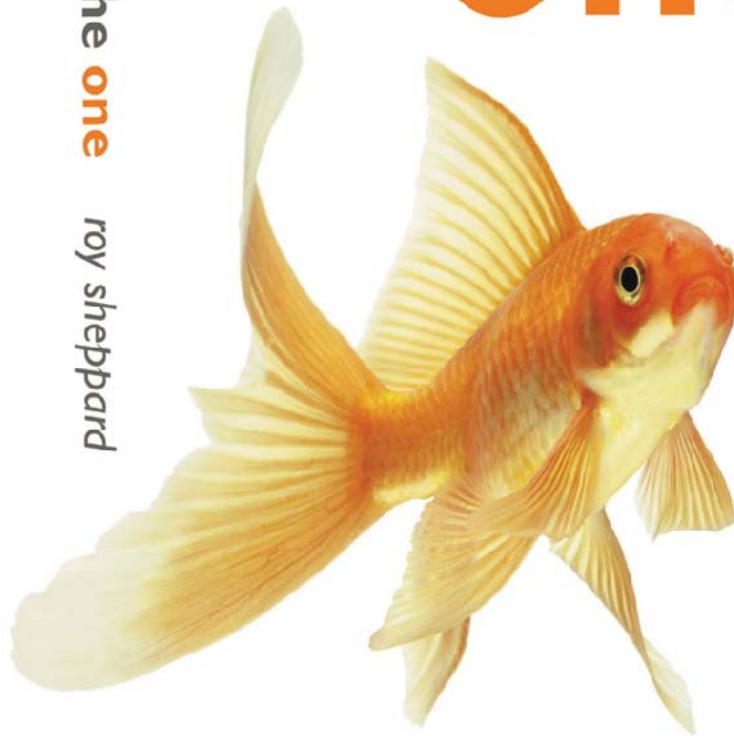


how to be the one

roy sheppard

how to be
the
one



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This eBook is a free sample from the forthcoming book “How to be The One” by relationships coach Roy Sheppard. Permission is granted to print out it out and forward it to friends. Details of how to reserve a copy of the actual book when it comes out, can be found near the end of this eBook.

Category: Self-Help/Relationships

For men and women who want to keep 'The One' in their life. And for all singles who want to ensure they are **READY** when they find 'The One' for them.

How sure are you that they would be prepared to stop their search when they met you? Or, without realising it, are you only a click away from being the 'Ex' in 'N-ex-t'?

You want someone who is kind, considerate, committed, honest, reliable, loving, compassionate, happy, interesting, optimistic, GSOH, intelligent and attractive. So do they.

But how many boxes would you 'tick' today - for them?

In this book, you will learn how to adopt and absorb the same qualities you find so essential in others. Life-changing wisdom, insights and practical ideas and advice to help you become that special person - for them.

A huge part of that is discovering how to strengthen your Emotional Core; the four key emotional qualities that provide you with the emotional stability, depth and strength to make you as irresistible to them, as they are to you.

Move from a 'Me' mentality to being a part of an 'Us'.

Starting today.



Roy Sheppard is a relationships specialist who writes and speaks extensively on all areas of relationships, including the 'taboos'. Known for his kindness, Roy has advised countless men and women, personally and professionally. He is also renowned for being one of the most experienced conference facilitators in the world. For more information: www.WorldClassModerator.com

ISBN: 978-1901534139



9 781901 534139

Printed in the UK

www.BeTheOneBook.com

UK £9.99
US \$14.95
Euro €14.95

Introduction

When I was 24, I worked for the BBC. I was what is known as a "continuity announcer". Not only was I a 'voice of the BBC', with my role came a great deal of responsibility. I was personally responsible for putting television programmes on the air. More importantly, when things went wrong, as they often did in those days, I had the authority to make some fairly important decisions that affected the BBC. For a 24 year old, it was quite stressful. Because of this responsibility, and how the BBC was organized, I had a fairly senior management grade. And with that came a number of perks, one of which was being allowed to travel first class on the train, if I was travelling on BBC business. If you're a British reader you'll be pleased to know that I never wasted your TV licence fee* by doing so. I thought it was wrong.

