radiant but disappointed and troubled young woman.

We all want to have a healthy, fulfilling relationship. Some of us want to have a happy family. We want to have an exciting life, we want to travel, and we want to spend a lot of time with our perfect match. **We want to live happily in a loving relationship.**

Many of us have a clear vision. **Many of us work hard to achieve our goals and yet most of us don't manage to do so. Why?** Why one in five adults is in love with somebody other than their partner? Why do one in two marriages end in divorce?

Is it because these people don't want to be in love with their partners? Is it because these people don't want to have a fulfilling relationship? Of course they do. Here is where we welcome the big EGO.

I want you to imagine your heart, pure and perfect, just like it was at the moment of your conception. When your pregnant mother experienced fear or anxiety, these feelings were passed onto you. Your birth, the moment you decided to join this world, was one of the most painful and frightening experiences that a human being can go through.

Even if the delivery was an easy one, **the fact that you came from a safe and cozy environment into a cold, harsh place**, with some pulling, tapping, interruption of breathing and some intense washing (if you're lucky) before being handed over to your mother, **is a frightening and painful experience; a huge shock.**

From that moment, we start building a wall around our hearts...**brick by brick.**

The separation from our mother when we have to go to school for the first time is a huge moment in our lives.

Our first love feels like a very big brick too, unless your current partner is your high school sweetheart!

Some smaller bricks are built around our pure and perfect hearts, reflecting our efforts to talk while other people laughed at us, that moment when people pointed their fingers at us, the realization that Dad liked Mum, but also liked other women, or the fact that we hadn't been elected as a class council member.

Small bricks also come from our dressing habits and the fact that we aren't given the opportunity to talk in class, even if our hand has been up for quite some time.

Huge bricks relate to getting fired from a job or the loss of a very dear person.

We reach an age at which the wall around our hearts is so tall that the purity and perfection have been deeply buried underneath it. We look around us, and we can only see enemies. **The world is flooded with people trying to harm us, and it's our job to protect ourselves.**

You see, this is how the EGO works. **It takes everything very personally.**

Sometimes we listen to that voice, sometimes we don't. **Our EGO is very polite, but also very manipulative.** It's the voice that says "Ok, you went to the gym yesterday so you don't need to go today. Go see a movie, and maybe eat some popcorn, too. Besides, your partner should love you just the way you are. You don't have to be a top model to find true love." Your EGO is aware of all those buttons that need to be pressed in order to convince you of what to do or what not to do. Please always remember that your EGO is actually yourself, debating against you!

Every **time you start negotiating something** that will take you off your schedule, every time you start participating in a theatrical play inside your head, every time something pushes you toward acting against your healthy development... in all those situations where you say to yourself "I could have," and "I should have," ... **it's your ego talking.**

When you wrote about your intention earlier on, it's entirely possible that you started having the following thoughts:

"Yes, it was nice to write about my feelings on those cards, but this is nonsense and it's not going to lead anywhere. Besides, isn't it better to be alone, not having to account for my actions, wants, and wishes to anyone?"

"The idea that you can live happily forever with someone is a myth... remember how you once felt about your ex? Love and flowers... they're not for you."

In order to start clearing up what's going on, you have to give **a lot of attention** to your inner self. Yes, you can take control of your life. I promise you can do it. The only thing you need is to exercise.

As soon as you realize which thoughts hinder your self-development, you'll be able to replace them with thoughts that can actually help you. **Our thoughts create our reality.**

Think of what could happen when you replace the following thought:

"It's impossible to live happily forever with someone... Haven't you experienced the same situation with your ex?"

with:

"I'm thrilled that I'm going to be happy for the rest of my life and experience true love... I'm so grateful for splitting up with... I can say that I'm actually in the process of getting to know myself and my needs."

Positive thoughts can lead to positive results. If you're not entirely convinced by this logic, then I ask you to try the following: the next time you have a rude or abrupt waiter serve you, try to think the following: *This person is amazing; very polite and helpful. Bravo to the management.*

In other words, make an effort to reverse what you were initially thinking. The results will amaze you!

PRACTICE

My suggestion is that you start listening to your thoughts.

This is the first and most important step.

In your diary, write down **all the reasons you think you don't have an amazing relationship full of love and communication.**

For example: *I'm too old, I'm too fat, I'm too thin, I'm too poor, I haven't managed to study at a university level, I've spent too much time studying at a university level*... write down all these reasons, one after the other. You should have at least 15 reasons written down.

Now, write down why each of the above reasons is not true.

"I'm too old." Sandra Bullock got married for the first time at the age of 41. I'm going to find true love at the right time.

"I'm too fat." Howard and Gregory are much bigger than I am, and women love them. My wife loves my body; she even finds my larger size very sexy.

You can now continue to **change all the negative reasons to positive ones.** Every time you have a negative thought, I suggest you go through your diary. Also, for the next ten days, it's important for you to read your list and come up with more reasons disproving your ego's negativity.

For the next few days, I invite you to **pay special attention to your thoughts** every time you feel sad, stressed, disappointed, rejected, and just generally overwhelmed by negative feelings.

When a negative thought comes into your mind, just ask yourself: is it real, it is true?

For example, if you think I'm never going to meet a person and fall in love with them, ask yourself: is it true? No, it's not, because now you're approaching things from a different perspective and in doing so, results are going to be different too.

Let's go!

SECRET # 2:

**Prepare for The Arrival
of Your Perfect Match!**

DATING DETOX

*You cannot fill a glass that is already full.
Popular saying*

Have you recently been dating people who look like your ex-partners—and not necessarily just in terms of their physical appearance? Have you been searching for a partner for the last few years? **Have you suddenly been abandoned by your ex?** Maybe you're not actually dating, but you're tired of looking for your perfect match or you're feeling too much social pressure to match up with someone. As a result, you end up pushing yourself to find your perfect match and then wondering why it takes so long to meet him/her...

I've been through it all myself. Don't worry. It happens to the best of us.

I suggest that you press PAUSE.

I suggest you consider taking dating completely off your mind.

Don't get me wrong, we'll still be working together toward finding your perfect match, but first it's vital to do the necessary preparation.

Professional athletes begin by aiming to make their whole body as physically strong as possible, and do exercises that help them maintain and improve their technique. A basketball player doesn't go straight to the court for a game without practicing, and a runner doesn't jump on the track for the 100-meter race without warming up first. Both the basketball player and the runner go through intense preparation and training before the season begins. The same goes for dancers, who practice on a daily basis in order to maintain their form, and it's also true for professional actors and actresses.

The same applies to you, too. **We need to start with some training before we get into the field of True Love.** We'll eventually experience the joy of glory, and we'll eventually find True Love.

What do I mean by the term "dating detox"? Well, first, you'll have to keep yourself away from any activity that could lead to a relationship. Delete all your online dating profiles, hide your single status on Facebook, and stop scanning for prospective partners at events.

You'll even delete the phone numbers of your FWBs (friends with benefits) from your cellphone, as well as the numbers of people you message when you feel lonely, like ex-partners.

You'll have to cut all communication with people who are always there when it's easy and casual, but who don't offer you the possibility of a long-term relationship. Of course, you can do other things you believe would aid your goal of keeping yourself away from a possible future partner for some time.

Don't date. Yes, I'm serious. Don't date anyone, even Mrs. Smith's son, who's just come back from abroad and is a "great catch," according to your mom. "With Joanna, I've just been having casual sex and booty calls... that's not really dating." These were Steve's words when he first came to work with me on finding his perfect match. If you want to experience true love, I advise you to temporarily stop any sexual activity.

For the next few months, **we'll concentrate on you.** You'll keep yourself away from dating of any kind so you can focus on yourself, and discover exactly what you need and how you're going to get it.

I know what you're thinking: *How long do I have to do this dating detox?*

The amount of time you dedicate to the detox depends entirely on you and your feelings. At the end of the detox, you will be in a wonderful state of mind, at peace with yourself, and you'll glow with inner beauty after having focused all your attention on yourself and your needs.

If you've been in a relationship in the last few years, it's probably a good idea to do the dating detox for more than ten months. The shortest amount of time that I suggest you dedicate to the detox is three months. Before Nikolas and I met, he had been doing his detox for a year and a half, and I had been doing mine for eight months.

If you meet someone during your dating detox and find them attractive and interesting, **throw all the blame on us.** Tell them, "I'd really like to get to know you better, but right now I'm taking time to focus on myself, and I'm not dating. However, I'd love to reconnect with you in six months."

If this person rolls their eyes and walks away, then s/he is probably not the right person for you, and wouldn't be your perfect match at any point in time.

If this person is really interested in you, then s/he will want to get in touch with you, even after six months.

Gentlemen, if you're interested in a lady and you can see that she's already crazy about you, simply explain the detox to her, and I'm more than confident she'll be even crazier about you in six months. If not, or if she finds someone else in the meantime, then she wasn't the perfect match for you in the first place.

During your dating detox, **you'll spend time with yourself, you'll learn to love yourself, and you'll treat yourself well in every possible way.** You'll work on your needs and on yourself! Together, we'll empty the glass of all your negative experiences from the past, and **fill it again with faith, love, and a vision for the future.**

I understand that it's hard to be in a process and suddenly cut it off, but a dating detox is the only way. Both on a conscious and unconscious level, you are distracted by thoughts that don't help you to achieve your goals. Let's push them away. Every time you find yourself thinking of quitting, remember to ask yourself: How much do **I want to find true love?**

I'm so excited about starting this phase of your life with you!

PRACTICE

Note in your diary the date you'll begin your dating detox, and when you expect to finish. Trust your instinct when deciding how much time you'll need.

I suggest you also write in your diary a list of all the activities you love doing.

For example: going to the movies, going to the theater to see plays, reading books, going to new restaurants, going to football games, taking baths, getting a massage, watching movies, walking on the beach, going out with friends, gardening, listening to music, practicing your favorite sports, cooking, and packing up your things to travel.

Now create a fun schedule for the week. Ladies, your schedule could look something like this:

Monday: watch *The Diary*

Tuesday: take a bath with new bubble bath from Victoria's Secret

Wednesday: go to the movies with Aurora or alone

Thursday: read *A Return to Love* by Marianne Williamson

Friday: go for a solo walk on the beach

Saturday: go for a walk with friends

Sunday: do some of the exercises from **Create Love** and then watch a movie

And for you, gentlemen...

Monday: watch *The Godfather*

Tuesday: take a bath with Axe's new bubble bath; try to relax, you may actually enjoy this!

Wednesday: go to the movies with John or alone

Thursday: read a book, like **Create Love**

Friday: go to a wine tasting class

Saturday: play basketball with friends

Sunday: go to a baseball game and then do some exercises from **Create Love**

The important thing is to have a good time with yourself, do activities you enjoy, and concentrate on your needs and desires!

YOUR ONLY HOME

You should take care of your body.

It is the only place where you will constantly be for the rest of your life.

- Jim Rohn, entrepreneur, founder of the self-development school of thought

I danced from the ages of three to twenty-six. I never had a break from dancing or exercising for more than one month, even during the summer; I was doing a lot of jogging and swimming. I love sports: basketball, skiing, Ping-Pong—anything with movement, really. I love doing good things for my body.

When I stopped dancing and started working for the Olympic Games organization in Athens in 2004 and the Winter Olympic Games in Turin in 2006, I actually abandoned my body. I felt as if I had reached the peak of fitness, and **I didn't need to work on my body anymore.**

I came up with a lot of justifications for this, but above all I felt that I didn't have time. ***I was too busy working fifteen hours every day of the week, including weekends.***

Within four years, I started getting sick on a regular basis. My body got looser, and I didn't have the energy to do most of the things I wanted to do. I felt like I was getting old, really old, and I was very preoccupied with work.

However, I missed skiing, so I decided to go on a ski trip in the Alps for the 2011 Christmas holidays. In September of the same year, I had started exercising three times a week and my personal trainer proved to be a great help. I hadn't done any regular exercise in five years, and by the time I started exercising again I found it very hard to jog for more than two minutes without a break. My body was in sleep mode, and I felt so fulfilled when I went to the Alps, where I spent nine days skiing. I felt truly amazing—very healthy and energized. I had a great time.

During another ski trip that same year, I ended up getting so badly injured that four doctors agreed that if I didn't have an operation, I would be in danger of not being able to walk comfortably again for the rest of my life. I discussed the situation with my doctor, a leading orthopedic surgeon in Greece, who happened to be my client.

I really didn't want to have the operation. I wanted to let my body heal in its own time and support it by myself, mentally and physically.

After a lot of research, I decided to take personal responsibility for my treatment. I got in touch with one of the best physiotherapists in Greece and undertook the commitment to heal myself, for myself. I went through some intense treatment for four months and in the end, I was told **I had to exercise at least three times a week for the rest of my life.** Since then, I have been doing exactly that.

I don't have a choice; I actually **have** to exercise three to four times a week.

It's the only way I can keep my body healthy and the only way I can keep walking and wearing my high heels! Just like we have the need to eat on a daily basis, I **can't go against the need to exercise.** In order to motivate myself, I spent a lot of money on a fancy gym membership. I follow a different schedule every time I'm there: one day is Pilates, the next day swimming, then running, and the next day I do yoga. Having **variety keeps me from getting bored.**

The reason I'm sharing this story with you is so **you don't have to go through the same trauma in order to keep up an exercise regimen and discover the importance of being healthy, physically and mentally.**

I cannot imagine how it would be possible to find your perfect match if you're not physically fit. **How can you make love and share feelings if you feel uncomfortable in your own body?** How can you reach for your partner's body if you haven't created a connection between your own body and mind?

We're all aware of the amazing benefits of exercising; when we do it, we feel more energetic, we look and become healthier, we sleep more peacefully, our sex life improves, we have more fun, we become physically stronger, we don't get sick as often... in general, we stay tuned!

There's a huge gap between convincing someone to exercise on a weekly basis and actually having them stick to a tight schedule. Considering the amount of time we spend sitting in front of a computer, the need to exercise is even more important.

We will never create that connection between our body and our mind if we don't exercise. When we do exercise, **our brain secretes endorphins** that interact with our sensory nerves and consequently lessen the feeling of pain.

Endorphins create a positive feeling in the body, similar to the one felt by the use of morphine; for example, people describe the feeling they have after a jogging session as "euphoric," which reflects a positive and energetic perspective on life.

Endorphins act as sedatives, but unlike morphine, they are not addictive. **Do you want to feel high? Do you want to shine wherever you are? Physical exercise is the first key to success.**

PRACTICE

In case you don't already exercise on a regular basis, I suggest you take these steps.

♥ **Find time.** In the next three weeks, make time for three 30-minute workouts per week. Think about lessening the time you spend watching TV or scrolling through your Facebook feed.

♥ **Variety is very important.** Go for a 30-minute walk one day, and the next do a 30-minute yoga class or wash your car. I suggest you try to do something different every time.

♥ **Accountability is very important,** too. You can share your plan to exercise with a friend. Set a goal together; for example, plan to go to the gym three times a week for three weeks in a row. I suggest you **also set consequences for not meeting your goal**, such as doing something you really don't want to do.

For example, if you don't meet your weekly goal, you have to give a check to an organization you detest. If this is the penalty, then hopefully you'll do EVERYTHING POSSIBLE to achieve your goal. Your friend can keep you in check, via texting or through Foursquare, an app that allows you to notify him/her every time you exercise. Get creative and come up with a plan for your friend to help you stick to your goals.

Reward yourself. Plan in advance how to do this. Shoot for something you really like, and it doesn't have to be expensive. It could be a picnic by the sea, a walk in the forest, a spa day, or a massage. You should come up with the reward before you actually start exercising, because it will provide extra motivation.

♥ **Repeat.** Once you've met your goal, come up with a new, more challenging one that involves more physical exercise and even greater variety. Keep trying to get out of your comfort zone and become healthier and healthier. You deserve to have a healthy and amazing body, full of life.

YOU ARE GORGEOUS!

Beauty is our strength and our smile an amazing sword!

—John Ray, British naturalist

She enters the room and everybody turns to check her out. Can you see her? She's stunning, like a top model, wearing a beautiful dress that shapes her body in a magnificent way. Her hair is wind-blown and her jewelry complements her outfit perfectly. **She smells nice, too. She's one of those women who can make any man turn his head to look at her. Of course, the same can apply to a man as well.**

Have you had this experience of seeing this woman? I have, countless times. I used to think there were women who were born with abundant charisma. Now I believe that every woman, regardless of how big, thin, tall or short she is, can actually become this gorgeous head-turner, if she really wants to. And if you are this woman, than I salute you!

What you need to invest in order to become this woman is nothing compared to the investment you make when you go to college. We simply have to make smart moves **and get support from experts**, in order to become that woman or man who conveys confidence and commands respect.

