

Introduction

All women desire love. We all want to love and be loved. We all desire fulfilling relationships in our life that meet our spiritual, emotional and physical needs. And we all deserve to have healthy, satisfying love relationships in our life.

But how much time and money have we invested in creating a life that attracts the love we want and desire? A few years ago, I calculated the investment made in my career and professional development since college, and I was surprised to find that the figure was over \$60,000. I realized that this huge amount had been spent on training programs to improve my skills in such areas as presentation, executive management, facilitation, writing and technical abilities in order to advance my career. I also saw that this investment had really paid off; today I enjoy a career as Vice President and Partner in an IT Consulting Firm. So I asked myself, What if I also invested time and money into my personal life? What if I spent time and money on learning what it takes to attract the type of men that are ideal for me? Would I get the results that I desire? Well, this book shares all that I have learned throughout my journey toward fulfilling love relationships.

Why did I write this book? Basically, it's because I love men. I find men to be attractive and fascinating. Men have

shaped my life, and they've helped me to grow, learn and develop as a woman. Over my entire life, I have been surrounded by men. I grew up in a household with three brothers, and my mom and dad. My closest friends throughout my life have been men. Even today, my best friend is a man who I love dearly. Even where I currently work, I am surrounded by men. I have been consulting with a new client for the past year, and all day I am surrounded by four of the funniest, wittiest and most attractive men that I have ever met. Every day I think that I must be the luckiest woman in the world. They certainly make things at work enjoyable and fun.

I am grateful for the men who I have dated and loved over the years, those who have brought me joy and, yes, even those who have brought me pain. I am better today because of the presence of all of these men in my life.

Dating Is Very Competitive Today

Today's dating environment is extremely competitive. The odds are much better for men because they are outnumbered by women in every state, except for Alaska and Nevada. Nationally, there are 143.5 million females to 138 million males. For Black women, it is even more challenging. In our nation, there are 10 single Black women for every seven single Black men, and over 70% of Black women are single. So women have to be very deliberate about finding, attracting and keeping a good man.

Due to the challenges encountered when meeting and dating men, many single women have pushed dating to the bottom of their priority list. But, on some level, they still want and desire a fulfilling love relationship. As women,

Introduction

we naturally want to be happy in our relationships, but many of us don't know how. The rules of dating have changed, and most of us don't know what the new rules are. I believe that if you're going to take dating seriously in this hypercompetitive dating environment, you have no choice but to start to think differently and employ new strategies to attract the ideal man.

How You Live Your Single Life Is Key to Attracting the Love of Your Life

Women must first learn to be happy without a man. If you are unhappily single, we will seek to change that so you can get the most out of your single days. Being single should be one of the best times of your life. It is your time to discover what you want out of life, what your goals are, and what you need from a man. If you follow the strategies in this book, you will begin to enjoy your single life more.

I know you might be thinking that you don't want to enjoy being single; you want to get married. Well, if that is your end goal, you need to know that how you live as a single person determines the type of men you attract into your life. Having a full, productive single life is key to achieving a fulfilling committed relationship. If you are unhappy single, you will likely be unhappy married, except you can then blame your spouse instead of yourself for your unhappiness. Well, when you are living the life you want as a single woman, you will attract the man who is right for you.

If you are not enjoying dating, we will get you in dating shape mentally, physically and emotionally. You have to train yourself to focus clearly on your wants, needs and

future goals. If you've ever been an athlete, you know that the key to success is *training and preparation*. Likewise, this book will help you with the training and preparation required to win the dating game. You will learn to date to have fun, not just to find a husband.

By following the strategies in this book, you will definitely increase your chances of finding a husband. However, if you date with "finding a husband" on your mind, you will likely miss much of the fun and enjoyment that dating brings. You will have to stop thinking that marriage is the ultimate goal. If marriages were so great, why are more than half of them ending in divorce? So, don't rush into marriage, take your time, enjoy dating, and choose the man who is best for you.

You Can Win the Dating Game

So what does it mean to "win the dating game"? It means that you will have to learn to get into the "game" and compete. Think of dating as a sport; you will have to practice dating until you take control of your dating life and achieve the results you desire. Just like an athlete trains and practices to compete and win, you will have to practice to begin to win the dating game.

If you think about it, most of us have never been taught how to date to find a compatible partner. There was no college course for it. Yes, many women have received advice from family or friends. We may have taken advice from other single women. But most of us are winging it as we go. There are some women who are obviously better at it than others. Well, have no fear; we will discuss the strategies that have worked for numerous other women.

Introduction

They have worked for others and they can work for you. As I applied these strategies, my dating and relationship skills improved and I begin to achieve the results that I desired. I've been proposed to three times, engaged twice, and married once, and I've discovered that I simply love dating. I enjoy the process of dating and all the feelings associated with dating—the excitement, anticipation, anxiety, and newness of meeting new men. After reading this book, you will have a competitive advantage over other women if you apply these strategies.

How This Book Is Organized

Is your goal just to meet new men so you can have fun dating, or are you interested in a long-term committed relationship? Either way, this book is for you. *Why I Love Men* offers practical strategies that I have learned from friends, relatives and my own experiences. This book shares my experiences, various philosophies and some of the best practical advice that I have ever received and successfully applied. These ideas will help you identify and pursue the man who is right for you.

The book is divided into four parts:

1. *The Joys and Pains of Relationships.*

In this section, I share both my personal triumphs as well as my bad decisions in love and relationships. I share the heartfelt story of the joys and pains experienced in my relationships in a sister-to-sister, woman-to-woman, friend-to-friend manner. I believe that you will be able to relate to the stories and find them entertaining and encouraging; however, if you want to get right to the dating strategies and advice, begin in Part II.

2. The Dating Action Plan: Become the Woman Every Man Wants.

In this part, you learn the specific strategies that will help you become an exciting and highly desirable woman that men will want. I point out things that you may be doing wrong in your dating life and provide suggestions for approaches that work. You can't continue doing the same thing and expect different results. It is time to change your approach to dating!

3. The Dating Action Plan: Find the Man that Every Woman Wants.

In Part III, you will learn how to identify a mate who is right for you. It is important to understand that men think very differently than women about sex, dating and relationships. So you have to learn how men think in order to greatly increase your odds of finding a man.

4. The Truths and Lessons Learned from Dating.

In Part IV, I share the lessons learned and truths about men, love, dating and relationships. I will help you understand what men think, based upon what they have told me, as I have spent my entire life being around men. I'll reveal insights into the minds of men and uncover the secrets for attracting and keeping the men you want in your life. I had to learn these lessons the hard way, but I am now smarter and finally winning the dating game.

Introduction

My book is designed to entertain, inform and completely transform your life. There are plenty of action items that will allow you to immediately begin to put these strategies into practice. Soon you'll start to get the positive results you desire!

For the next 30 days, select a different action item from the book each day. The goal is to begin to change your daily habits to move yourself toward creating the life you want and attracting love into your life.

I wish you the very best in getting the love you deserve.