Anyway, many years later I went through a personal crisis. The word "divorce" was part of that. When you go through particularly bad times in your life, you tend to reflect on all sorts of things. What you've learned. What you'd do again. And what you wouldn't.

I found myself thinking about the real reason I never travelled first class when I worked at the BBC. The real reason was that I didn't deserve to travel first class. You see, at that point, everything about my life was 'in economy'. I didn't feel as if I ever deserved anything better than 'cheap'. Certainly nothing first class. This hit me hard. For the next week or so, I found myself feeling very upset at this realization.

Then one day, it dawned on me that 'first class' isn't a seat, it's an attitude. It's an attitude to life. Therefore, it's also a choice. I decided from that moment on to live a first class life. There have certainly been times since then when I've forgotten to do so. But it's not long before I remember it again and carry on with life.

I sincerely believe that you can also make the same choice. You can be first class. Simply by deciding to be first class. Not in a narcissistic, arrogant way, or insisting that you, or someone else, pays more than you need to for 'toys' that make you feel important – short term. But first class at a much deeper level. Being a first class person for TheOne can only happen if you have made an investment in being a first class person for yourself.

Every first class athlete is aware of their 'Core'. Their 'Core' muscles reside deep inside the pelvis, lower back and abdomen. Athletes know how critically important these muscles are to their physical stability, flexibility and strength. All top-level training programmes include a regime to develop an athlete's 'Core'.

For the first time, this book introduces the concept of your 'Emotional Core'. This consists of four core **emotional** qualities that help with your emotional stability, depth, flexibility and

strength. A strong and robust Emotional Core effectively protects your heart and even your soul.

The best relationships can be truly transformational, but we all know that a 'bad one' can also be so devastating. For many, the pain of previous relationships has exacted a high price. They are unable or unwilling to surrender to the sheer joy of a relationship – just in case it doesn't work out. They enter all relationships (especially those they think could be significant ones) in a highly defensive manner.

However, a strong emotional core that has been developed over time, gives you the inner strength to know that if you are injured emotionally, you are more likely to be able to cope effectively and also recover far more quickly. (This is precisely how athletes benefit following injury when they have a strong physical core).

This isn't to suggest that you throw caution to the wind with everyone you meet. But knowing you have a strong emotional core, allows you the opportunity to be emotionally available to your partner. Do that, and you become as irresistible to TheOne, as they are to you! And without any tricks, manipulation or deception! Because you just can't have a successful long-term relationship if it's based on 'faking it'!

"How to be The One" is about how you can become a first class person (that doesn't mean 'perfect' because no one is – and those who insist on perfection invariably make life fairly miserable for everybody else around them). But you don't have to do anything you find in this book. Really. Because if you agree with any of what you read, and then think and feel it's a chore to make adjustments in your behaviour and attitude, you won't do it. You might start with good intentions but it probably won't last.

So when you read this book just PLAY with any of the ideas it triggers. Playing around with what you learn and what you CHOOSE to do. One more thing - please don't EVER beat yourself up about anything you read in this book. On that basis, you are invited to **Be The One** for that special person you have either yet to meet, or perhaps you've already met – and you'd like them to choose to stay in your life forever.

I hope this book proves to be a first class ticket for your future journey.

Roy Sheppard. Bath, England. February 2010.

*For non-British readers, in Britain you have to pay an annual licence fee to own or rent a TV set. Revenue from this licence fee is currently used to fund production of all BBC radio and television programmes.

Chapter 1

1989. *When Harry Met Sally* was a sensationally successful movie. Starring Meg Ryan as Sally and Billy Crystal as Harry. It told the story of how two people meet, **don't** fall in love, yet eventually come to realise that they are 'the one' for each other. It's most memorable and hilarious scene was probably Sally faking an orgasm, sitting at a table in a diner. And even now, after all these years, I still crack up at that comment from the older woman sitting nearby: *"I'll take what she's having."*

But I also remember the film for a very short scene where their mutual friend Marie (played by Carrie Fisher) is sitting up in bed with her husband, Jess, talking about 'being single'. She says *"Tell me I'll never have to be out there again"*. Jess looks into her eyes and says *"You'll never have to be out there again."* Just about everyone in a really happy and successful relationship 'gets' what she's saying.