You want to become like that gorgeous supermodel **because it's in your nature**. Feeling good about the charisma God (or any higher power you believe in) gave us is your right, but actually **honoring it is our duty**. When we invest time in taking care of ourselves, our confidence and self-respect grow. Research has shown the positive effects of interacting with good-looking, well-dressed people.

I suggest you do an experiment. Pick any store and go there two times. The first time, go with greasy, unbrushed hair, in your ugliest sweats and sneakers, and no make-up.

The second time, wear your favorite high heels or sexy sandals, a dress you love, make-up, and clean, shiny hair. Gentlemen, you can do the same thing: the first time, wear a pair of basketball or board shorts and an old T-shirt, and the second time, a snazzy suit!

On which of the two occasions did you get more attention?
Which time were the sales people more helpful?

This is simply how we respond to people who take care of themselves. Unconsciously, we think: She must be a great person because she dedicates time to taking care of herself.

You are great because you've decided to start a mission, and in order to reach your goals, I urge you to follow the steps below. Afterward, I am confident that you will shine!

GET PLENTY OF SLEEP

This is a basic human need, which has unfortunately **been underestimated**. Many of my female clients (especially working moms) say they sleep less than six hours a night. I've been there, too. **Arianna Huffington, a leading media personality, went through the horrible experience of waking up covered in blood, with a broken jaw**, before she decided to open up a discussion group about sleep deprivation on TED and CNN. I suggest you buy her book *Thrive*, a New York Times bestseller. **Arianna invites us to sleep as much as possible**; an additional 30 minutes of sleep per night will make a huge difference.

Life is a marathon, not a race. Our body needs to sleep at least eight hours a night in order to be productive. Any shortcuts can damage our ability to think clearly and take advantage of our internal wisdom. Arianna Huffington sold her company for 315 million euros, so I think we should listen to her. If you sleep more, your body and mind will be so grateful and the results will be obvious immediately. Most importantly, **you'll lower your level of stress and your relationships with others will improve**.

TAKE CARE OF YOUR SKIN

If you're okay with your hair on your body, please ignore this tip and move to the next one.

We were born with hair on our legs and on the bikini area. If you have black hair, like I do, you probably need to shave or wax your legs at least every week. If you don't, you might be feeling like I did, like a gorilla. There's a strong inverse relationship between body hair and sex drive; the more hair, **the lower the sex drive**.

I wish someone had taken me to a laser hair removal clinic when I turned 18. I would've saved so much time and money on waxing and shaving.

Laser hair removal is the best investment I ever made; my master's degree in business management is the next best investment. Don't waste time! If you have hair on your legs, on your bikini line, and your upper lip, get it removed permanently and I can guarantee you'll feel more confident and sexy.

For gentlemen, I suggest you do the same for any troublesome hair on your body (genitals, armpits, back) if it makes you feel uncomfortable.

Another suggestion for your skin: In our seminars, we tend to practice hugging. Many of the participants ask me how I keep my skin so soft and smelling good. I will share my secret with you now. In order to keep my skin hydrated and soft, after I shower, I put on lotion or almond oil with one of my favorite perfumes, Monoi Tiare, scented with cinnamon or coconut. I've been doing this since the age of 12, when I read about Sofia Lauren, one of the sexiest Italian actresses of all time. Try it; your soft skin and your partner will thank you.

SEXY UNDERWEAR ONLY!

What do you wear under your clothes? Do you wear big white granny-panties like most women I see at the gym? My dear reader, anything you wear underneath your clothes is reflected in your energy, in the way you feel and interact with others.

Recognize the difference between wearing your sexy red underwear and your granny-panties. Likewise, for the gentlemen, recognize the difference between wearing an old T-shirt that looks like one of your grandpa's, and a well-cut T-shirt and underwear. When you wear underwear that fits well on your body, made from good material, your posture and your way of talking is positively affected.

I suggest you visit your underwear drawer and look at each piece, one by one. Don't keep any underwear that's worn out, or that's torn, or was given to you by an ex-partner. The same goes for your socks! Leave in your drawer only the sexy tights and throw away all the ones that have been worn too many times. Give away all your unstylish, unsexy socks. Let the feminine/masculine part of yourself help you accomplish this mission.

Invest in your underwear. Even if you like cotton ones, like me, Victoria's Secret has great collections, with amazing colors and designs, which can make you feel sexy every time you wear them. As far as my male friends are concerned, I suggest you look for underwear that fit your body well and are well-cut. Throw away anything that doesn't express your masculine/feminine side. I guarantee you will experience a miracle!

WHAT'S YOUR STYLE?

One of the things I tend to suggest to my clients is to **visit a stylist**. The support of a professional when coming up with a style that best suits you is an investment I wish I had made when I was a lot younger.

We do have an idea of what suits us in terms of clothing, but the fact is that **we have such a subverted view about our body**, which prevents us from forming an objective opinion about ourselves. It's interesting to note that the phrase "women have a subverted view of their body" has more than one million results in Google search.

A graduate specialist in styling will give you some guiding principles and advice about the kind of clothes that **best fit your body type**, your favorite colors and your way of life. Even if you like athletic clothes, a stylist can help you expand your horizons. Once upon a time, I only wore black tights, but my stylist proved to me that by wearing dark brown or green tights, I did look much more stylish.

Apart from the ten basic points of advice you'll get from a meeting with a stylist, **you can ask him or her to prepare some outfits** for situations you often find yourself in. My stylist and I combine my jewelry and high heels with corresponding outfits, we take pictures, and then... voila! I don't have to worry about what I'm going wear for every occasion. Since my stylist has never seen me wearing the outfits I put together, she comes up with combinations that I would never think of, saving me a lot of money.

Obviously, if you go shopping with your stylist, you'll end up spending money, but it'll be worth it, because you'll create some great outfits tailored to your own sexy body. You can find a stylist at any cost. You can even hire someone who's still training at a school, or who's already working for someone else. When other people begin to compliment your clothes, you can say, "My stylist picked them up for me," and your confidence will grow. **You deserve to look great.**

GET RID OF THE OLD, MAKE WAY FOR THE NEW!

You don't need a lot of clothes in your wardrobe! Long gone are the days when we had a couple of extra wardrobes full of clothes we never wore. Our new way of life necessitates greater mobility between houses and countries; therefore, it's more sensible now to have fewer **clothes that can be combined in many different ways**. If you have too much luggage at the airport, well, it doesn't look classy at all!

I suggest you schedule a three-hour session to go through your wardrobe.

Make three piles: the first is clothes you've worn over the last three months; the second is clothes you'll be able to wear when you lose weight, and the third is clothes you haven't worn over the last year. Get rid of piles two and three; donate them somewhere.

Make space by getting rid of any clothes that don't meet your standards, and let your wardrobe breathe.

I suggest you do the same with your shoes, because if you own more than 40 pairs, then you aren't wearing most of them often enough. Most likely, you only wear **4-5 pairs on a regular basis, and the rest simply collect dust**. If you need to get some of them repaired, then do so.

Go through your jewelry, belts, and purses. **Don't keep anything you don't really need**. Let some new clothes, purses and belts join your wardrobe by creating space in it.

Every time the season changes, I change my wardrobe; it's quite a process! For example, in the fall, I replace my summer clothes with my winter ones. I give last season's clothes and accessories to a church that supports more than 100 homeless people. **The catharsis I feel when doing this is unique**. Apart from the space created in your wardrobe, **you are one step closer to finding your perfect match**. More details on this process will follow in the next chapters. You'll get into the habit of telling yourself that you shine and you deserve a happy life!

PRACTICE

At the end of this week, you'll be shining!

I suggest you decide **which piece of advice offered that makes the most sense to you so you can take action**. In your diary, write about your feelings every time you take action.

MAKING THE LIST

Ask and it will be given to you. Seek and you will find.
Gospel of Matthew

You enter your favorite coffee shop. The barista asks you what you would like, and you answer “coffee.”

The barista looks puzzled, because coffee isn’t really a sufficient answer. He asks you more questions: “What kind of coffee? Espresso, latte, macchiato, frappuccino, decaf, filter coffee? What size? Tall, grande, venti? Hot or iced? For here or to go?”

The numerous questions only confuse you, and you just say, “Any coffee is fine.”

The barista ends up giving you hot coffee in a mug, despite the fact that it’s ninety degrees out and because you’re doing some shopping, you would’ve preferred to have it to go. Also, the coffee is unsweetened, and you would’ve preferred one with syrup.

When we ask God or a higher power to bring our perfect match into our life, we get picky. We think this person won’t be polite, beautiful, or smart enough.

This simply means we’ve placed the wrong order! **It’s extremely important to have a fairly good idea of the kind of person we want our perfect match to be**—otherwise, this person will never come. You’ll be surprised by the close alignment of your initial desires and the kind of person your perfect match ends up being!

Your list of the characteristics of your perfect match is the most important step. It helps you to define and redefine what is really important for you as a person. It helps you overcome future problems and drama. It helps you figure out what’s really important for you, not for your parents or your friends. It helps you determine whether, at the end of your dating detox, the person in front of you is actually your perfect match or not.

PRACTICE

Let's create your **list together, based on the following method.**

In your diary, write down the names of your ex-partners. Next to each name, write **three things** you liked best about each one of them. For example, "*John was funny and made me laugh, we had great sex, and he supported me in my professional life*"; "*Anna had a great body, we had fun diving together, and she was a great cook.*"

Perfect! After you've written all the best characteristics of your ex-partners, you can come up with some common characteristics they all share.

Now write down the following three columns:

Physical characteristics

Character

Lifestyle

For example:

<u>Physical characteristics</u>	<u>Character</u>	<u>Lifestyle</u>
<i>More than 6 feet tall</i>	<i>Funny</i>	<i>Wants to have kids</i>
<i>Well-built</i>	<i>Communicative</i>	<i>Likes travelling</i>
<i>Blonde</i>	<i>Social</i>	<i>Likes good restaurants</i>
<i>Big eyes</i>	<i>Patient</i>	<i>Works in Greece</i>

Now close your eyes and picture your perfect match. Be specific and clear. Would you ask the barista, "Would it taste good if I ordered decaf coffee with an extra shot of almond syrup?"

He would probably think you're a very strange person!

Give your all in creating this list.

Enlarge each of the three lists above; write more than five characteristics for each one of them.

Do you want your perfect match to be tall, with a great body, well-intentioned, and rich? Make a note about all of these characteristics.

Then make a note next to each column of the two characteristics that are absolutely necessary for your perfect match to have. If these don't exist in the person you are thinking of starting a relationship with, you'll never be happy. It's not an easy process, but it's absolutely necessary to end up with the six characteristics that are **your absolute Must Haves**.

For example:

<u>Physical characteristics</u>	<u>Character</u>	<u>Lifestyle</u>
More than 6 feet tall	Funny	Wants kids
Well-built	Communicative	Likes travelling

As soon as you're done with your dating detox, you'll go through this list, which will be your guide for who you start dating. **If your date doesn't have one of these characteristics, don't go out with him/her.**

If it's very important for you to have kids, and your best friend's single co-worker doesn't want kids, then don't go out with him. A common mistake women make is **thinking it's easy to change the characteristics, needs, and wants of the other person**. *Yes, he didn't want to have kids with his previous partners, but he's going to change his mind with me.*

This is a huge mistake; you're not going to change him! **The only person who can change his mind is him, and nobody else! Don't waste your time with people who have different needs and wants than you.** Neither of you deserves to go through such an ordeal.

You've just created your list of the top ten characteristics for each column. Now you have to write your top six characteristics on beautiful cardstock the size of a business card. Make as many copies as you made of your intentions card.

Place copies of both cards all over your home. They will serve as reminders of the great relationship you're going to start with your perfect match very soon!

CREATING THE VISION

In order to carry a positive action, we must develop a positive vision.

Dalai Lama

You've created your list and now you have a much clearer idea of your wants and needs. However, I advise you to keep in mind that the list, just like human beings, grows and changes. When you're done with the dating detox, you'll have to revisit your list, since you might want to change some of the top six characteristics.

As we saw in Secret 1, the first step toward having whatever we want in life is to be crystal clear about what we want. **The second step is to feel deeply within ourselves that we can make our wishes come true.**

I can hear you asking, "What do you mean by 'we can actually make our wishes come true'?"

Our mind first conceives something, and then creates something out of what it conceives. You want to make a drawing with a small house and the sun shining above it? You picture it in your mind first, and then you draw it. You want to have a glass of water? First, you see the glass filled with water, then you think *how nice it would be to actually have a glass of water now* and then you get up and fill the glass with water.

For simple things, the vision in our minds is instinctive. However, when we want to create a reality we have never experienced in the past, anything we create in our minds can bring us closer to having what we want.

Our minds are programmed to create something from what we intake. It is our best ally toward creating our reality. For this reason, when we think of something negative, one way or another something negative will happen in our lives.

When we think of something positive that we want to happen, **we train our minds to help us create the appropriate conditions for it to actually happen.** Think of your mind as a very well-trained watchdog. As soon as you throw something for it, it goes after it at lightning speed in order to bring it back to you. We can choose what we want to throw, just like we can choose the kind of thoughts we want to have.

The watchdog will make every possible effort to bring back to us whatever we have thrown.

This is the basis of the famous law of attraction, which is discussed in depth in the book and film *The Secret*. Many people disagree with the logic of the law of attraction, but nobody can doubt the following: **in order to create something, we need to adjust and tune our mind toward it.**

Together, let's see how we can use our vision to manifest our perfect match.

PRACTICE

Make your favorite drink or tea and book a date with yourself. You can go to your favorite coffee place or for a walk on the beach. Take the “intentions” and “characteristics” lists with you.

The practice is as follows: **in your diary, write about your ideal weekend with your perfect match.** It's Saturday morning—how do you wake up? Does he have his arms around you, and can you smell his wonderful scent? Do you feel his body perfectly formed around yours?

Write down, in detail, **how you feel, what you see, what you smell, and what you hear.** Steps in the bathroom, the smell of the coffee, the sweet expression on his or her face when you order at a restaurant, the way he or she holds your hand as you walk down the street.

Write about the entire weekend, with lots of details, as if you're writing a scene in a movie. **Where are you? What are you doing?** How do you feel? Include all the senses in your description. And yes, you can write about all the great sex.

When you're done with your ideal weekend, take a deep breath and read what you've written. It's your future. Your ideal weekend, with extra spice, will happen very soon!

Now get your cellphone and open your voice recorder. Yes, you'll actually be recording yourself reading about your future!

I advise you to dedicate five minutes every day to reading about your ideal future weekend. You will not only be listening to it, but also feeling that your future weekend is actually happening right then.

I know it might feel weird. I know you might feel uncomfortable, but if you keep on doing it, you'll get the results you want.

LET THE BARISTA DO HIS JOB

Just make the first step, without looking at the entire staircase.

—Dr. Martin Luther King, Jr., American civil rights activist

The perfect order is ready, and we know exactly what we want. You slowly begin to realize the miracle of being your true self, and feel completely safe in a relationship. You're ready to feel good, to feel calm, to feel complete. We achieve this by training our mind everyday.

What about now? Most of us are looking for ways to create what we want. We look to our right, then to our left, and we wonder: **is this what I want? Yes, I want it, I want it, I want it!**

However, if what we want doesn't materialize right when we're expecting it, we get disappointed and think **the method doesn't work...**

Let's look at it from another perspective. Let's go back to the order you just placed at Starbucks; you've just ordered your coffee, and you say to the barista:

"How are you going to do the milk? Are you going to pour it slowly while you're making the coffee, or are you going to pour the coffee first? You know, I'd prefer if you poured the milk slowly into the coffee. Also, when are you going to add the sugar? At the end? I'd prefer if you put it in while you're making the milk, and of course the milk shouldn't be too cold or hot, so the sugar dissolves well."

What you're doing is badgering the barista and keeping him busy for quite some time, and therefore he can't make your coffee properly, even though you're telling him what you want. **You're getting on his nerves and preventing him from doing his job.** In the end, he'll probably make the worst coffee you've ever had, and **you'll walk away saying, "I'll never come to this coffee shop again!"**

You have absolutely no reason to think: *How am I going to meet my perfect match? What is s/he going to look like? How is it going to feel, being in a relationship with him/her?* I did this, and it didn't help me at all. The only thing it did was slow up the process.

Don't intervene in God's will (or in the will of whatever higher power you believe in). I know it's hard, but it's important to build up your faith muscle. You've asked for what you want. Now you just have to let things happen.

PRACTICE

Today we will **be entering the observation phase**. Have you ever realized how many times you thought about something, which then happened soon afterward? For example, a few hours after you thought about a friend, s/he called you or wrote to you on Facebook?

Or you needed to find parking space and amazingly, you found one within seconds? Or you were thirsty and without you asking for it, the waiter brought a bottle of water to your table?

It's actually very easy: **when you're not obsessed with something**, but you think about it and you want it to happen, it does happen—naturally and without any further effort.