Being single is fantastic. For some, but not everyone. It's exciting. Fun. There's the independence and the choices; bars, parties, clubs, drink, drugs, hot dates and even hotter, steamy sex. You're free to do what, and 'who' you please. Getting drunk. Getting laid. Wishing you hadn't. And promising yourself that it won't happen so easily the next time. And all those other things you just don't tell your parents!

This is fine if you just want fun; whether that's vertical or horizontal. Whatever you want, is certainly out there somewhere.

'The Moment'

Then one day, most people, male or female, wake up feeling as if they're 'velcroed to the mattress', utterly exhausted from whatever they got up to the previous night. They experience 'the moment'. It's that glimmer of a realisation that the partying isn't quite as much fun as it used to be. And that, perhaps – just perhaps, it might be time to find someone special to be with, long term.

This book is for those who have already found 'the one', as well as for all single people who have experienced 'the moment' but have yet to meet 'the one'.

Sally was able to 'fake it'. "How to be The One" isn't about faking anything.

It's about being honest with yourself, and respectful of others. It's about **being** 'the one', **being** special and being **READY** for the time when you meet 'the one'. Even if, like Harry and Sally, you don't realise it at first.

There are loads of books for women that tell you in deceitful detail how you can trick someone using various techniques into wanting or marrying you. And there are equally dishonest books for men that explain how to con a woman into having sex with you. One of these books boasts sales of a million plus and countless marriages as a result of their rules and deceitful techniques. The authors are less forthcoming about how many of those marriages actually ended in painful divorces for everyone, including countless innocent children. Anyone merely looking for 'live prey' – won't find what they want here.

Techniques to manipulate another individual may indeed work in the short term – but any relationship that's based on this type of behaviour cannot and will not last.

This book isn't like those books – at all. "How to be The One" is for men AND women. Therefore everything you read refers equally to men and women, unless something is described as specifically for either sex.

The key message throughout this book is a simple one. Although it's easier to say than do.

If you really want a long-term, meaningful relationship WITH the best, you have to be prepared to put at least some effort into BEING the best for them too.

Read the previous sentence again until it sinks in.

The rest of this chapter is specifically written for single people, so if you're already in a relationship, you can skip to the next chapter. Or you can stay with me to learn what it's REALLY like 'out there'. And how the world has changed so massively even since 1989 When Harry Met Sally.

Supply and Demand

In the business world, there's a basic law of 'supply and demand'. It states: whenever there's a shortage of any resource (in this case, available single people), their value (or perceived value) goes up. For example, if there are only three people to choose from in your village, your choices of a mate are fairly limited – and so are theirs. You might hold out for someone better, but there could come a time when you are forced to 'face reality' and lower your standards, rather than be alone. It's harsh, but that's what happened in previous centuries. And it still happens in many less-developed countries today.

That's one of the arguments in favour of arranged marriages. Families know each other, make a match without any dating website in sight, the couples get to know each other as friends, get married and live happily ever after. OK, that's just the theory – but there's quite a bit of research that shows a significant proportion of arranged marriages do actually work – for the men and the women.

Of course, there are also deeply unhappy men and women, trapped in loveless marriages, based on convenience rather than choice. But in many other cases, millions choose to work at it together to create really happy lives together. And for the sake of balance - if you want a comparison, talk to the 2 million or so Americans who end up in the divorce courts – EVERY YEAR!

The West ain't necessarily best!

Basically, in the past, you took what was on offer, made the most of it, or you went without!

But the flip side of the economic theory is also true, and much more relevant to most of the readers of this book: a glut of any resource (such as available singles) makes the perceived value of each one go down. When you're one of just a few choices, you don't have to bother that much. But when you're competing with so many really hot, active, enthusiastic, 'beautiful' people the stakes are a lot higher. You need to do something to increase your perceived value.

You can't expect to 'get' the best, without putting any effort into 'being the best'. This book shows you how to stack the odds in your favour – without resorting to any dirty tricks.

Today, the world is obviously a VERY different place. The 'Supply and Demand' equation is completely different too. Populations have exploded everywhere. There are now more young single people than EVER before. So the chances of getting a date have never been better. That's the plus side. But the downside is worth thinking about too.

This isn't being negative, it's facing the hard facts.

The number of single people is predicted to rise even further in the next couple of decades. This means there's now such an over-supply of single and available men and women of all ages.

On the face of it, it's great to have that much power and that much choice. Being on the receiving end of it isn't much fun though. Disposability is already so widespread. And it applies equally to men and women.

Competition for the best people has never been so high. And it will almost certainly intensify. Making sure you have the qualities you seek in others will become more and more essential. And that's not the same as making it just 'look' as if you have those qualities.

How do others judge YOU?

This book is designed to help you look at your own situation and behaviour in a different way. Not necessarily a 'better' way – just different. By thinking differently, you may choose to make different decisions about what you do, which in turn will affect how others respond to you. We all possess a collection of beliefs, attitudes, habits and other behaviours. Individually, they might not make much difference to who you are. However, the people we meet and become close to, often notice (consciously or unconsciously) 'clusters' of these traits. It's the combination of these 'clusters' that lead to someone deciding, whether you are wildly or mildly appealing, or mildly or wildly un-appealing. Helping you to think more constructively about who you are today, and who you can become 'tomorrow' can and does make a massive improvement to your life. From the inside out.

It's the stuff you cannot see. It's what makes you irresistible – in a genuine way.

"How to be 'The One'" is for the single men and women who are serious enough to actually do something about wanting a long-term partner to share their lives with, in a special relationship based on honesty, kindness, mutual respect, deep intimacy and love. It's for people who want to be that one person who brings out the best in their partner, and who in turn, is as equally devoted to you.

BEING TheOne for that person - without 'faking it'.

But is there actually such a person as 'The One'? No. That's the short, simple answer.

A slightly better answer would be: there are probably many. But not all of them would necessarily choose you as their 'One'. That doesn't mean there's anything 'wrong' with you though.

Here we are talking about "The One For You". That one person you meet, fall in love with and commit to fully – and who chooses to do (and be) the same for you.

It's about what you can do ethically, to increase the chances that the 'one' you choose is the 'one' who also chooses you. And doing so in an honest, kind and loving way.

The biggest potential problem anyone has in a relationship context, is the person you fall for doesn't feel the same way about you. And in today's world of unlimited choice, this is becoming more and more commonplace. With so many millions of single people out there, it has never been SO easy to move on to the next person, just in case there's someone 'better'.

American comedian Chris Rock gets a huge laugh when he tells his audiences "Guys, no matter who you are, you are NEVER her first choice!" May be that's a bit too true for comfort! And with so much choice, it's become true the other way round too.

This isn't being negative, its just the reality.

May be as you read this, you're not quite ready to settle down with 'The One'. Although when they appear, you might change your mind very quickly! Wouldn't it be a tragedy if that person continued their search, because you weren't providing the very qualities you valued so highly in others?

As you read the following chapters ask yourself the same question "If you were in court accused of failing to provide each quality you require in others, would there be enough evidence for you to be convicted?"

Everybody seems to WANT more from the people they meet and date. While GIVING more emotionally may only happen AFTER you get what you want! After all, we've all been hurt, so holding back is probably 'safer'. Unfortunately it doesn't quite work like that!

'The One' for you is almost definitely out there - somewhere. In fact, there have never been so many 'Ones' who, if you could only just find one of them, would be the perfect mate for you. And you could be perfect for them. They might be 'The One' for you, but are you 'The One' for them? Do you actually possess all the qualities that you require in someone else?

It's really important to understand the bigger picture of how the world is evolving in relation to single people, and where you fit within it.

You probably have your own requirements in a partner. It might even be a long list. How many times have you pulled the plug on a relationship with someone who was really into you, but there was something 'not quite right' about them? Best keep looking, just in case!