Practice by doing the following: **close your eyes and imagine a beautiful rose**. Look at its color, its leaves, its texture, and think about how you feel when you smell it. Dedicate three minutes and focus all your thoughts on this rose. Over the next few days, it will actually appear in your life!

You may want to check out the relevant video on faith on my YouTube channel (JillDouka). I'm sure you'll love it.

GRATITUDE

*Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never,
ever have enough.
-Oprah Winfrey*

You've done your job and now it's time to relax and take a look at all the beautiful things in your life. Our goal is to bring your positive thoughts to a higher level. **We're going to do this because we want you to radiate positivity, internal calmness, love, and respect.** If you want to have a relationship that reflects these characteristics, the first step is to feel and acquire these characteristics. Consequently, your perfect match with these characteristics will arrive soon.

In order to fill your inner self with positive feelings, we'll use the best tool we have: Gratitude

Gratitude helps us divert our attention from what we don't have and **leads us toward abundance.** Like I said before, when we focus on something, we eventually get it; therefore, if you say you're old-fashioned and haven't had a relationship for a long time (which is what Nicky said the first time we met), then **that's going to keep on happening.**

Many books have been written about gratitude and many scientific researchers have investigated the positive results of being grateful; for example, at the University of California, Berkeley, there is a three-year project called "Expanding the Science and Practice of Gratitude," and the Templeton Institution has invested \$5.6 million in related research at the University of California, Davis.

Research has shown that through gratitude **we become more tolerant of life's challenges, we create better relationships with others, we lower our anxiety, and we feel happier.** The psychologists Michael McCullough from the Southern Methodist University in Dallas and Robert Emmons from the University of California, Davis, concluded that people who wrote in their diaries on a daily basis because they felt grateful for their lives felt more optimistic, had more energy, were more compassionate, had stronger immune systems, and achieved their goals much more effectively.

Dr. Emmons, a worldwide leader in the area of gratitude, conducted a study on thousands of people, and concluded that people who wrote in their diaries when feeling grateful were 25% happier than other people.

Every time we give something (action), there is an analogous reaction that we receive. In most cases, this reaction doesn't happen immediately, and it might even be that it doesn't come from the same person or even in a similar circumstance. Give and you shall be given; this is what Jesus Christ said.

We want to focus on all of the above, but it's important to take into consideration that you have to travel a rocky path in order to find your perfect match. Fortunately though, you'll have a Jeep to help you get through it. **The word "gratitude" will be your 4-wheel drive on your journey to find your perfect match!**

PRACTICE

In your diary, begin making notes **about gratitude**. For the next 21 days, write down the things, feelings, and situations you're grateful for. **A list with your top 10 is enough.** It's important to note the feelings that form the basis for your gratitude, especially because we're trying to raise your gratitude level.

For example, you can write something along these lines:

I am grateful for my good health, which allows me to achieve anything I set my mind to.

I am thankful for my amazing home, which provides me with warmth and calmness.

I am wholeheartedly thankful for the fact that my family supports my choices and that I can lean on them in times of need.

I am grateful for the fact that I have enough money to live a comfortable life.

I am very thankful for my amazing sea view, which makes me feel at peace.

I am very thankful for the air that I breathe, which helps my body to function in harmony.

On my YouTube channel (JillDouka) you can find a relevant video on gratitude. I also suggest you read the book *The Power* by Rhonda Byrne.

Secret #3

Leave the Past in the Past

YOUR PERFECT MATCH

If I seek to fulfill my own needs at the expense of my partner, we are sure to experience unhappiness, resentment, and conflict. The secret of forming a successful relationship is for both partners to win.

- John Gray, Author of *Men Are from Mars, Women Are from Venus*, the all-time best-selling hard-cover nonfiction book

When we're in love, we're confronted with our biggest fears. This is because we want to give love to our partner, we want to open up to this person, and we want to trust and share our feelings with this person.

The high-level union of our body with our partner's opens up the way toward discovering a deeper part of ourselves, by breaking through any obstacle in the way.

It's right at this point that all our problems become very apparent; it's as if we've been in a dark room for a long time, and we're suddenly thrown out in the sun. The light's too bright, and so we try to protect our eyes by covering them with our hands. Our hands symbolize all our problems and the internal struggle we go through when we're in a relationship.

At the beginning of a new relationship, everything seems to be great. However, after some time passes, we begin to try to get from our partners anything we didn't get from our parents during childhood. If you think about it, most probably, this was the case in your past relationships.

Through our relationships, we try to fill the gaps that were left by our parents. It's as **if we're walking around with our hand extended, asking: "Can you give me trust and security?"** Of course, this is happening unconsciously, but it is vital that we realize that nobody can fill this gap apart from ourselves.

Abbie told me, "I want to end my relationship with Abraham because it's leading to a dead-end; I've accepted a number of things from him, up until I found him in bed with another woman. I can't stand being with him anymore!"

Abbie and Abraham have now been in a relationship for about a year, and they're planning to get married this summer.

I asked Abbie about her parents' relationship, and she said, "They got a divorce a few years ago and it was Mum's decision; not because Dad was actually cheating on her, but because she felt they didn't really match as a couple. I think my dad was bound to have affairs because he got married at a very young age."

Abbie's trying to find **the emotional stability with Abraham that she didn't get from her parents when she was young.** Her father had several relationships with other women, and Abbie could sense this at a young age. What does she therefore need from Abraham? She needs him to be faithful and provide her with security. Wouldn't you agree?

Can Abbie heal the emotional wounds from her childhood? Yes, she can if she wants to, but she is the only one who can do it! Only if she becomes stable and faithful herself will she be able to have a stable, faithful partner. This procedure is called **"growing up again."**

So how can we judge Abbie's behavior? Does Abbie clearly communicate her needs to Abraham? She says she can't stand him anymore, but she stays in this relationship with him. She goes out with her friends and posts photos on Facebook of her with her ex-partner. Where's the faith? Where's the stability?

In order to attract our perfect match, **the first step is to work on our own self-adequacy.** We have to stand up on our own two feet and behave like adults. We can't expect other people to treat us well if we don't treat ourselves well. Are you expecting your partner to take care of you? Start by taking care of yourself. Do you want your partner to support you in your career? I suggest you **first look for ways you can do that for yourself.**

Abbie's father behaved in an unacceptable way, but that's the reality of the past, and it's something that can't be changed. Most of us had a tough childhood; research shows that about 80 % of families are dysfunctional.

I understand, because I've been through it myself and my clients share with me familiar horror stories on a daily basis. However, isn't it about time to put an end to all this by recognizing what went wrong during our childhood, and deciding not to live through it again? **Are we going to let the damaging behavior of our parents ruin our adulthood?**

I'm sure you're probably thinking: "What're you talking about, Jill? I'm on a quest to find my perfect match, and your advice is to analyze wounds from my childhood that haven't healed yet?"

The reason I suggest you work on healing them is that it's the only way to start a healthy relationship. It's vital that we become self-adequate. Don't you think it's important to prevent yourself from going through the same painful experiences again?

By doing the following exercise, we'll abandon our early childhood years and reach for our adulthood. We'll stop looking for external sources of confidence, respect, protection, trust, and affection, and we'll begin giving ourselves what we need to become complete. In this way, our other whole will be able to join us.

PRACTICE

Write the following questions in your diary and answer them:

*In what ways did **your father** show you he truly cared for you?*

In what ways did you feel secure with him?

In what ways did your father show that you could trust him?

On which occasions did you feel you were having a nice time with your father?

Write the following questions in your diary and answer them:

In what ways did **your mother** show she cared for you?

In what ways did you feel secure with her?

In what ways did your mother show that you could trust her?

On which occasions did you feel you were having a nice time with your mother?

Now, write down what you think are the reasons your parents didn't show you enough love and affection. **Write down anything negative about them,** even if you think it's not important.

As far as respecting my personal boundaries, my parents...

As far as showing me love, my parents...

In terms of my hygiene and health, my parents...

As far as showing signs of sincere attention, my parents...

As far as offering guiding principles for money, my parents...

Now, write a paragraph like the following that forgives your parents for everything.

I forgive my mother for not giving me the attention I craved, especially when I needed it most. I forgive my mother for being so judgmental with me. Now I'm taking my life into my own hands and I will give myself the attention I didn't get from my parents. I promise that from now on, I'll take care of myself on a daily basis. My mother did what she thought was best, but now I'll do what I think is best for myself.

Read aloud what you've just written. **Know you can bring change, and that you can change your future.**

I encourage you to do something today that will confirm this promise you've just made to yourself. It can be a walk on the beach, a bubble bath, or deciding to dedicate less time to your work and more time to your personal growth.

THE POWER OF FORGIVENESS

*The weak can never forgive.
Forgiveness is the attribute of the strong.*
-Mahatma Gandhi, Indian leader

Have you ever seen Dalí's painting "Sleep," which shows a monstrous head hanging on different hooks and flowing freely in the air?

This is what we do when we don't forgive people; **we keep ourselves tied to the ground even though we want to fly high.**

This is what happens when we're filled with hate and anger, or when we're holding grudges; these feelings tie us to the ground. Research has shown that anger and negative feelings in general can actually kill us. In his book *Anger*, Dr. Redford Sapolsky from Duke University warns that negative feelings can cause heart problems, along with cholesterol and cardiac pressure.

A fulfilled life with your perfect match can't contain anger, grudges, or hatred.

Ella asks, "But Jill, I have these feelings, so I shouldn't ignore them, right?" Definitely not; I did this for years, and it was extremely painful when I decided to start searching for my real, true self. Even if you try to suppress your feelings, sooner or later you'll feel them bubbling up.

Ella, **we can't fill a cup that's already full.** We can't fill it up with miracles unless we throw away all the manure. I'm inviting you to let go of your past, and to let go of anything that's holding you back, by learning to forgive.

It's vital to understand that when we forgive someone, it doesn't necessarily mean we agree with what that person has done.

Also, bear in mind that every person does the best that s/he can based on the relative knowledge, experience, skills, and capabilities that s/he has. The pain a person inflicts on somebody else is a reflection of the pain that s/he felt as a result of somebody else's actions in the past. Nobody wakes up in the morning thinking, *How can I hurt so-and-so today?* but their actions have become their norm.

Spiritual leader Marianne Williamson says: **“The practice of forgiveness is our most important contribution to the healing of the world.”** In other words, sometimes we just need to let things go.

Forgiveness is an intended procedure through which the victim changes his or her feelings and position in relation to an unfair incident and the perpetrator of the incident.

The victim abandons **his or her negative feelings, one of which is revenge**, and develops the ability to wish for something good to happen to the abuser.

What we achieve through learning to forgive is letting go of a binding source of energy that we have with the abuser. Also, we break away from the idea of being the victim, taking back our source of energy and power. What we externalize is what comes back to us. We can't live a full, whole-hearted life if we hold grudges.

In her book *Calling in the One*, **Katherine Woodward Thomas says: “Ultimately, to forgive someone means to cancel the debt you feel they owe you.”**

Forgiveness shows our love and respect for ourselves, and helps us learn one of life's biggest lessons. How wonderful would it be to let the pain go and allow some small miracles into our lives, ultimately helping our mental and physical health?

PRACTICE

Let's take action!

Create a **forgiveness list**:

In your diary, make a list of all the people for whom you harbor bitter and angry feelings: people who've hurt you at any point in the past. This list can include anyone from your childhood friend Lucy, who broke your favorite doll, to a recent ex-partner. If it makes you feel better, my first list had 97 people, some of whose names I couldn't remember. A client of mine created a list of 180 people. If your list has only a few names, don't worry, that's totally fine. There's no right or wrong, and no ideal number for this list.

Choose **5 people you would like to forgive the most**. Choose people you believe have caused you the most pain, and write each of their names on a separate piece of paper.

You're now a detective!

For each of the 5 people, answer the following questions:

Why do I feel so angry and bitter toward this person?

What more could I have done to protect myself?

What did I learn from this situation?

Change roles

You're going to write about the event or situation that made you so angry with this person, but you'll switch roles: pretend you're the other person. Just close your eyes and imagine you're *actually* this person. What's your experience of what happened? Write it down.

Recover your strength

Imagine this person is sitting across the table from you. Tell them, *I choose to recover my strength by forgiving you. I let go of all the pain you caused me.* Then write down the first words that come to your mind.

When you're done with the top 5 people, you can throw your list in the sea, or burn it. This will be a symbolic act in letting go of your bitter, angry feelings, and toward forgiving these people.

I suggest that you go to our website, www.createlovethebook.com, and read and write the "Forgiveness letter" to your parents and ex partners. You'll experience miracles after that.

LEARN FROM YOUR MISTAKES

A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them.

–John Maxwell, author and pastor

Every mistake you make can serve as a life lesson, especially in your personal relationships. You might think I'm just trying to justify all my personal wrongdoings and failures, but I'm not.

I strongly believe that if we don't learn to embrace our mistakes and failures, and stop punishing ourselves for them, **we'll never be able to improve within a relationship.**

By suggesting that we need to view our mistakes as life lessons, I'm not implying it's a good idea to repeat them over and over again.

In the introductory chapter of my recent digital book *The 10 Biggest Mistakes That Take Place in a Relationship*, which you can download for free from the website www.nikolasouranos.com, I discuss the following:

What really constitutes a wrongful act, or a mistake? Do we use mistakes in order to accuse other people and prove them wrong? Or are they really part of a lifelong learning process? A romantic relationship presents us with an opportunity for fast-track learning. Most of the mistakes in a romantic relationship are about communication.

We tend to revolve around two extremes: **we either suppress our feelings, or we get into the same fight over and over again.** The “wrong” approach has to do with the quality of our communication. Most of the time, we take things too personally (“*Why are you saying this to me?*”) In other situations, we're so overwhelmed with anger we might say things we'll regret later.

Don't we want to be happy? **Does a “fulfilled” relationship really have to include tense fights?** Can this change?

Of course it can, but you have to be the one to initiate the change!

Pointing out the mistakes our partner made creates an explosive situation in the relationship. It's something we all did it in past relationships, and it obviously didn't work out very well. It's easy to fall into these patterns, but it's a boring and repetitive process.

In this new beginning, I advise you to be cautious—even before you get into a new relationship—and remember that the best way to change these patterns is **the total acceptance of your perfect match, just the way he or she is, physically and mentally.**

Let's remove the negativity from our mistakes, and the mistakes of our future partner, and love them without fear. **And please keep in mind, mistakes can be valuable life lessons!**

PRACTICE

Let's take action!

What are the **3 biggest mistakes you've made in your life?**

You can write them down as headings on three different pages in your diary; under each one, dedicate 5 lines to describing the story and the main characters in it.

You can now fill the page with a description of **what you learned from each mistake and how it helped you become a better person**, first by understanding yourself better, then by understanding others.

How did this mistake help you become who you are today?

You can also write down the ways in which this experience helped you generally in your life.

This practice will help you understand that something you consider a mistake **can actually become a helpful lesson if we view it through a different lens.**

MISINTERPRETATIONS LEAD TO MISUNDERSTANDINGS

*It is not our reality that makes us anxious, but the way
we interpret and respond to it.*
-Epictetus, Greek philosopher

What causes our mistakes? Is it that we suddenly start behaving the wrong way? I don't think so. Besides, what appears to be an unexpected behavior was actually prepared well in advance.

In order to better understand mistakes, we need to focus on the following equation:

$$\text{Thought} + \text{Feeling} = \text{Behavior}$$

After going through the same situations over and over again, we can start to observe, recognize, and make sense of what's really happening. It might be tough to change the result of our behavior, but it can happen, especially if we keep doing the necessary work within our psyche.

Every thought we have (a human has about 80,000 of them during the day, most of them negative, unfortunately) has a **feeling that accompanies it**. This feeling has an effect on the person's behavior, in the form of either action or reaction.

We have created automated corresponding feelings and behaviors for every thought we have.

What differentiates each thought from the corresponding feeling, and ultimately the action or reaction? The answer is **our different beliefs**, which create differences in our perceptions of the world. Childhood plays an important role in determining our beliefs, but we have to realize that each of us has responsibility for our own thoughts.

Before we analyze the misinterpretations and flaws in our behavior that can derail our relationships, let's focus on our thoughts and their characteristics.

We produce thoughts very quickly, almost instantly, without being able to make sense of them beforehand. Therefore, they're an excellent reflection of our raw truth.

Our thoughts may seem unrealistic, and yet they may continue even after they're refuted.

The instantaneous nature of thought leads to cognitive misinterpretations. The most common misinterpretations are listed here:

ALL OR NOTHING

When we play by extremes, **everything is either black or white**. It's either perfect or catastrophic. We go after a reality that doesn't exist, or ignore the reality that does. I'm either a success or a failure. I'm either charming or ugly.

OVERGENERALIZING

Using specific moments and situations to **generalize about something can have negative consequences**. For example, an overgeneralization would be to claim that all men are assholes and all women are whores.

NEGATIVE PROPHECY

We become **"seers of the evil,"** in that we take a negative stance on the outcome of any situation, before it actually happens, and use everything we can to support our negative thoughts. In other words, if something bad happens to me, I'll believe it'll keep on happening. *If I argue with him, he'll leave angry and never want to see me again.*

FILTER OF THE PSYCHE

We focus on tiny details, which can **affect the rest of our day, negating anything else that happens**. For example, a man who's waiting for a woman to get ready to go out might think: *Is she more concerned about how she looks than the fact that I've been waiting for her for hours?*

REJECTION OF THE POSITIVE

We automatically lower the significance and value of a positive act simply because we're always thinking of the worst-case scenario. For example, a woman whose husband has just given her a gift might think, *He's just doing this so I'll forgive him for what he's done in the past.*

ARBITRARY ASSUMPTIONS

Arbitrary assumptions occur when we assume the thoughts of others are negative. In reality, we're probably projecting our own negative thoughts on the other person. For example, we might say: "He's not laughing, so he's probably annoyed with me." In reality, though, we need to look at what isn't making us happy and fulfilled.

"HAVE TO" STATEMENTS

"Have to" usually hangs over us like a dark cloud, and we allow it to create negative consequences for us. **We become too rigid** in our opinions and behaviors. A man might think: "A woman's place is in the home, not the office" or "a woman shouldn't be making more money than her man."

EXAGGERATION / DOWNPLAY

As human beings, **we tend to give too much attention to our mistakes, and too little attention to our wins.** We enlarge our negative aspects and minimize our positive ones. If I say I'm not dressed well enough, I'm putting too much emphasis on what I think are my flaws, and giving very little attention to my whole appearance, my personality, and the virtues of my character.

EMOTIONAL LOGIC

Our emotions are the basis for how we interpret the world around us. In other words, the way I feel has a decisive impact on how I act. **When I feel angry, I act in anger.** When I feel unlikeable, I become unlikeable.

LABELS

Based on our thoughts, **we enter a world of judgment and critique**, both toward ourselves and toward others. It's easy to be judgmental and make assumptions about other people. After a disagreement in a relationship, a woman might think: *This relationship is a total failure; I'm not capable of having a happy relationship.*

PERSONIFICATION

This is when we project the negative behavior of others onto ourselves. I am the only person responsible for how I feel emotionally. If a woman sees her partner looking pensive, she might think: *Our relationship doesn't make him happy; he feels like something's missing.*

Unfortunately, we can't just eliminate these misinterpretations with a magic wand. In addition, they shouldn't be used as a basis for attacking ourselves or others.

I'm talking about them so we can understand them, and make fun of them before they make fun of us. They can help us become better versions of ourselves, and improve our experiences and the world around us.

PRACTICE

Let's take action!

Which of the misinterpretations above **do you experience most often?**

Go through all the misinterpretations again and give them a score between 1 and 10, **with 10 being the misinterpretation you experience most often in your life, and 1 being the least.**

While you do this, you should avoid self-criticism, and focus on the similarities and differences between the misinterpretations and your own experiences.

Now that you've made your list with your top 3 misinterpretations, change has come one step closer to becoming a reality.

Next time one of these misinterpretations occurs in your relationship, maintain consciousness and composure, and choose to act differently.

You're doing great! Keep shining, my friend!

SECRET #4

Becoming the Perfect Match for Your Perfect Match!

EMBRACING CHANGE

Change is the source of joy in love.

—Moliere

At this very moment, while you're reading Create Love, your mind might be telling you you're not really doing anything worthwhile, that you've wasted time reading a book that only reminds you of all the disappointments and tragedies you've suffered in the past, and brought to the surface all the pain that's accumulated inside your soul.

If that's the case, let me help you see things more clearly.

Your soul is aching for a change, the kind of change that'll fulfill your dream of finding your perfect match. Your soul is pleading with you to heal its wounds, to become mentally stronger, and to implement real change in your life, so you can exponentially raise your chances of attracting your perfect match.

By finding the courage and faith to understand what you've habitually been doing wrong, you can begin to focus on the core of your soul. This way, you can liberate yourself and allow it to go through its own metamorphosis in love.

Besides, it'll become crystal clear to you that in order to get different results than you've gotten in the past, you may want to act differently; you may want to alter your thoughts, feelings, opinions, criticisms, values, and actions considerably.

Let's take a look at our perceptions and pre-conceived notions, which guided our actions in the past and continue to do so in the present. I know this is not an easy process, but make sure to observe yourself rather than judge yourself. Now is the time to implement real change, not just to relive past experiences.

Together, let's look at everything we've been doing wrong up to now.

WE TENDED TO FOCUS ON HEALING OUR WOUNDS RATHER THAN IMPLEMENTING CHANGE

It's simple: **you become what you focus your energy on most.** Do you choose to get involved in a family member's infidelity drama? The probable outcome of this is that you'll end up attracting more situations involving drama and infidelity. While having coffee with your best friend, do you tend to rag on your ex-partner? You'll soon realize that you become the subject of criticism by others. Instead of repeating these patterns, analyze what led to the biggest wounds in your life. Swim through your painful experiences.

WE TENDED TO BLAME OTHERS

"Whose fault is it?"

"Yours!"

Sound familiar?

We're trained to identify one guilty person in any given situation.

When it comes to relationships, where feelings and emotions tend to be intense, the guilty person actually becomes a traitor in our eyes, and we think of them as the source of anything bad that happens to us.

We were focusing so much on making **sure our actions were the right ones**, we didn't realize that in fact, we were assuming the role of victim, and preventing ourselves from evolving emotionally. Just remember, when you point your finger at someone, the other four fingers point toward yourself!

WE DIDN'T KNOW HOW TO MAKE A RELATIONSHIP WORK

How and from whom did we learn to act in a romantic relationship?

Did we learn from our parents, from school, through TV, or through magazines?

Where did we learn about love?

What did we learn about erotic communication?

Did anybody explain to us how to experience, observe, and analyze our feelings and actions?

If we weren't properly educated about love and sex, then it was probably very difficult—almost impossible—to have a functional relationship that fulfilled the wishes and expectations of both parties, and that enlightened and widened our personal horizons. Therefore...

WE LACKED FAITH AND GUTS

When you live, breathe, observe, and grow through mediocre situations, you accept mediocre as normal. Mediocre becomes the basis upon which you make choices, and the basis for evaluating your choices. When most of your experiences come from compromises, painful breakups, and egocentric behavior—while your ideal only exists in movies and books—it's only natural that your faith and courage are at very low levels. This ultimately affects your path toward finding your perfect match.

WE DIDN'T DEDICATE ENOUGH TIME TO PREPARATION

We spend a lot of time in the practicalities of life: what to have for dinner, what work needs to be done around the house, or where to go for the next vacation.

In planning a vacation, we research the destination well in advance, find affordable tickets, map out the route, book the hotels, make dinner reservations, and plan fun activities, all to ensure we have an amazing time.

So what preparation do we do in order to find our perfect match? More than likely, our first priority is appearance, followed by two or three superficial characteristics that we don't possess ourselves, so we're impressed when other people have them. However, is this enough?

WE WEREN'T CLEAR ABOUT OUR DESIRES, OR WE SIMPLY PICKED THE WRONG PERSON

You might say, "Okay, I admit I might not have been very specific about what I was looking for in a potential partner, but there were always viable reasons to get into the relationships I had."

But does it make sense to say that there are right and wrong reasons for getting into, or avoiding, a relationship? There are millions of reasons for starting or not starting a relationship. I call **them "inferior" and "superior" reasons, based on our motives and intentions.**

Can you think of anyone who didn't get into a romantic relationship in order to fill the gap of loneliness, to increase his or her self-worth, to get over a previous relationship, or to have more sex?

At first glance, all these seem to be perfectly reasonable, but they're not truly justifiable in our psyche, **based on the triple relationship between our mind, our body, and our soul.**

What weights do we need to throw away in order to raise the self to the sky? What's holding us back?

PRACTICE

In your diary, **write down the most important reasons you had for getting into your three previous romantic relationships.**

Focus on the **basic motives** you had for each one of the three, and not on any negative feelings or accusations in relation to your previous partners.

Now write down the main reason you would give another relationship a chance. Underline this reason and put it in a little box. We'll need this for the rest of the book.

SO, HOW CAN YOU CHANGE?

Progress is impossible without change, and those who cannot change their minds cannot change anything.

-George Bernard Shaw, dramatist and co-founder
of the London School of Economics

Would you use old, broken bricks to build a new home? Of course not.

Likewise, it's impossible to create a healthy relationship from the ruins of a failed one. We have to be determined and committed to experiencing something different. This will push us toward overcoming all the reservations that prevent us from implementing positive change.

LEARN TO TRUST OTHERS

We all carry baggage of varying size and weight. **On an unconscious level, this hinders our ability to love and be loved.** However, it's important to realize we actually do have the ability to get over horrible past experiences and the lack of true love and trust.

We're destined to live and develop by creating an integrated personality, which:

- ♡ Has the ability to filter our emotions and **turn negative feelings into positive ones.**
- ♡ Can **express emotions and thoughts in a balanced way**, without being afraid of them or of the possibility of being alone for some time.
- ♡ Can deal with **spending time alone.**
- ♡ Maintains unity and balance, regardless of whether or not things develop according to expectations.
- ♡ Learns to communicate **the authenticity of its uniqueness** in social circles, knowing that life is beautiful and the self is worthy of enjoying its everyday gifts.

Therefore, the first and most important step in the process of change is to learn to trust yourself, and then to trust others.

LET GO OF YOUR OLD, MISGUIDED BELIEFS

It's been said that our beliefs feel like old nails stuck in our consciousness, and the truth is, this isn't very far from reality. The older the nail, the harder it is to get rid of it.

All of us need to control, to some extent, **our fears and our feelings of loneliness**. We tend to go back and forth, learning to behave and act within a relationship solely based on these two "inferior" feelings.

For example, if we continue **being afraid of abandonment** as a result of something that happened in our past, most likely in childhood, we convert our relationship into a tug-of-war, bringing our partner very near to us and then pushing him or her far away, based on how we feel at any moment within the relationship.

However, when we don't know the cause of such behavior, we act unpredictably, sometimes overly romantic and sometimes overly dramatic. Therefore, we can't find true love.

As I've mentioned in previous chapters, **the beliefs we've created based on formative childhood experiences are the ones that tend to come after us again and again**.

They're empowered by the egocentrism we have as kids: "My mother's sick because of my bad behavior" (I'm guilty); "My parents got a divorce because I did something wrong" (I'm not good enough); "My parents argue because they can't communicate with me" (I'm bad).

It's important to keep in mind that the majority of these limiting beliefs come from childhood. Going forward, we must "unravel" these limiting beliefs and decompress ourselves from their weight. We have to realize that our fears and guilt are only delusions.

If we retain our existing beliefs, we'll stay trapped in emotions that make us behave like two-year-olds, despite the fact that we're in our thirties, forties, or fifties.

TAKE CONTROL OF YOUR TRANSFORMATION

One of the basic ingredients for love is personal action and creativity. All the choices we make in order to enrich our daily lives require determination to be of any real use. Decide to plan out your daily life, by taking action based on conscious choices. You now have the chance to let go of the automatic reactions that do not lead you to happiness.

In order to put this plan into action, **write down what you need in order to feel happy and accomplished.** Through your actions, you'll reach a new level of individual responsibility and discipline, which will help you increase your self-respect and self-confidence.

An integrated plan of action is as follows:

I become the centerpiece of my love.

My needs become my priority, and I dedicate time to myself on a daily basis. **I don't have to wait for a reason, or external stimuli in order to love myself.** I discover that there's so much love internally. Through my personal attention and interest, I make it shine simply because of who I am, without needing any specific reason or excuse.

I escape from "auto mode."

It's important to have some surprises in life. By leaving our comfort zone, we avoid repetition and monotony. I become someone who loves surprises and actively seeks them. I used to allow "automatic mode" to consume my daily routine. **It's extremely important to challenge myself to do something different at least once a day, and one way to do that is by being open to new experiences.** Even a small change is good; for example, going to a different supermarket or taking a different route to work will help me live in the moment.

I get organized.

I make a grocery list, I write out a monthly budget for my bills, and I keep track of other things that need to be done, such as oil changes and general house maintenance. The more control I have over my life, the better I feel.

I follow my natural talents and do something I love! We all have talents, whether we actively develop them or not. I used to be convinced that as a grownup, I didn't have time for creative hobbies. My priorities had to do with work and other things. Now, I know how important it is to recognize and give value to my talents.

Now is the time to do something I love, whether it's poetry, acting, photography, or something else entirely. It's up to me to develop myself!

I give myself time and attention.

The truth is, it's exhausting to neglect my personal needs. **In order to become the priority of my future perfect match, I need to be my own priority.** I need to invest time in my thoughts and feelings, while making sure I don't lose touch with real life.

I've made an important discovery; I transformed the energy it took to judge others into a unique, personal tool of self-observation.

I go out by myself.

I went to the cinema by myself for the first time when I was 33, and discovered the value of spending time with myself. If I'm not good company to myself, then I won't be very good company to my friends or my partner.

I stop depending on others for my own joy and fun.

I continue adding dynamic dimensions to my personality, enriching my instincts, and observing any signs or coincidences that take place around me.

PRACTICE

Link every paragraph of your action plan with two initiatives.

Be as specific as possible with your initiatives, as well as the day and time they'll be taking place. For example: "Next Thursday at 10pm, I'll go see a movie by myself."

DIVORCED. SO NOW WHAT?

Failure is a great teacher, and I think when you make mistakes and you recover from them and you treat them as valuable learning experiences, then you've got something to share.

-Steve Harvey American comedian, television host, radio personality, actor, and author

More than 40% of married couples in the USA end up getting a divorce. It's perfectly reasonable that this statistic would shake your confidence and make you question your quest to find true love.

After doing a survey of my clients, friends, and relatives about relationships and marriage, it's become clear to me that even people who don't get a divorce still experience terrible problems in their relationships.

Why are we still so far from finding happiness? Why does it seem like divorce is the only viable solution for marital problems and disagreements? And, after a disappointing marriage and painful divorce, how can you become the conqueror of true love?

The answers to these questions will be revealed in the next pages and throughout this book.

Let's analyze what it is that makes you **more experienced and provides you with the necessary "technical knowledge" and determination for finding true love**, as a result of having gone through one (or more) divorce(s) already.

People say that **going through a divorce can feel like dealing with the death of a loved one**. Based on my own experience of divorce, I agree. However, it may help to ask yourself: is there anything that stays permanently dead in a world that changes every second? How far are we really from getting up and resurrecting the self, giving it one more chance?

I've been through it all myself, and I understand how you feel. You've fallen down, you're badly wounded, and you're in a lot of pain. Suddenly, the person with whom you made plans for the rest of your life has become your enemy.

You feel awful, trapped in a tragic situation, and on top of that, you feel stigmatized as another divorced person.

Status: Divorced

Why?

You see yourself lying at the bottom of the barrel again, and this time you can hear the chanting of your fans; they're your friends and family, and they're giving you advice about how to play the game. Even if you feel like the game is over, they continue to cheer you on; and you might wonder why. You feel betrayed by your body, your energy, and your vision. You might even feel fear. You never imagined you'd end up in this position yourself, that **someone you loved with all your heart would hurt you so much**. The questions swirl in your mind, and your agony about your inability to provide a sound answer keeps growing.

Let's start from scratch. We have a long way to go to find real happiness, simply because up to this point in our life, we've used things and people to give ourselves a temporary sense of "happiness"—not the real thing.

Do I feel down? I'll call in sick to work and go shopping. Did I have an argument with my husband/wife? Let me buy him/her a gift or book an extra-long weekend away in order to reconnect.

These things hinder our ability to find true happiness, in ourselves and with our partner. You'll end up making the same mistakes over and over again before you realize the real solution is hiding somewhere else, and might be more difficult and painful to attain.

Marriage, the legal and emotional commitment between two partners before God and other witnesses, **has many connotations and stigmas that we started shaping in childhood**. We think our partner will satisfy all the stereotypes we associate with marriage and what it means to be married, in order to make the marriage last forever. As such, **we stop investing real, deep effort in our relationship**.

I've chosen my current partner because, among many things, he's going to be an amazing father. But the truth is, he's not making any effort in other parts of our relationship; for example, in controlling his reactions that come from intense feelings.

After going through the shock of divorce, **you're more prepared to listen to other people and take practical action.** Of course, you'll not only be dealing with your emotions, but also with the paperwork, contracts, finances, and other agreements involved in divorce.