The 'Next' Generation

Today, there have never been so many single people in the history of the world. And there are more on the way. And thanks to the internet, being single has opened up mind-boggling opportunities to meet other single people. In one way, it is intoxicatingly exciting. It's just like being given the keys to the largest sweet shop in the world. But in another way, it can be utterly over-whelming – even frightening. Far too much choice leads to a level of disposability that is difficult to manage. Meet someone who isn't 'perfect'? A replacement is only a few clicks away.

The trouble with being part of the 'Next Generation' is how many times you say, or hear, the word 'Next'!

The level of competition for high-calibre human beings who can afford to pick and choose has never been so high. And it will get higher. This is absolutely guaranteed. And that will affect

YOU. And all your single friends who want to settle down one day. Regardless of their age or how they look.

So if you're thinking, why should I bother getting ready? Surely, 'the one' will take me just as they find me, 'warts and all'. May-be. But would you do that yourself if you were with someone who didn't meet your high standards? Wouldn't you want to take even a little peek to see if someone 'better' was available? Why do you think they wouldn't do the same?

It's just human nature.

I interviewed one particular young woman for this book. She said "But why should I be the one to change? If he loved me, he'd take me as I am." In reality, when there are this many available people to choose from, the highest calibre people can afford to be extremely selective. They can 'try before they buy' as often as they like. And anyone who fails to meet their high standards in any way, is gone. It's as simple as that. So, my answer to that young woman is "You don't HAVE to change at all. Really. Although if you want to attract (and keep) the best, you might decide that 'becoming the best you can be, is at least worth considering.

Doesn't it therefore make sense to think about what you most want in a long-term partner and make damn sure *you* have the same qualities that you regard as so essential in others? Because you can be pretty sure they will keep searching until they find someone with the qualities they regard as essential. When it really comes down to it, it's not just about the clothes they wear, how well they keep in shape or the car they drive. It's about the person they are *inside*. And it is what is inside of *you* that they will be looking at . . . and assessing or even judging.

You want someone kind perhaps. How prepared are you to be at least as kind? It's the same with every other quality you would want in a future partner or spouse. Those in good relationships devote themselves to bringing out the best in each other, in equal measure. This is fundamental to the success of any long-term relationship. If one person does all the giving, while the other does the 'taking', it's only a matter of time before that relationship will become strained or broken. Someone will become the 'ex' in 'N-ex-t'.

Internet Dating

The average length of a relationship started via a dating website is about seven months. Not exactly permanent is it? There are just too many 'hot' people to date. Is this Heaven? Or is it dating hell? That depends a lot on your mindset.

These issues don't only affect young singles either. Louise is in her early forties. She finally plucked up courage to join a dating site after a painful and protracted divorce. She's a genuinely attractive looking woman. Her online profile photo was just a quick snapshot; no special lighting, no professional make up or hairstylist. Within just 48 hours of uploading her profile,

she received 183 emails from men (and a few women!) She was totally overwhelmed. Too overwhelmed in fact. She nailed it when she told me “I was ‘new meat’.”

She didn’t want to be ‘new meat’. She wanted a ‘new meet’; a genuine guy to get to know and to love – and be loved. She didn’t want to be part of what she described as ‘this feeding frenzy’. How many of those 183 men could have been TheOne? Who will ever know? In truth probably, not that many.

As Louise found, the choice ‘out there’ can be SO huge, it is becoming very difficult to sift the good from the bad. Who hasn’t scanned endless profile pages, instantly dismissing people based on a tiny photo and a few sentences they’ve written about themselves or had written by a friend? And they are making split second decisions in exactly the same way about you! Except the ‘creepy’ ones of course: they ALWAYS seem to want to get in touch with YOU! In much the same way as the comedian Jasper Carrott observed that the ‘nutter’ on the bus ALWAYS wants to talk to you – and not anybody else!

Does that mean dating sites are a waste of time for anyone who is serious about meeting someone special? Absolutely not.

Dating sites are without doubt the most fantastic and effective way that has ever been invented to connect with a lot of single people who have all decided to tell the world that they are ‘available’. Although it would be easy to forget that there are still so many other effective ways offline, to meet available single people too. But to give you a sense of how many websites there are, for a fairly comprehensive listing visit www.BeTheOneBook.com

Let’s look at this phenomenon a bit closer and look at the numbers, to understand the sheer scale of internet dating today.