Once it's truly over, you shut the door on your old experiences and keep them out of your new life. Your new life will welcome new experiences and new people. You'll open up a new chapter, where change will be your everyday intention. Your old beliefs will be shattered, and **you'll be ready to wander, to discover, to learn from new experiences and adopt new beliefs.** You'll be ready to absorb knowledge from the best, and implement that knowledge in your life, based on your determination to become a better person.

The jar full of your negative emotions will break, **allowing for a new, fresh, and conscious beginning.**

You'll no longer be satisfied with the mediocre, and you'll constantly push your personal boundaries. All the pain and the emotional wounds you've suffered in the past can actually show you that pain is not your real enemy, but a necessary ally in setting you in the right direction: the path to real happiness.

If you work toward this, you won't have to repeat the mistakes of superficial or empty relationships. You'll be able to widen your personal horizons and offer some valuable help to the soul. **You'll need to come to terms with the source of your pain and unhappiness, and use the lessons to build a happy and fulfilling relationship.**

Your marriage has ended, but you don't have to feel that you're in a disadvantageous position. You may have paid a big toll for what you've been through, but you've also gained big.

You've become a better observer of the signs that lead to an unhappy relationship; if something doesn't seem to be working right from the beginning, don't insist that everything is okay or that it'll change. Your experiences have made you a more pragmatic person, which means you're not desperate to get into another relationship. **Your experiences have taught you that a relationship doesn't guarantee love.**

Therefore, getting a divorce might be a blessing in disguise.

PRACTICE

Have you been through the painful but energizing process of a divorce?

If not, then you should skip this practice and move on to Secret #5.

If yes, then I advise you to do the following exercise:

Close your eyes and **observe again, this time as a spectator**, the specific period in your life when you went through the divorce. Quickly skip over the initial emotions, and spend some time thinking about what didn't work. What did you learn from the ending of the relationship?

Then, in your diary, answer the following questions:

- ♡ What am I prepared to do differently in a future relationship?
- ♡ Is separation or divorce always the best solution to a problematic relationship?
- ♡ Has this relationship come to an end, once and for all?
- ♡ Have I stopped thinking negatively and emotionally **about this person?**
- ♡ What parts of myself am I willing to really work on?

Open yourself up, don't judge yourself, and don't allow yourself to be plagued by guilt. Just observe, as a spectator.

Remember that, as in video games, relationships change levels. Therefore, I encourage you to do the same. Go to the next level, ***because that means you've successfully completed the previous one.***

Secret #5

**Creating Space for your
Perfect Match**

CREATE SPACE IN YOUR LIFE

To enjoy life, you don't need fancy nonsense, but you do need to control your time and realize that most things just aren't as serious as you make them out to be.

-Timothy Ferriss, New York Times bestselling author,
entrepreneur, angel investor, public speaker

Jacob was a 47-year-old career-oriented man who loved sports. The first thing he told me when he came into my office was, **“More than anything, I want to have my own family.”** We started working on this. A few weeks after we began working together, he invited me to come along on a full-day hiking trip he'd organized with the hiking club he was a member of.

I joyfully accepted the invitation. When the day arrived and we'd started walking, one of his friends asked him: “Eleni's not coming?” and Jacob replied, “No, she sprained her ankle.”

I was glad to hear him referring to a woman, even though up to that point he hadn't mentioned Eleni.

During one of the breaks that day, we sat down to drink some water and have a light snack. Jacob disappeared to make a phone call, which lasted ten minutes. He did the same when we stopped for lunch.

When we arrived at the end of the route, a woman asked Jacob if he'd like to join them for dinner. He politely declined, saying he had to go home.

During our next coaching session, I asked him if he was in a relationship, and he said he wasn't. I asked about Eleni, and he said she was his sister, a 45-year-old divorced woman. She'd injured her leg, and he'd been calling her during the hike to check on her, especially since they usually went hiking together. He'd declined his friend's dinner invitation and gone back home that day because he'd promised Eleni and his 80-year-old mother they would all have dinner together. **It turned out that Jacob was living with his mother and sister.**

Patricia was a very beautiful 36-year-old financial manager at a multinational company, an especially important position considering the financial crisis in Greece. She was terribly lonely; she hadn't had a relationship for a few years, and she wanted to find her perfect match to create a family with.

For five full minutes, we tried to find a time for our first appointment. **She rejected all the times I suggested because she had work-related commitments.**

I asked her to describe her daily schedule, and she said she woke up at 6:30am, went to the gym after work, returned home to have dinner at 8pm, and then went to sleep. **She asked if we could schedule our appointments on Sunday afternoons, the only time of the week she was able to relax.**

It's natural to replace something we're missing in our lives with something else.

It's common to have protesting thoughts along these lines: *Why shouldn't I spend time with my sister and mother? What do you mean, I need to work less? Do you realize how hard I've worked in order to get the position I currently have? When I find the love of my life, we'll organize our own schedule together.*

How can these people find love? How will the partner of their dreams come into their lives? Would you try to arrange a date with Jacob or Patricia? And if you actually managed to do so, would you really enjoy being in a relationship with them?

We've all been through this. I used to put work as my first priority, and my friends second.

Unfortunately, when we think and act this way, it means **we don't create space for our perfect match**; we hold onto our obligations to work and to other people, and we use them as crutches. We don't let the crutches go, even when our leg eventually heals.

The time before the creation of a relationship with your perfect match is important, in the sense that **the loneliness that precedes the relationship is necessary in order to appreciate the relationship itself.**

I know doing this is tough, especially in the beginning, and I have to admit that at times I felt the loneliness was impossible to manage. However, when you realize it's not necessary to fill up every minute of your time with something or someone, **you'll see you can have a nice time by yourself.** This is the greatest gift you can offer yourself!

Silence is very meaningful. It has a lot to say, and only through silence can we come to learn about new things and listen to our heart's unique needs and wants.

Focus on yourself, leave obligations aside, and create space so that your perfect match can join you. When you get into a relationship, you'll have so many new experiences.

Take time now to create time for your perfect match.

PRACTICE

In your diary, write down your daily schedule.

Observe with whom you're spending most of your time and what activities you do when other people are with their partners. Do you spend the most time with your parents, your brother, your sister? Do you babysit your nieces and nephews? Do you spend time with your best friend, who's also single, or whose husband is always working? Do you spend time with your child or dog? Do you go to the gym? Are you a workaholic?

Take note of what or who you use as crutches. Observe your habits and the tasks you do for other people that keep you busy. You may have two or more crutches, and I understand it's very hard to admit it. But this is essential work that will get us through to the next stage.

Write down some of the ways you'll practice saying no to a similar request in the future.

Sit down, today, in complete silence for ten minutes; turn off your phone, television, and radio. Read, write, or cook in absolute silence, and then implement these ten-minute sessions on a daily basis.

Say "Bravo!" to yourself, because what you're doing requires bravery and determination!

Go to www.createlovethebook.com and download the related podcast.

CREATE SPACE IN YOUR HOME

*Remember you are the creator of your Universe,
and your home and office are part of your Universe.*

—Marie Diamond, global transformational leader, speaker, mentor,
author, feng shui master, and star of The Secret

People on the forefront of self-development tend to agree on the following rule: **be and act as if you already are and possess everything you wish.** My teacher and the number-one success coach in America, Jack Canfield, describes the above as **“Act as if.”**

Many years ago, I had a very tough time understanding the full meaning of this rule; did this mean I had to become a liar? Would I be living in an imaginary world?

Truth is, reality is a very relational concept. The only thing that separates us from having everything we wish for is not believing we really deserve to have it.

If any of our desires is ultimately for our own good (and this is something that only a higher power can say), if something is destined to happen in our life (again, this is something that we can't know), **then as soon as we believe we 100% deserve to have what we wish for**—let's say, for example, an amazing relationship full of communication, love, abundance, and amazing sex—and we do the necessary work so that we prepare for it...**then it will actually happen!**

However, in order to believe you can have a relationship with your perfect match, it's very **important to walk the distance from where you currently are in your life, as a single person, to the future, when you'll be in a relationship.**

Feel deep down into your core: what's it going to be like, and how will you feel?

I'm sure you're asking: “How can I do that if I haven't met this person first?” But just by asking this question, you're already out of your comfort zone. **It's absolutely necessary to leave our comfort zone if we are to create a new reality.** If you really want to change, then this is the only way.

“Act as if,” for our purposes, means *act as if you’re already with your perfect match.*

Let’s begin from our home; even if you don’t plan to stay there long, because it’s a very small space, or even if you’re still living with your parents, it doesn’t matter.

Just do your best to create as much space as you can, so you’re ready to shout out to the Universe, “Yes, I’m ready to welcome my perfect match into my life!”

Is your bed a single or twin? If so, then one of the first investments I suggest you make is to **buy a double bed, or a queen-size bed.** You can find many at a very good price, some just as expensive as a dinner at a high-quality restaurant. You want your perfect match to feel comfortable when s/he joins you in your bed, right?

Make sure your bed is accessible from both sides, because you don’t want your partner to have to climb over you in order to use the bathroom. Buy a second bedside table and put on it two small flowerpots, a bonsai (the symbol for development), or some bamboo sticks. Whatever you place there, make sure the number is even. Make sure you don’t pile the table with stuff, because you want **your perfect match to feel comfortable** when s/he comes into your bedroom and be able to add his or her own things as well.

Also, if your bed has drawers underneath, empty them, because they can block the flow of energy and **ultimately the possibility of sex.** One of my clients had stored the paperwork for her divorce there. A definite no-no.

Observe your room. Do you have lots of teddy bears? Are your educational degrees hanging on the wall? Remember, **your bedroom is a place to rest.** Clear your walls of everything and fill them up with photographs that radiate love. Find a photograph of a couple kissing by the Eiffel Tower, a happy family, or a pair of swans (they pair for life).

If you work in your bedroom, you may want to choose somewhere else to do so in order to avoid linking work with the sexual relationship you want to develop with your perfect partner. If you work and have sex in the same space, it’s as if you’re checking your email while having sex...and there’s definitely nothing sexy about that!

Is there enough space in your drawer for your perfect match to put some shirts or a dress? It might be difficult to create space, but you could look at this as an opportunity to go through your clothes and only keep what you actually wear. Give the rest away to charity. Create space and buy some colorful hangers. **Before I met Nikolas**, I bought ten wooden hangers. They were there waiting for him. As soon as he saw them, he felt very welcomed. If you want to meet your perfect match, **make space for him or her in your closet or in a drawer.**

Pick a shelf in your bathroom, and buy deodorant, a toothbrush, a shower loofah, and a razor with shaving cream for him, or a moisturizing cream or lotion for her.

Put them on this shelf in the bathroom. Don't open the packaging, because you want your perfect match to know they're brand new. That way, he or she **will feel even more welcomed and special.**

Take a look at your forks, knives, plates, mugs and glasses. Do you have at least one matching set of each; for example, a pair of wine glasses and a pair of water glasses? Do you have at least two matching plates? If not, then consider buying some for the amazing dinners you'll be having in the near future with your perfect match. Don't forget, you'll also need one more chair for him or her!

Fill your freezer with top-quality meat and fish and buy a few nice bottles of wine, as well as soft drinks and ice cream, because **when you meet your perfect match, you'll be spending a lot of time in your home—at least in the first few months.**

In general, it's important to keep in mind that you create space everywhere in your home. I personally have a rule that I have to **throw away anything** I haven't used at all in the previous six months.

Begin with your bookshelves and then go through the kitchen. The first time I did this for myself, I threw away six 50lb suitcases of unwanted stuff, and the second time I threw away three suitcases. Anything we don't use, any souvenirs we've collected over the years, only serve to remind us of the past. Throw away or donate anything you don't use; **clear the old to create space for the new!**

These things might seem like small details that don't really matter. But

think about the last time you went to an interview for the job of your dreams; were you wearing a bathing suit then? Or had you bought new clothes especially for this occasion?

Do you really think you would have been hired if you didn't look professional? Act as if, and you'll be surprised when you see and experience the results!

PRACTICE

In your diary, write down **anything you have in your home that would make someone think you're single.** You may need to make a lot of changes at the beginning. Make as many changes as you can now, and plan for the rest in due time. Put aside some money to invest into making your home a welcoming place for your perfect match!

Act as if! You will be rewarded!

EMBRACE AND EXPLORE YOUR SEXUALITY!

Charlotte: "Your face is shining! Did you have a facial?"

Samantha: "No, I've been masturbating all afternoon!"

-Charlotte and Samantha, from Sex and the City

Yes, that's right, it's time to create space to explore your sexuality. You might be asking, "But didn't I agree to do the dating detox?"

Well, you can do both, because **finding your sexuality is something you will do alone, through masturbation.**

According to Wikipedia, masturbation is the erection of a person's genital organs in order to cause pleasure, orgasm, and satisfaction without sexual contact with another person. Researchers tell us that masturbation is a person's first sexual act during his or her teenage years. **Through masturbation, a young person comes to discover sexual pleasure, his or her body, and sexuality.**

There hasn't been a lot of attention on the importance of masturbation, and most of the related articles are quite scientific in nature. I was lucky enough to grow up in a household that was very open about sex. My mother, a writer and a midwife, has given many talks about the importance of sex education, most of which she would practice in advance with me. When I was ten years old, on the first of December (which is the World Day Against AIDS), I spent the day at Syntagma Square (a central area in Athens), giving condoms to people in support of the family planning organization.

Masturbation doesn't lead to deafness or any other handicap.

I am 100% confident about this, as I have been masturbating from a very young age on a regular basis. I can assure you masturbation doesn't lead to paralysis, loss of memory, or even to suicide, as some medical documents from the Victorian Age proclaim.

Medical researchers from universities in Australia, the USA, and England tell us that masturbation is actually a healthy act, **helping women prevent UTIs and type 2 diabetes.** Masturbation helps to decrease insomnia and increase the strength of the muscles of our pelvic floor.

For men, masturbation helps decrease the chances of depression and prostate cancer, and improves the immune system in general.

For both men and women, self-satisfaction through masturbation helps us to decrease stress, lower blood pressure, and increases our self-confidence.

Despite all the benefits of masturbation, evidence of frequency is quite disappointing for the **ladies, because only 50% of us masturbate, whereas 94% of men do so** on a regular basis.

All this information about masturbation is great, but how does it relate to our perfect match?

Your dating detox time is a good opportunity to train yourself **in becoming seductive, and to prepare yourself to be the best lover for your perfect match.** It's perfectly natural to masturbate in adulthood, and even better now that you've discovered more about your body. Find out what excites you. Take your sexuality to the next level.

The first step in becoming an expert in sex is to learn what satisfies you. Raise the level of your sexual satisfaction by doing it alone first.

Every time I talk to clients who have sexual problems, I discover that they haven't experienced much self-satisfaction. If you can't satisfy yourself sexually, then how do you expect your perfect match to do it for you?

Dedicate time and energy to getting to know your body and playing with it. As soon as your perfect match comes along, you'll definitely have a very intense sex life together. And as sex therapist Dr. Ruth says "Masturbation. It's the opposite of the weather. Nearly everyone does it, but hardly anyone talks about it."

PRACTICE

- ♥ **Invest in your sex life:** find a local sex shop, or if you don't feel comfortable going to one in person, look on the internet (bear in mind, you can find really good stuff at half price). **Buy some sex toys** that appeal to you. For the ladies, I suggest the rabbit vibrator (yes, that's right, the rabbit one!), which stimulates your clitoris.
- ♥ On your e-reader, download as many **free eBooks** you can find about sex, oral sex, kama sutra, and masturbation.
- ♥ Read *Fifty Shades of Grey* by E. L. James, and any **other book that might widen your horizons and teach you something new about sex.** You don't have to agree with the content, but it can definitely help in giving you new ideas about sex.
- ♥ **Fantasize when you masturbate.** Do something different every time you get down to it. For example, use some lubricant, change rooms (the living room and the kitchen are two great alternatives) and **just before you're about to climax, stop and begin again after a few minutes.**
- ♥ Identify the delicate zones on your body that turn you on when stimulated; **make use of your entire body**, from head to toe!
- ♥ Get into the bathtub! Then start playing.
- ♥ During the course of your day, try to **observe anything you consider sexual**, anything that might help you to come up with different scenarios and fantasies. Look at yourself through an entirely new lens, get into role-playing, and find out what's in it for you.
- ♥ Try **Kiegel exercises** for your vagina; tighten your muscles as you would when you try to hold your pee for as long as possible, and do that about twenty times a day. Try to do that whenever you're standing in line. Soon enough, you'll maintain flexibility of your vagina, and sex will become a lot more enjoyable! Your future partner will never want to—get out of it, shall we say.

♡ Gentlemen, **carefully shave** the area around your genitals, using a mirror, and then enjoy the effect it has of making your penis look bigger!

♡ Ladies, I suggest you get a Brazilian wax. It hurts a lot, but you'll feel amazingly sexy afterward!

♡ Book an appointment with yourself and experiment for as long as possible.

Visit www.createlovethebook.com and take a look at the respective video clip.

CREATE HEALTHY BOUNDARIES

We teach people how to treat us.

—Phil McGraw, American television personality, author, psychologist, and host of the television show *Dr. Phil*

A healthy romantic relationship is made up of two adults who have a fairly good idea of who they are. If we don't know who we are, if we don't know the strong or weak aspects of our personality, it's almost impossible to communicate our needs and wants.

If we don't know what we can offer in a relationship, it's unlikely we can experience true love.

The limits we set in a relationship help us communicate our needs and wants, as well as anything we might want to share within it. **Healthy limits help us to be crystal clear, first to ourselves and then to other people.** We learn from our parents how to set limits in our communication and relationships with other people, and our parents were taught how to do this by their parents.

According to studies, 70-80% of families are dysfunctional. Therefore, our parents and grandparents were most likely raised in a dysfunctional family, and had no clue how to teach us healthy boundaries. **How are we supposed to practice something we don't know?**

Myriam was a very successful 33-year-old businesswoman. She told me she wanted to split up with Panos, her partner of five years. The reason, she told me, was that they didn't live together. I asked her if he had told her he didn't want to live together, or if they'd talked about it. She replied, "We didn't discuss it at all." "How come?" I asked. Her honest answer was, **"This is something he has to ask me."**

Artemis, a 28-year-old single woman who came to me to help her find her perfect match, told me she wasn't going on vacation this year. When I asked her why, she said she didn't have enough money.

I knew she had a very well-paid job, so I suggested we look at her expenses in order to get an idea of where her money goes. Her astonishing reply was, "Well, the thing is, my sister and I decided that **my nephew should go to a private school, and I'll be paying 30% of his tuition.**"

John, a 37-year-old company manager, told me: "I want to leave my parents' house. I woke up this morning and the first thing I saw was my sick father in the bathroom. I can't take it any more." "What would it take for you to rent a house on your own?" I asked him. He said, **"I can't move until my parents get well and don't need me anymore."**

Myriam, Artemis and John are three people who find it too hard to set their own limits. Let's take a look at some of the reasons for this.

RESPONSIBILITIES THAT DON'T BELONG TO US

Have you ever felt guilty for not making your parents happy? Have you felt responsible for your partner's problems? Artemis answers yes to both of these questions. The thing is, her nephew's private school tuition fees aren't her responsibility, at least not before covering her own expenses. When we feel responsible for other peoples' problems, **we deprive them of the opportunity to make their own personal choices** and the valuable lessons awaiting them.

Take responsibility only for what relates to your own life, specifically and primarily. Communicate to your friends and relatives that you trust them, you'll support them thoroughly in whatever decisions they make, listen to their words of pain, and won't judge them.

Similarly, communicate your own problems and successes.

Become a self-reliant adult who doesn't have any guilt whatsoever, **and who takes responsibility for his or her own life.**

SYMPATHY IS NOT LOVE

Most parents unintentionally step over our personal rights and limits, and we accept it without complaint because we don't recognize it's happening. In this way, we encourage them and **we continue to nurture this situation even though they aren't communicating and teaching us about placing healthy limits, which would be to both our advantage and theirs.**

What happens when we start a relationship with a person who's always on the go, who has felt a lot of pain in the past, who has health, financial, or family problems? You begin to feel like you need to provide all the answers.

How many people have you actually “saved”? I’ve saved many!

Sympathy, empathy and compassion are wonderful virtues, but we can’t confuse them with love.

We’ve been together for two years, but I don’t love him. He’s a good guy, and I can’t find the courage and strength to leave him. He’s actually going through a very tough time right now because his parents are in the hospital and he’s almost bankrupt.

Healthy limits and boundaries lead to respect, trust, and balance in a relationship. In this way, you can show appreciation to your partner and facilitate a flow of love between you. Remember, your role is not to represent the Red Cross!

COMPROMISING – “I DON’T DESERVE THE BEST”

“How are you?”

“Fine.”

Are you really “fine”? Have you compromised your needs, have you frozen your own expectations? Do you feel like John, who’s compromising his life for the sake of his parents’ expectations? Have you abandoned your dreams?

You deserve to blossom. Practice developing your own uniqueness. Take risks and change your environment. Spend time with people who have dreams and who actually take action and do something about them. Participate in clubs, do personal development workshops, try anything that might be of interest to you. **Explore the best and only the best. Develop yourself. Don’t compromise!** You deserve the best.

PRACTICE

The most important aspect in setting our own limits and boundaries is **to learn to say “no” in the best possible way**. In other words, we need to be firm and stick to our boundaries, while at the same time behaving politely toward others.

It's rare to find someone who sincerely enjoys saying no to others, because when we say no, we risk **becoming unlikeable**.

Despite this, if we don't learn to say no, **we become responsible for fulfilling the needs and wants of others, and consequently, unable to create healthy relationships. Most of us end up living for the needs of others.**

So, for the next five days, say no to the things, people, and situations you would normally say yes to, even when you wanted to say no. Define your limits of what others can ask from you. Be stable and sincere; here are some phrases you can use:

- ♡ I'm sorry, but I can't help you with this issue.
- ♡ No, I won't be able to.
- ♡ I won't be able to do this for you. It's nothing to do with you, but I have a very busy schedule these days.
- ♡ It sounds very interesting, but it's impossible for me to take part this time. Thank you very much for considering me for this.
- ♡ It's absolutely impossible to manage my time with this. Maybe we should have a chat about it again in three months?
- ♡ I won't be able to help with this. Instead, I can... (suggest something you can do).
- ♡ Thank you, but I need to pass on this opportunity.

If the other person insists, repeat the same phrase again. Then change the subject or if you need to, step away.

There's absolutely no reason to feel you need to apologize to anyone for the way you choose to invest and spend your time.

The ability to say no when you want to is one of the best ways to set limits in your relationships with others, and it's something that will bring you closer to true love.

Secret #6

**To Love Your Perfect Match,
Love Yourself First**

FALL IN LOVE WITH YOURSELF

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

-Marianne Williamson, author of the international bestseller
Return to Love

My dear friend, it is so important that you make a decision at this very moment; **it is vital you commit to living a life filled with love.**

Who is the most important person in the world to you? This is one of the first questions I ask during my coaching sessions and workshops.

"My child," "my husband," and "my parents" are typical answers. However, if you don't love yourself first and foremost, how can you have a good relationship with anyone else? Think about those emergency videos they show on airplanes: in case of a change in cabin pressure, first you have to secure your own oxygen mask, and then you can help your child put on his or hers. Similarly, you must give yourself the necessary attention and care before you're able to help others.

Most people spend their lives waiting to be loved by other people, but it should be the opposite. The first step towards receiving love from others is to love ourselves, and then we can attract those who are ready to love us truly, sincerely, and deeply.

Loving ourselves is a fairly troubled notion. In 1956, the psychologist and philosopher Eric Fromm talked about the need for self-love. Of course, you must understand that this is not about arrogance, egotism, or self-centeredness. Egotism and self-love are two notions that people usually confuse, but they're completely different.

Self-love begins with taking care of ourselves, from basic daily needs to our more complex mental and physical needs.

In previous secrets, we've worked on the development of self-care.

The next step is to take **100% responsibility for our life** and our actions.

Let's look at what "I take 100% responsibility for my life" actually means. Let's say there's a problem with two possible solutions. One of them is to accept the situation as it is, and the second one is to try and do something to change the situation. Sometimes we end up creating a third alternative: to complain and blame others for feeling that we've been unfairly treated. We tend to blame everyone other than ourselves. Why do we do this? Simply because most of the time, change means having to leave our comfort zone and act in a way that others might not approve of. There are endless excuses: the government, the weather, men and women, unemployment, my parents, rich people, my body. We complain to other people or even to ourselves, on a daily basis. **Some people spend their entire lives complaining. Don't belong to this group!**

Alternatively, I suggest that we use the "winner's formula," which is:

EVENT + RESPONSE = OUTCOME.

We can't always predict or control life events. Life throws us curve balls, and they won't always be positive. If everything in life happened according to plan (that is, according to our plans), then how exciting could life really be?

Therefore, there's only one way to affect the outcome of an unexpected situation or event: **to change our reaction.**

If we have a negative reaction, then the outcome will be negative. But if we change our reaction to be more positive, we can still have a positive outcome, and based on the law of possibilities—pure mathematics—we'll be winners.

Changing our reaction is vital; think about how many times you've reacted the same way, expecting a different outcome. I used to make this mistake often, and by using the winner's formula, I started having much better outcomes.

I started using the formula with my clients, and we saw amazing, positive changes taking place in their lives.

They would overcome adversities faster, with less effort and pain. You can find a video about the winner's formula on my **Youtube channel, JillDouka.**

A bad sailor will blame the weather, a bad teacher will blame the student, and a bad manager will blame his or her employee. **A successful person doesn't blame anyone, not even herself,** because she knows life is a sequence of changes, and what matters is the way we deal with them. **A successful person changes his reaction until he gets the desired outcome; he insists until the goal is reached!**

Blaming others for our problems lessens the strength we have internally and mentally. The more responsibility we take for our own lives, the more we develop love for ourselves. Every time you face a challenge, write down the formula EVENT + RESPONSE = OUTCOME. Be clear about what the event and the desired outcome are.

Come up with several responses; think outside the box, and write them down, however crazy they may seem!

Then come up with a different response to any given situation until you achieve the desired outcome. You'll always be the winner!

The next way we'll develop self-love is to develop our **self-respect.**

Self-respect begins with the total acceptance of our body, our mind, and our soul. That means we accept our cellulite, our dark thoughts, our feelings of jealousy; and above all, we accept the fact that time passes quickly, leaving marks on our bodies. Self-respect also means the acceptance of your uniqueness; of the fact that some things might be easy for you, but hard for others; that you might shine on certain days, but not on others; that some people love you very much; **that your thoughts and actions are perfect now, at this very moment, and that you do your very best every second of the day with the knowledge, tools, and information you have.**

The total acceptance of the fact that we're full of imperfections and miracles is the first step toward developing self-respect.

The next step is to like yourself, to say: "Whatever happens, I'll be there for myself." You get to sympathize with yourself, whatever the outcome of a situation is, regardless of whether it's successful or not.

You love yourself for what you are, **especially from within—not for what you have or accomplish.** Now, you might be asking: "Does that mean I should avoid doing anything that would make me a better person?" Of course not. It's important that you always aim to become a better person, but in order to truly become so, it's vital to first accept yourself exactly as you are.

The next step toward loving ourselves is to apply the **"know thyself"** principle. Chilonas the Lakedemonius, an ancient Greek philosopher, came up with this principle. (It's been a while since I last mentioned the Greeks!)

Self-knowledge is a work in progress, a journey that begins as soon as we're born and ends when we die. Self-knowledge needs time, devotion, and a desire to travel through the light and dark pathways of your soul. All the secrets in ***Create Love: 7 Secrets to Attract Your Perfect Match***, and especially the practical exercises, will help you to develop your self-knowledge. For me, **coaching with a certified specialist is the best tool for effectively developing my self-knowledge.**

In general, love begins with the love we have for ourselves. It doesn't make sense to expect other people to love us when we don't love ourselves. This is easier said than done, I know. But now you've started. You've taken the first step!

Let's get out of "I exist" mode and get into "I live" mode. We're programmed for the best, for improvement and development. We need new experiences, bliss, fun, happiness, and feedback in life.

You are a unique human being and as such, you are the only person who can attain the life you want. This isn't something that can happen tomorrow, but it's absolutely necessary to start the process today.

You're already on the 6th chapter of ***Create Love: 7 Secrets to Attract Your Perfect Match***, and **today is the day you'll consciously start working on loving yourself.**

PRACTICE

Do the following exercise every day for the next 21 days. This exercise was taught to me by Jack Canfield, the #1 success coach in the U.S., who's sold more than 500 million books, which have been translated into 40 languages.

The mirror exercise:

Stand in front of a mirror and look yourself in the eyes. You'll find it very hard to do this the first few times. But as the days go by, **the change you'll observe in yourself will be amazing, and really worth the effort.**

If, while you're looking at yourself in the mirror, someone gives you a funny look, just say, "My coach told me to do this." Tell your family and friends not to disturb you for 5 minutes. I suggest you to do this exercise at night right before you go to sleep.

The exercise goes like this: As you're looking in the mirror, say "Good job!" congratulating yourself for **all the positive things you've done that day.** Reward yourself for all your wins, big or small. Reward yourself for all the temptations you resisted. Tell yourself how much you appreciate the fact that you've kept your promises and accomplished your duties.

At the end, take a deep breath and **say 3 times: "I love you unconditionally."** Through this exercise, we'll achieve one of the basic responsibilities in life: to be kind and polite to ourselves, and recognize the positive things that we do.

For example, *I look at myself in the mirror and say: "Jill, I'd like to say bravo to you for waking up at 7 this morning and going to the gym. I'd like to say bravo to you for writing a great chapter of your book. Jill, it was wonderful that you cooked chicken and made a healthy salad for you, Nikolas, and Marilena. I'd like to say bravo to you for not eating the ice-cream cake you were offered at the birthday party, especially since you're trying to go sugar-free these days. I'm very proud that you've taken such good care of yourself, and of how beautiful and graceful you were at the awards dinner, during which you received numerous compliments. Jill, I love you unconditionally; Jill, I love you unconditionally; Jill, I love you unconditionally."*

You might feel pretty uncomfortable doing this exercise at first; you might even feel like it's a little ridiculous—or you might burst into tears. However you react, remember that it's perfectly natural. Do this exercise for 21 days, and every time you do it, I'm confident you'll keep on feeling better.

The exercise will get easier to do, and soon you'll be feeling a stronger sense of love, calmness, and satisfaction.

HOW TO GAIN CONFIDENCE

I do not try to dance better than anyone else.

I only try to dance better than myself.

Arianna Huffington, co-founder and co-editor of the Huffington Post,
author of the New York Times bestseller *Thrive*

When he talks to you, he doesn't look you in the eyes; he looks at the floor and his lower lip trembles. He slouches, like he wants to sink through the floor. Every time you give him a compliment, he deflects it or disagrees. Yet, you're still confident that he's your perfect match!

I tend to use phlegmatic humor when describing people who're searching for their perfect match. For different reasons, their self-respect is very low, and this is obvious in their behavior. And for the record, I've been there too. But think about it: would you want to spend the rest of your life with someone who has so little self-respect?

Throughout the entire process of **Create Love: 7 Secrets to Attract Your Perfect Match**, our goal is for you to be the best version of yourself so you can attract your perfect match into your life. **However, if you're not self-confident, you won't be able to attract the right person.**

COUNT YOUR WINS

We do this exercise in all of our workshops, and the results are pretty amazing!

Divide your life into 3 periods based on your age; if you're 30 years old now, you'll create the following 3 periods: 0-10 years old, 11-20 years old, and 21-30 years old.

Put these periods as sub-headings in your diary and beneath each, write everything you accomplished—all your wins—during that period. For example, for the period between 0-10 years old, you could write that you took your first steps, you learned to talk, you finished the first five grades of elementary school, and you created your first powerful friendships.

TAKE NOTHING FOR GRANTED

Some people never finished elementary or high school, and some have never visited another country. Some people have never fallen in love, and have never gotten a divorce. Exaggerate, because I know you'll underestimate the value of your wins (just like 99% of the people I've worked with do), and **write down everything you've managed to accomplish—all your successes.**

When you finish, make your favorite drink and relax on your sofa. Read your lists, and while you do, **take deep breaths. This is your past, these are your wins—your successes. Excellent job on all your amazing accomplishments!**

FIND YOUR STRENGTHS

During my workshops, I ask the participants: "Which aspects of yourself would you like to improve?" Usually, everyone has at least two or three aspects they'd like to improve. Then, when I ask them "What are your strengths?" the room goes silent.

The truth is, nobody teaches us to look at our positive characteristics or strengths. There's a whole science based on our strengths, and their development is the only way toward personal growth.

Having worked with thousands of people from 3 continents, I understand more and more the reasoning behind this logic. First of all, we need to be able to **recognize our strengths and positive attributes; and second, we need to develop them as much as we can. You can find many related articles and books about this.**

How can you identify your strengths? I think the best way is the Strengths Finder, which is a test you can take online, or you can order the New York Times bestseller. You'll find out that certain things you take for granted—things you consider common knowledge—might actually constitute your strengths. **However, because they seem so normal to you, don't even realize it!**

Make a step toward finding your strengths, and I'm confident your confidence will reach the sky!

LEARN HOW TO COMMUNICATE YOUR DESIRES

During my workshops, I get some incredulous looks when I say that only 7% of human communication takes place through words—but it's the truth. Fifty-five percent takes place through body language, and 38% takes place through tone of voice.