Match.com has more than 16 million American members (15% of the 95.9 million unmarried adults in the US). In the UK there are an estimated 15 million single people, a third of whom are registered with at least one UK dating website. Study the business predictions for companies like Meetic, which owns DatingDirect.com, the UK’s largest dating website (5 million members) and Match.com in Europe, and you’ll see growth. Business is excellent in the online dating world because demand is so huge. And it’s set to rise even further. Which is precisely why new dating websites keep popping up everywhere, aimed specifically at satisfying the needs of just about every definable group of single people; based on locality, race, age, colour, religious beliefs, hobbies, income and sexual preferences.

But it’s in China where the singles market is really exploding. Chinese website Zhenai.com is the largest dating site in the world with over 22 million members, followed closely by Jiayuan.com. It’s estimated that there will be 140 million singles in China sometime time soon! Adding any more numbers here is pointless since, by the time you read this, they’ll have changed. But one thing is for sure, the numbers will have gone up.

And it's a similar story in just about every developed country on the planet – more single people than ever before. Quite simply, there have never been so many opportunities to meet anyone, for anything. And that includes TheOne.

Searching profiles online can be strangely addictive. Receiving a constant stream of emails from seemingly attractive men and women is also exciting and great for the self-esteem. Whether it helps you find TheOne is a different matter though.

Being less than honest about yourself in your profile has even become an expected part of the internet dating experience. But it's hardly the basis for a solid long-term relationship.

All too often, the promise is far more appealing than the reality, as anyone who has dated someone 20 years older or 40 pounds lighter than their picture suggests!

Stories abound too of male and female 'serial internet daters', constantly searching for the next date, and the next and the next. And as you may have already discovered if you use online dating sites, there are also a significant number of people who don't ever get around to actually meeting anyone face-to-face. With so many to choose from online, it's good enough for them just to feel wanted. Who knows how many of these men and women feel trapped in a mundane marriage? You can lead a double life having a string of non-affairs. Online cheating in their minds is perhaps better than real cheating. And there are the ex-girlfriends and boyfriends who take on the persona of a fictitious person in order to make contact with their former partners and keep up with what they get up to, so they can hate them from afar. There are some strange people in cyberspace!

But what else can you do, when you are always only a click away from being rejected?

With so many available people to choose from, how do you manage the scale of the opportunity? Why not pack in as many dates as you can? The 'Speed dating' concept was born. It makes so much sense, too. But only if you're into 'numbers'. According to conventional wisdom, humans make up their minds about someone within 3 minutes. So, on that basis, it makes perfectly good sense to have as many 3 minute dates as possible. It's an excellent business model too. When you don't find anyone – you keep coming back 'just in case'.

On the one hand- there are HUGE opportunities to meet available men and women. Whilst on the other, it's become so easy (in many ways, far too easy) to give up on someone, or for that someone else to give up on you – because as the aptly named website states, there are 'PlentyofFish' out there.

Throwing a tasty fish back, just in case there's a better one swimming nearby is too tempting for so many. (Now you know why there's a fish on this book cover!) TheOne that got away is one thing, but how many 'One's' have you pushed away, perhaps for minor reasons?

Intimacy

More specifically, joining any dating website or speed dating group says “I am looking for intimacy”.

EVERYBODY wants intimacy. It’s a basic psychological need for all humans. Whether that need is for the short, medium or long-term. Some want depth, while others choose to stay in the ‘shallow’ end of the intimacy pool!

Sociologists predict that loneliness and isolation will become the most common psychological ‘disease’ of the 21st century. Which is really odd if you think about it because how can you be lonely when it has also been predicted that there will be 8 BILLION people on this planet of ours in the next 20 years. And about a third of all adults will be single.

Definitions of intimacy vary widely of course; from the desire to mate for life with one partner and share the deepest forms of intimacy with that one person to no-strings attached ‘intimate’ sex with as many strangers as possible. And it’s not just the men. During research for this book, numerous women have admitted they use the web primarily to satisfy their intimate sexual needs.

What is your personal definition of intimacy? How deep do you want it to be and, in an ideal world, how long would you like it to last? My guess is that by reading this book, you want longer-term intimacy with one special person.