Our body language and tone of voice define the message we're delivering. How much confidence do you have when you speak? Do you get your message across as clearly as possible?

Some simple tips can help you in this process.

Smile generously at people.

Yes, that's right, smile! Smile authentically, right from your eyes. This is the best way to begin a chat, especially since it's not something the world is used to. **Love comes through a generous smile!** Give a friendly, warm smile to someone now, because when you're with your perfect match, you'll be smiling all the time!

Mind the way you walk.

When you walk, does your head move ahead of the rest of your body? If so, then you'll come across as aggressive. Do you tend to slouch? Consider **exercising to strengthen your abs and back.** It's really worth it, and you'll soon end up with an amazing, fit body.

For more information, you can participate in an online workshop called "The Uniqueness Game." Go to www.jilldouka.com for more information.

PRACTICE

Make sure you **do the exercises** outlined above, and note down the results in your diary.

BECOME A NATURAL FLIRT!

*The act of flirting is a promise of sexual
intercourse without guarantees.*

-Milan Kundera, author

From birth, the human being functions and express itself as a communicative being, and communication involves an element of eroticism.

Besides, apart from being a high-intellect method of communication, flirting is a method of expression—just like speaking, the written language, and art. Flirting is a method of externalizing our thoughts, our feelings, and our desires; it's actually exceptionally healthy to be able to express ourselves in an extroverted manner.

The dictionary might simply say flirting is an erotic expression, but it's definitely a lot more than that.

How many times have you smiled when flattered by someone's words? How many times have you felt wanted, just by the way another person was looking at you?

Flirting uses the principle of perpetual movement. It is altered and changed continuously; it basically reflects the human need to move, develop, and become a better being.

People who flirt are usually optimistic about what life has to offer. They feel secure and confident about themselves, and they flirt because it makes them feel good. Nobody was born an expert in the secrets of flirting—it's something that's learned in the course of life. Of course, flirting comes more naturally to some people, but that doesn't mean everyone can't engage in it.

Also, you don't have to look like a top model in order to flirt. Think about all the times you've seen a gorgeous woman with an average-looking guy, or vice versa.

Don't expect the perfect man or woman to be around you when you make your move. In order to be in the right position to approach someone, I suggest you **do a lot of work and practice**. You have to acquire the necessary confidence and surpass the initial fear.

We've all been through this phase—it just takes practice.

In the modern world, there are two major categories of flirting: personal and online. Online flirting is fine, as long as it eventually turns into the personal.

As someone with plenty of experience in flirting—with a number of successes and failures—I'd like to go over the basic tips for good, effective personal flirting.

The following tips are mainly for the gentlemen, who need to sustain the initiative of a good flirt—but that doesn't mean the ladies have to stay passive. Ladies should radiate a discreet signal of availability, through a smile or a coy glance, and allow men to make the first move. This is essential, since we're looking for a balance of male and female energy in the relationship.

HAVE CONFIDENCE IN YOURSELF

A man with confidence is a lot more attractive than a man who fidgets or doesn't make eye contact. **Women want to feel secure with a man.** At the same time, no woman is impressed by an arrogant guy who thinks he knows everything or who thinks he's the most attractive man in the world. There's a fine line between a man who's overly cocky and a man who's genuinely confident, both internally and externally.

PAY ATTENTION TO BODY LANGUAGE

Body language reveals our thoughts and feelings much better than spoken words. Our posture and the way we shake hands or greet someone can often reflect words and thoughts we don't verbally communicate. We tend not to recognize this implied communication through our body language.

So, when we meet new people, it's important to be able to recognize the messages we send and receive through body language, and how they play into flirting.

SAY SOMETHING UNIQUE

It's a given that the person you're flirting with has been in a number of similar situations as you have in the past, so say something unique in order to stand out. Look around you, using the space for cues, and **begin with a question. Ask his or her advice about something.** That way, he or she will immediately feel comfortable and you'll be having a great conversation before you know it!

LOOK THE PERSON DIRECTLY IN THE EYES

This is a vital aspect of flirting. When you look someone in the eyes, that person feels like you're really interested in what he or she is saying. If you're avoiding eye contact or looking around the room, the person you're talking to will feel like you're bored, and the conversation will soon be over.

SMILE

Smiling is the best way to **break the ice and show that you really enjoy talking to this person.** It makes you appear confident and charming in a natural way.

BE FUNNY

Humor is wisdom; both women and men love a person with a good sense of humor. We like to be with someone who can make us laugh, relax, and feel comfortable. If you want to be successful in flirting, you have to invest time and effort in developing your sense of humor.

GIVE A COMPLIMENT

Of course, don't overdo it; one compliment is plenty. Observe the style of the person you're flirting with, and say something that relates to how they look. They'll feel like your interest is genuine and know you haven't recycled the same compliment over and over.

CLOSE LIKE A WINNER

If, in the end, you decide you're not interested in this person, find a polite way to leave the conversation. On the other hand, if you are interested, **find a way to keep in touch with them,** by giving your email, Facebook details, or phone number.

FLIRTING ONLINE

MAKE YOUR PROFILE SHINE

Your profile on Facebook or any other social media site reflects who you are, and is your ambassador in the dating world. Make time to update it regularly, add photos, give it a lot of energy, and include details about yourself. It's amazing how many things you can learn about someone just by looking at his or her Facebook profile. Almost everyone has one, and I'm sure you do too. However, is it really up-to-date and ready to be viewed by your perfect match?

Your profile picture is the first impression you **make, so make sure it reflects your personality and brings out the best in terms of your physical appearance.** It should be a picture of you in a good mood, with a shining smile. Avoid animals, flowers, or babies; the goal is to attract your perfect match.

When it comes to your cover photo, don't use a picture of yourself. Instead, use the poster for a movie you liked, a band you listen to, scenery that inspires you, or your favorite quote against a beautiful background. **With your cover photo, you give information about yourself in a discreet manner.**

Your photos should reflect who you are, what you like to do, and how you spend your time. If you like to travel, upload photos from your last trip. If you like music, post images of yourself at a concert. If you like to go out with friends, upload photos from your last night out. Make sure you don't overdo it!

DON'T ONLY TALK ABOUT YOURSELF

Most people feel comfortable talking about themselves. But instead of making the conversation all about you, encourage the other person to talk about him or herself.

This will serve two purposes: it keeps the conversation lively and interesting, and it allows you to learn more about the person you're flirting with.

KEEP IT LIVELY

Don't let the conversation get boring! When it's coming to an end, try to **arrange a date with the person to continue talking**. Tell them you enjoyed talking to them—it'll brighten their day.

TAKE IT TO THE NEXT LEVEL

Through online flirting, you'll be able to chat with new and interesting people, and explore the possibility of arranging to meet in person. Texting and chatting online are great, but not really sustainable, and interest might dry up if you don't agree to meet in person. Of course, it's always a good idea to be extra cautious when meeting people from the internet, so only do so when you feel 100% comfortable and ready.

One piece of advice: when flirting, don't forget to be your own biggest fan.

PRACTICE

Lie down on a comfortable surface, turn on some soft music, close your eyes, and get ready to do some visualization. Create the scenery and let it inspire you.

Where is your ideal place and what are your ideal circumstances for flirting?

When visualizing, be thorough and creative; set the scene with your favorite colors. Can you see the colors in this scenario you've created? Can you feel the emotions?

What details do you observe? **What's the first thing you say to the person you're flirting with, and what do they say to you?**

Be as specific and honest as possible; no one will judge you, and no one will reject you.

This is an amazing exercise, and the more you repeat it, the greater your confidence and the more positive your outlook will be. This visualization will attract the communication of your dreams with your perfect match.

SEX!

*Having sex without really loving the other person
is as superficial as love without sex.*

-Hunter S. Thompson

Which do you choose: sex to keep your relationship alive, or a relationship in order to have sex?

Is this really a dilemma for you?

I honestly believe each and every one of us has the answer deeply rooted in our psyche, maybe so deeply that we've never accessed it before.

Sex is what differentiates the erotic relationship from all other relationships, and this sexual energy brings the couple closer together.

Sex is the joining of our soul with our partner's soul. **Through our souls, we travel together in our own world, externalizing our inner feelings.**

So how do we approach sex? What do we want to express through sex? What do we expect to get from it? What parts of ourselves do we communicate through sex? Is sex really a mental and physical union with our perfect match? Through sex, can we bring to life our deepest fantasies? In sex, do we choose to take control or be controlled?

Sex is all this and more. It is a complete language of communication; it is the boundary between love and desire.

Having lots of sex doesn't necessarily mean you have a great sex life. How can you develop your sex life? How can you enhance the quality and enjoyment of sex?

♡ First of all, it's important to **cast aside all the taboos, the stereotypes,** the lack of sex education, and our personal traumas.

♡ **It's also vital to invest in things that inspire and enhance our sexual desire,** fantasies, playfulness, and body language.

♡ **We have to nurture curiosity, mystery, and attraction.**

The energy we invest in sex matters a great deal, as does our level of confidence, how good we feel good about our bodies, and the time we dedicate to ourselves.

If we do and have all these, then we'll be ready and willing to give and receive pleasure. Love will feel secure through our active and intense sex life, and trust and communication will blossom.

Eventually, our sexual and erotic desire will become an exciting adventure in an unexplored land.

SEX... WHEN DO YOU GO FOR IT?

*The difference between sex and love is that sex
relieves tension and love causes it.*

-Woody Allen

There's no proven "perfect moment" to go ahead and have sex with someone you want to have a relationship with, but one thing is certain:

You should generally avoid having sex too soon, such as on the very first date, or even in the first few days or weeks.

Sexual contact contains a magical charisma that can trigger a beautiful, mutual communication between two bodies, two souls. Sexual contact needs to be nurtured slowly, and not viewed as an opportunity to get some temporary pleasure.

Sexual contact is an amazing weapon that can turn against you if you don't treat it with respect and care.

Even if your desires and hormones make you want to have sex as soon as possible, even if you're very attracted to someone, even if you haven't had sex for a long time, you still need to make sure you take the following steps before you have sex:

♥ Is it crystal clear that you're in a monogamous relationship?

Are you certain that the person you're dating is a good fit for you, relationship-wise? Have you been on at least three dates, and have you gotten enough information to want to commit to this person? Do you think this person feels the same way you do? Do you feel pressure to have sex with this person right away? Have you made it crystal clear between the two of you that this is a monogamous relationship, and that you can trust each other sexually?

♥ You'll know right away whether the other person is into you, and ready to have a relationship. Don't waste time with someone who plays games, doesn't want to commit, or doesn't show genuine interest.

♡ **Don't compare past sexual partners with your current one.**

When you spread disappointment and misery, you'll become a bitter person. No matter how jaded you are as a result of your previous relationships, make sure you don't bring it up with your new partner. **You can't truly welcome something new and better if you're still dwelling on how you've suffered in the past.** Don't bring up your ex-partners with your new one. This is really important, especially when it comes to sex. Even a mere mention of a previous sexual relationship can cause insecurity and paranoia, making the road towards a happy relationship difficult to manage. **And really, how ready are we to be with a new partner if we keep on referring to our old relationships?** At the same time, past experiences shape who we are and hopefully we've learned important lessons, so certainly keep them for yourself.

♡ **Be in sync.**

In an ideal relationship, the two partners are in sync with each other, nurturing and developing their relationship so it gets to a level of maturity where sex creates a bond—a unity—between the two partners. This might mean waiting for a few weeks, a month, or even longer. **If your partner insists on having sex before you're ready, tell them it's important to spend time getting into total synchronicity before sex becomes part of your relationship.**

Rules can only go so far in telling you the perfect time to have sex; ultimately, your own feelings and instincts will tell you when it's right.

PRACTICE

Have you really explored your fantasies or the things you want to try in sex? If you're not in a relationship, you might think you're not allowed to explore your fantasies, but being single is actually your greatest advantage.

Write down your **3 biggest sexual fantasies**. Analyze these fantasies in detail.

Broaden your horizons: think about **3 aspects of sex you want to know more about, or 3 new things you want to try**. It could be trying a new position, having sex in a new place, or anything else—give yourself freedom to think about all the things you haven't done.

Congratulations! These **6 fantasies and aspects now make up your magic erotic list**.

You can always come back to this list and add new things you think of. When we neglect our erotic life, it doesn't benefit us.

Don't worry, though; sex is like riding a bicycle—once you've done it, you'll always know how!

Remember to place value on your sex life, instilling it with interest and energy.

SECRET #7

**Your Perfect Match is
On The Way!**

THE SUPERIORITY OF A ROMANTIC RELATIONSHIP

*The romantic relationship
is the most important relationship in our life.*

-Neale Donald Walsch, author

We have all definitely tasted—to varying degrees of intensity—the eroticism, magic, and endless passion that a sexual relationship has to offer.

It feels like a journey to the deepest waters of the ocean. Each of us has a different beginning and a different end, but the journey always involves deep feelings and leads us through the key elements of a relationship: **attraction, commitment, surrender, union, co-existence, separation, and reconstruction (in some cases).**

I'm sure we'd agree by a long shot **that the romantic relationship is by far the most intense and defining of all human relationships**—including those with our family members, friends, colleagues, or the social environment in general.

What makes the sexual relationship more special than all the rest? The answer's not as complicated as you might think; it's actually quite simple.

The romantic relationship is the only relationship for which we need the triple union of our body, mind, and soul.

The energy attracted by the erotic process and its sacredness, which is communicated to us every time we “commune,” is an everyday gift. It is our passport for finding true love. **This is the kind of love we've been “programmed” to give and receive.**

How can we take advantage of the gift of love through a sexual relationship? Is it enough just to be sexually attracted to our partner? Most definitely not. There's another important aspect of the sexual relationship that defines and separates it from other human relationships. The sexual relationship has rules we must recognize and follow. It necessitates:

- ♡ **Respect, admiration, acceptance of each other, understanding, and an intention to nurture and develop each other's good qualities.**
- ♡ **Inspiration and action instead of routine.**
- ♡ **Honesty and commitment to each other's uniqueness.**

Love always has a reason to shine, and waits patiently for us to “discover” this reason and bring it to life.

PRACTICE

Practice is the best action. Therefore, I suggest you do the following:

Using many different colors, paint what happiness in a relationship means to you. Paint what sex means to you, and what this higher-level relationship implies.

Yes, that's right, don't write anything; just do a painting.

When you're done, put it away, somewhere safe, with all the rest of the "trophies" that reflect your development.

It's impossible for love not to find its way toward happiness, simply because happiness is its ultimate purpose.

WHEN FACING OBSTACLES, KNOW YOU'RE ON THE RIGHT PATH!

*Sometimes by losing a battle,
you find a new way to win the war.*
-Donald Trump, businessman

"How long should someone remain in the dark?"

"Until they can see in it."

In order to find true love through this magic journey, it is vital to commit yourself to doing what you need to do and avoiding what you need to avoid.

COMMIT TO LOVE

Often, we underestimate the level of concentration and dedication needed to find true love, and we become lazy in our habits.

Commitment to conquering true love doesn't mean self-sacrifice. It's important that you're conscious of your actions and the extent to which they can bring you closer or further away from true love. You must strive for joyful feelings, casting aside pressure, anxiety, agony, or discomfort. It's difficult to stay motivated in the process of finding true love without first developing the external confidence that comes through internal balance.

The best way to visualize this process is to imagine your body floating on the surface of the sea, in a state of complete relaxation.

In this visualization, water is holding the entirety of your body's weight, allowing you the freedom, confidence, and security to let yourself go and trust you'll be held up by its energy.

NURTURE PATIENCE THROUGH THE ACT OF WAITING

What's your weakest characteristic, the one you should give up to make room for something better? For most of us, our weakest aspect is our impatience.

Regardless of the excellent preparation you've had, regardless of the changes you've implemented in your daily life, and regardless of the fact that your relationship with yourself is reaching the sky, it's very easy to let **your impatience throw you completely off course.** Impatience can cause you to lose your cool, your sense of security, and your faith in your ability to achieve the best possible outcome in life.

A well-trained fisherman knows his movements and actions are less affected by external circumstances than by what he externalizes within his soul.

This fisherman is well-organized, calm, patient, and **confident in his fishing abilities, regardless of how much "time" he must spend waiting.** He pays attention to the weather conditions, wind speed, the temperature of the water, and the possibility of rain. However, he doesn't let these external factors overshadow his commitment to his goal. He waits with confidence, sure that his **sixth sense will not let him down.**

How does the fisherman develop this mentality, and how does he nurture it? By allowing his feelings to develop, adjust, and change. He's **learned to live "from within." He's focused and balanced.**

KNOW YOU'LL FACE TOUGH DAYS

The route to true love is not smooth. It's made up of small, rocky pathways, which often go uphill. On this road, tough days are inevitable. Occasionally, you'll feel tired, out of breath, or on the edge of falling apart.

I remember very well the year and a half I was single before I met Jill. I remember the feelings of agony, anxiety, and fear every time I had an interaction with a woman.

I used to ask myself: "Is she the one?" Of course, my inner voice would instantly say no. I'd automatically start looking for flaws in her, finding any excuse not to consider her my ideal match.

I decided to make **this inner voice an energetic one, and not a passive one.** Amazing people attract other amazing people into their lives, and since I'd had enough pain in my previous relationships, I decided to move forward.

Remember Woody Allen's words: **"Our heart is a small, delicate muscle."**

Concentrate all your energy on developing and nurturing your own great attributes and building your own kingdom. If you're totally focused on becoming the best version of yourself, then I guarantee your perfect match will come into your life.

PRACTICE

As soon as you reach a higher level of being, **people who remind you of your past will pop up unexpectedly. Therefore, you can expect some of your ex-partners to appear out of nowhere.**

Don't consider this a setback; you have a lot of work to do. Seeing these people might actually give you an opportunity to get closure and continue on your path toward a **higher, better level of being. Just let them go. They belong in the past.**

Write down a list of traps that cause you to slip up in your journey. These traps can be situations in which you might encounter ex-partners, or they can be objects, songs, movies, and other things that remind you of them or of the past in general. You'll soon realize the importance of throwing away the negativity of the past, and through your personal strength and will, you can continue on your path to a brighter future.

YOUR OTHER WHOLE!

*Don't worry if you are going to find your other half or not.
Find yourself first.*

—Jason Everet, priest and author

Have you ever felt incomplete, or that your role in a relationship was a complementary one? Have you experienced disappointment or contradictory feelings? Shouldn't we abandon the quest to find our "other half," and instead concentrate on looking for our "other whole"?

In a sexual relationship, problems often arise as a result of both partners' conflicting wants and needs. In the beginning phase of a relationship, both partners' expectations seem to have a lot in common, but over time, differences arise. This happens because from a very young age, we're trained to look for our other half in a relationship—the other half being **the man or woman who will "complete" us.**

When it comes to romantic relationships, two halves never make a complete whole.

It's absolutely necessary to reject this old-fashioned notion that's rooted itself in romantic movies and books. You deserve to be in a relationship where you can **be completely yourself, and develop the parts of you that keep you grounded,** while at the same time encouraging your perfect match to do the same.

However, how do we recognize which phase of life we're in at any given time, or which direction is best? **It's hugely important examine the fundamental reason for being in a relationship.**

The following is an excerpt from Neale Donald Walsch's book *Conversations with God, Vol. 1*:

"When human love relationships fail (relationships never truly fail, except in the strictly human sense that they did not produce what you want), **they fail because they were entered into for the wrong reason.** ("Wrong," of course, is a relative term, meaning something measured against that which is "right"—whatever that is! It would be more accurate in your language to say "relationships fail—change—most often when they are entered into for reasons not wholly beneficial or conducive to their survival.")

Most people **enter into relationships with an eye toward what they can get out of them, rather than what they can put into them.** The purpose of a relationship is to decide what part of yourself you'd like to see "show up," not what part of another you can capture and hold. There can be only one purpose for relationships—and for all of life: to be and to decide Who You Really Are."

It is very romantic to say that you were "nothing" until that special other came along, but it is not true. Worse, it puts an incredible pressure on the other to be all sorts of things he or she is not.

Not wanting to "let you down," they try very hard to be and do these things until they cannot anymore. They can no longer complete your picture of them. They can no longer fill the roles to which they have been assigned. Resentment builds. Anger follows.

Finally, in order to save themselves (and the relationship), these special others begin to reclaim their real selves, acting more in accordance with Who They Really Are. It is about this time that you say they've "really changed."

It is very romantic to say that now that your special other has entered your life, you feel complete. Yet the purpose of relationship is not to have another who might complete you; but to have another with whom you might share your completeness.

Here is the paradox of all human relationships: You have no need for a particular other in order for you to experience, fully, Who You Are, and... without another, you are nothing.

This is both the mystery and the wonder, the frustration and the joy of the human experience. It requires deep understanding and total willingness to live within this paradox in a way which makes sense. I observe that very few people do."

PRACTICE

Write down the **5 most important things to you in a relationship.**
Prioritize them in order of most important to least.

Take a good look at them.

Then do the same exercise one week later.

Are they the same? Or have they changed? Note down any differences.

Do this for four consecutive weeks. When you've finished your final list, put it somewhere you can see it every day.

You might discover that identifying the elements that make up an ideal relationship is not as easy as you think!

DISCIPLINE

There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses - only results.

-Ken Blanchard, bestselling author

In order to change our lives for the better, we need discipline.

Many people think discipline in a relationship is similar to discipline in the army, something that oppresses us; however, what **we actually mean here is the self-discipline needed in order to attract our perfect match**. The only person you can change, the only person you hold sole responsibility for, is yourself.

Therefore, discipline is not something purely theoretical, **but a collection of resources, tools, and allies that will help us find true love**. Through whole-hearted discipline, we can solve all our problems.

Essentially, anything that seems to be a problem could actually help us recognize our need to learn a new ability or skill.

The process of achieving discipline requires four techniques through which we can convert our hurdles into resources, and our problems into blessings. These techniques are: **postponement of satisfaction, acceptance of responsibility, truth, and balance**.

POSTPONEMENT OF SATISFACTION

Often, we start relationships without being entirely clear about the reasons for doing so. Thus, we become disappointed, and might even interpret this disappointment as personal failure. So, how can we control our lives on a daily basis, so that we can get as much pleasure and happiness as possible? The answer is, **you must postpone your satisfaction and happiness**.

Picture a meal you'll eat later. Imagine that you'll eat one thing you love, such as chicken, and one thing you don't like as much, such as broccoli. If you start with the broccoli, your meal will gradually become more and more enjoyable.

This works in romantic relationships as well. The period after a breakup is a time to recoup, to forgive, to change, to set some new goals. Often, people avoid this cooling-off period because it's not nearly as appetizing as jumping into the next relationship. **It may lead to temporary pleasure, but soon enough you'll realize it's not fulfilling or long-lasting.**

ACCEPTANCE OF RESPONSIBILITY

Shifting blame and responsibility comes easily to us. Think about why your last relationship failed. I'm sure it wasn't your fault; it was your ex-partner's, or his mother's, or the neighbor's, or the government's, or it was just bad luck. **We never blame ourselves. This is because it's too painful to face the idea that we might be responsible, and therefore have to examine ourselves and make personal changes. But if you can do this, miracles will come!**

TRUTH

Truth isn't just objective reality, but also personal action. Obviously, if we don't like the reality we live in, it's highly possible that we've screwed up our version of truth. However, this is something we can consciously make an effort to change.

If our compass is broken, we'll end up in the wrong place. The more our lives are filled with lies, half-truths, old preconceptions, and delusions, the harder it is for us to make good choices and form a healthy course of action.

It's not enough to simply avoid telling lies. We must strive to be as objective as possible, and not to purposefully neglect reality. We'll need to reconstruct our route, and adapt our map accordingly; this might be something new and difficult.

In the business and political world, these decisions are common sense, but what about in the world of romantic relationships?

First, it's necessary to avoid lying to ourselves and to others. Second, it's important to be honest, and not twist the truth. Third, it's of utmost importance to nurture our personal and spiritual development through truth.

BALANCE

A flexible definition of balance suggests that it's the basic principle of discipline. In order to be free as human souls, we have to take responsibility for our actions, use truth as our guide, and maintain a healthy balance in our personal lives.

Let's encourage ourselves to be creative and flexible in our actions. Otherwise, we'll get so tired we'll end up abandoning our effort to change for the better. No change nor action can effectively take place if there's no purpose behind it.

PRACTICE

In your diary, write down **three things you find difficult to stay**

disciplined in. Consciously choose those things you feel guilty about not doing to the best of your ability.

These can be any habits or behaviors you've tried and failed to stick with; staying motivated, eating healthfully, thinking positively, exercising regularly, reducing the number of alcoholic drinks you consume, quitting smoking, avoiding junk food, meditating to calm your nerves and reduce stress, avoiding arguments, standing up for yourself, or minimizing your judgment of others.

Keep it simple and straightforward.

Then pick one and, being as specific as possible, write down how you'll keep yourself in check and achieve this goal.

Note down in your diary the changes you'll be making in your life. Bear in mind that **patience, solitude, and self-love** will soon become natural parts of your daily life.

When you feel ready, tackle the next habit on your list, in a focused, confident way.

INSTEAD OF AN EPILOGUE

You've worked hard, you've read a lot, and you've changed. Excellent job!

Now it's time to look at the first steps you'll take when your perfect match arrives! But did you think we'd let you do this alone? Of course not. Let's begin.

WHAT IS LOVE?

*Love only gives and takes itself.
Love doesn't possess anything and cannot be possessed by anything
because love's desire is love itself.
The course of love cannot be directed but if love believes that
you are worthy of living it,
then it will direct you through your own path.
-Khalil Gibran, author of The Prophet*

Love is a big, deep, and inaccessible notion. Words, thoughts, and feelings can never do it justice. It'd be a lot easier to describe what love is not, rather than what it is.

Love is indefinable, but it can define people, situations, places, and relationships.

Up to now, none of the definitions of love has ever been totally satisfying in capturing its important role in our lives. However, I like the following definition of love, from the philosopher Peck:

Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth... Love is as love does. Love is an act of will -- namely, both an intention and an action. Will also implies choice. We do not have to love. We choose to love.

This definition is the basis for defining romantic love.

THE CONTEMPORARY CHARACTERISTICS OF LOVE

WILL

Will is our desire's passion to engage in action. Action is the best ingredient for creativity and positive energy.

LEAVING THE COMFORT ZONE

Through personal efforts, **we can break through our boundaries.** Nurturing love is a continuous, long-term, hard effort, through which we come to realize we've managed to open ourselves to becoming better people.

TWO KINDS OF LOVE

We experience two kinds of love **at the same time:** the love we feel for ourselves, and the love we radiate toward our "other whole."

CIRCULAR

Apart from its deeply evolutionary role, love is also cyclical. It begins with the love we feel for ourselves, and then it grows to include the love we feel for our perfect match. The more it develops, the more it feels like concentric circles that contain more and more love.

12 + 1 WAYS TOWARD HAPPINESS

Happiness is a conscious decision to do things that help develop our joy and pleasure.

There are 12 + 1 ways to make your partner and yourself happy within a relationship:

1. TRUST YOUR PARTNER WHOLEHEARTEDLY

A relationship will go nowhere if there's no trust. It's like trying to drive a car that's run out of gas. It's important to have complete trust in your perfect match, not only in his or her actions, but also in his or her intentions and vision for your relationship. TRUST = FUEL. Write this on a post-it note and put it on your fridge.

2. GET STRONGER BY LEARNING FROM CHALLENGES

Don't ignore the lessons you can learn from the negative experiences in relationships. Often, we try to avoid or ignore the things that don't work, but only by tackling these problems and learning from mistakes can we move on to a better, wiser future. In order to become mature, the partners in a relationship need to focus on its development, and learn from the hard lessons of unpleasant or demanding experiences.

3. RESPECT EACH OTHER COMPLETELY

Along with admiration and creativity, respect is a cornerstone for romantic love. How can you be in a romantic, sexual relationship with a person who doesn't inspire you, and vice versa?

4. NURTURE HONESTY BETWEEN YOU

You must be able to look your partner directly in the eyes. For a conscience at peace, you have to insist on honesty, especially if you've done something wrong or if you're in a difficult situation. Honesty is your best tool for keeping things as simple as possible, and consequently, keeping communication with your perfect match intact.

5. FIND JOY IN THE LITTLE THINGS

Two people who can be happy even without electricity, internet, or exotic vacations, are truly happy from within, and can be wholeheartedly together with their perfect match. **A hug, a caress, and beautiful words cost nothing, but can mean so much to your partner.**

6. EMBRACE YOUR DIFFERENCES

How we handle our differences defines to a considerable extent our happiness within the relationship, as well as its durability. **Know that perfection is impossible.** Look at your differences as tools for keeping your relationship exciting and interesting.

7. DISAGREE, BUT DON'T FIGHT

Disagreements and fights can cause big problems in a relationship. Focus on developing clear, open, honest communication with your partner, because things can become explosive **when we express but don't explain ourselves.**

8. ENJOY EVERY MOMENT

A smile, a breath, a look, a caress; these simple things can ignite desire for our perfect match. There's a gift hidden in every moment, waiting for us to discover it.

9. CELEBRATE YOUR WINS TOGETHER

We're not just a team, we're the best team ever. Regardless of who actually scores the winning 3-pointer, it's important to *celebrate your wins together*. Give an encouraging, positive response to your partner's news about a partnership, a promotion, a sponsorship, a sale, or a new agreement.

When something amazing happens for your partner, show him or her you're thrilled. Get drunk on each other's successes!

10. LOVE EACH OTHER WHOLEHEARTEDLY, FLAWS INCLUDED

People choose to get in a relationship based mainly on attraction and common interests. However, in order to stay together, you must accept and embrace each other's flaws. True love and happiness are judgment-free.

11. EXPRESS GRATITUDE FOR EACH OTHER

How often do we really express our gratitude for our perfect match? Do we take them for granted? *Is there such a thing as "forever"? How long can a relationship be on "automatic pilot"?* We have to remember to express gratitude to our perfect match, simply because he or she is the most important person in our life.

12. BE THERE FOR YOUR PARTNER, EVEN DURING HARD TIMES

It's a beautiful thing to support each other, and it's rare to experience the sense that our perfect match is always there for us, with acceptance, affection, and understanding. **Embrace your perfect match, even during hard times.**

WE'RE RIGHT THERE BESIDE YOU!

*Close your eyes. Take a deep breath. Say "Bravo!" to yourself for reading all of **Create Love: 7 Secrets To Attract Your Perfect Match**, for doing its practical exercises, for wanting to learn.*

I can't hear you! Say it louder! BRAVO!

Shout it a thousand times, because you belong in the 5% of people who take action and create the future they deserve.

The gestation period for a rabbit is two weeks, for a woman it's nine months, and for an elephant it's two years.

Your journey is unique. *Don't compare yourself with anyone! Take action, have faith, and True Love will soon be at your side.*

I am at your side, too.

Jill Douka

*Life is a journey, and it's much more exciting when you don't have to do it alone. **The lessons of romantic relationships will make you wiser.***

When you find true love, make sure you don't lose yourself in the relationship. *Stay creative, be humorous, be inspiring, and maintain your vision of what you want to accomplish in life. You are an amazing mirror for yourself, and for your perfect match. Look at each other and admire each other's development and the widening of your horizons.*

*During tough times, think about **the purpose, destination, and success of the relationship you've created, free of misunderstandings and disagreements.***

Everything happens so that we can enjoy and live every moment positively.

You Win, We Win, We Won!

Together!

Nikolas Ouranos

#1 European bestseller

Voted by readers as one of the top 10 wellbeing books of 2015

Are you tired of **getting into romantic relationships that go nowhere?**
Do you believe there isn't anyone out there for you, and it isn't even worth trying?

True Love Does Exist.

Jill Douka, the highly sought-after, internationally-renowned speaker and #1 bestselling author of **Create Love: 7 Secrets To Manifest Your Perfect Match**, had experienced a myriad of dating misadventures before she met her husband, Nikolas Ouranos, co-author of this book and founder of the Academy of Relationships.

This book is a **manual for you**; use it as a guide to **finding and experiencing True Love**. Jill and Nikolas describe the steps they had to take in order to discover their real, true selves and manifest each other.

Do you want to learn to flirt effectively and explore your sexuality?
Do you want to experience love and eroticism in a happy relationship?

"Create Love: 7 Secrets to Manifest Your Perfect Match contains the proven principles and techniques that will help you find the love of your life. This book is a true gem."

-Jack Canfield, #1 success coach Co-author, *Chicken Soup for the Couples Soul*® and *The Success Principles*™:
How to get From Where You Are To Where You Want To Be.



Jill Douka, MBA, PCC, is the internationally-renowned speaker, #1 bestselling author, award-winning mentor of the European Union, and one of the first European speakers at two TEDx events in Asia and Europe. She is Greek and Canadian, and has trained, coached, and mentored thousands of people in Europe, the USA, and Asia. She appears on TV and radio shows internationally. She travels extensively throughout the world with her husband, Nikolas Ouranos.

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Nikolas Ouranos is the relationship expert, inspirational speaker, author, and in-demand marriage mentor. He is the founder of the Academy of Relationships www.academyofrelationships.com. Along with globally renowned guest specialists, he trains thousands of people to create happy relationships without an expiration date. Nikolas appears in TV shows, and writes articles for for online and print media.

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