The key of course is being able to figure out from all of the individuals you meet or date, which ones share YOUR precise definition of intimacy, are emotionally ‘available’ to you and are actually telling you the truth!

Anyone who has been (or is still) in a ‘one-night stand’ phase of their life will often admit that casual sex gives them a form of short-lived intimacy. Men like the idea they have what it takes to ‘pull’ (to ‘get the girl’), while women who have sex with these strangers, may not choose this option, but at least they feel ‘wanted’ – even if it’s just for a few minutes. Dulling the ‘pain’ of the fake intimacy of a one-night stand often requires copious ‘medication’ in the form of recreational drugs or booze. And thick ‘beer goggles’ of course!

The fantastically talented singer Lily Allen summed this up so perfectly in the lyrics of her song “22”. She sings about a woman who just wants a boyfriend – but all she gets is one-night stands. She captures the quiet desperation of someone who appears to have everything on the surface but has nothing deep inside. The tragedy behind her lyrics is particularly poignant for a growing number of women – and men too.

There is a funny side as well. One woman, in an interview for this book claimed that she had **never** had a one-night stand. She added with a mischievous smile “The guy ALWAYS calls!” I nearly choked on my coffee when I realised she meant she was THAT good in bed!

“Auditions for Intimacy”

Then there's dating.

Let's use another movie analogy. A date is nothing more than a formal “Audition for Intimacy”.

Any actor will tell you that you don't get a role without attending auditions. And you don't succeed at auditions unless you've done your preparation. In my past, even though I was never an actor I attended many auditions for roles in TV commercials and presenter jobs on TV. In one day, I was actually rejected for being the wrong sex, the wrong age, the wrong colour and the wrong height. Talk about not being Mr Right.

My agent once put me up for the role of a journalist in a real Hollywood blockbuster, Patriot Games starring Harrison Ford. They were looking for someone to play a BBC reporter, delivering a 'piece to camera' outside a hospital. The casting director was keen for me to meet the director, Phillip Noyce because I was a genuine BBC news presenter at the time.

I was asked back three times to deliver my 20 seconds of dialogue, once on the set at Pinewood Studios. This alone was a childhood dream come true for me regardless of whether I got this role. How excited and petrified was I? A small speaking role in a major Hollywood blockbuster..... and I was on a shortlist of two. Wow.

The excitement, expectation and attention of the movie business is quite intoxicating. A lot like dating in fact. And so is the rejection. Sadly, 'Patriot Games' had to be 'carried' by Harrison Ford without my contribution. That role went to a woman playing the role of a CNN reporter.

I was right for that part. I wanted that part. But it didn't happen. Again just like dating sometimes.

Actors and other professional performers know that no matter how talented (or even how famous) they are, no one gets every job or part they 'go up for'. Countless talented people routinely hear those dreaded words 'Next'! Many actors keep going to auditions for years. For some, auditions are deeply unpleasant, angst-ridden affairs. Few professionals enjoy them. All the while, they prepare themselves for that brief moment when they might get their big break. Just like dating again?

In the media world, you learn to deal with rejection quite quickly, or you find another profession. Rejection isn't personal it just feels that way. It can be soul-destroying; but it's the same with dating, isn't it?

The old Hollywood studio system, identified raw talent and then taught these actors their craft; how to walk, talk, not bump into the furniture and look their best. If a future happy relationship

is truly important to you, how much are you willing to prepare for what might become the most important 'Audition for Intimacy' you EVER attend?

Recently I watched the entire "Godfather" trilogy. All three movies were in a box-set. At the time these movies came out they were regarded as particularly violent. Today they don't seem to be, when you compare them with what else is available. Part of the box-set included, a 'bonus' DVD which included a lot of interview material with director Francis Ford Coppola and his team of actors. To me, what was so fascinating was seeing the actual filmed auditions by young relatively unknown actors - Al Pacino, Robert de Niro, Diane Keaton, Robert Duvall and James Caan.

Coppola spotted this raw talent and cast them in roles which ultimately catapulted them all to international fame and fortune. I was so struck at how important these short auditions turned out to be for the future careers of these actors. Their lives changed forever once they were awarded these roles.

Those actors (and every other performer who has ever attended an audition) prepared for those auditions. Not necessarily for that particular one. But they worked at their craft to be ready when opportunity came knocking on their door. As the saying goes sometimes it takes YEARS to become an overnight sensation.

Yet who hasn't watched at least one of the many TV talent shows where tens of thousands of aspiring stars of all ages, try their luck by attending open auditions. In many cases, queues stretch around the block as these wannabees wait in line for their 'big break'. This is 'Speed Dating On Stage On Steroids'. In less than three minutes you get the chance to impress those steely-eyed casting directors. Exactly like speed dating.

Those who just show up 'for a laugh' rarely, if ever, get far. And they NEVER win.

Winners are always focussed, passionate, dedicated, committed, talented and they are ALWAYS READY.

How ready do you want to be?

Wanting the best available part or partner is perfectly natural. This has been the case for centuries. There's nothing new about that. But what is new, is how our expectations have changed and what we have come to believe a good relationship is based on.

This was very well-illustrated in a Daily Mail article by romantic fiction author Josephine Cox. In 'Read my lips! Love stories are just a con' (25 October 2007) she recounted a conversation she overheard between two women in their mid to late twenties. One was telling the other about a

guy she'd been seeing, who was great fun to be with, who treated her particularly well and always ensured she got home safely. But then she added "I couldn't ever go out with a man who has crooked teeth. They aren't even that white."

I wonder how long it will be before that woman realises that kindness and character are perhaps a tad more important than straight, whiter than white teeth. As her body clock starts to tick more loudly in the years to come, will she find herself 'settling' for a guy with a dazzling smile who treats her poorly?

In that article, Cox, a multi-million selling romantic fiction writer, went on to reflect on how she and other writers like her could be to blame for creating and perpetuating wholly unrealistic expectations about romantic love, and those perfect, chivalrous, passionate, chisel-jawed, six pack laden hunks. In all those passionate affairs, the relationship just happens. Happiness is always assured. Reality is never permitted to intrude.

And Hollywood does exactly the same. Everyone is perfect, and everything always turns out well in the final five minutes. Happiness is guaranteed – without effort or commitment.

So how do you fit in to this as a single person – at whatever age you are; young or back out on the dating scene again following a break up or divorce? That is what the following chapters are about: highlighting what is most appealing about you, and working on reducing or even eliminating what's unappealing.

Food For Thought

Before we reach the end of this chapter, here's some 'Food for thought'.

A happy, long-lasting relationship is more like a casserole than a spicy curry. 'Boring' by comparison, casseroles are cooked at a lower heat over a longer time, when even the toughest ingredients will be made tender and succulent, nourishing the soul, and warming the heart, especially on a cold winter's day. And, it has to be said, with a casserole you never quite know what will next appear on your fork!

A curry may be more exciting and more stimulating to the taste buds but remember this true fact – curries came about as a way of using hot spices to disguise poor quality, even rotting meat. A perfect analogy don't you think?

How often have you (or a friend) been in the early stages of a very spicy relationship only to discover after some steamy sex that the spice had cleverly obscured a really rotten person behind it?

Perhaps this is the real difference between 'fun dates' and building a lasting relationship with TheOne. Fun dates tend to start "Hot", progress to "Warm", and then on to "Cold". Often within a few short but spicy weeks or months.

By contrast, long lasting relationships invariably start far slower, moving from cold, to warm, to slightly warmer still, to hot, and on to sizzling. The best relationships continue to 'simmer' for years and years. Could it be that all the effort to be 'hot' at the outset might just be what's not working?

In the next short, but essential chapter, YOU will be the focus. There will be an opportunity for you to identify all the qualities you believe are essential in a future partner. Using the same questionnaire you will then have the opportunity to rate YOURSELF on those same qualities.

Chapter 2

Who Are YOU Looking For? And What Qualities Must THEY Have?

On the next couple of pages you will find a comprehensive list of personality and behaviour traits. They are deliberately arranged in an ad-hoc way. This questionnaire will tell you the truth about how appealing YOU could be to TheOne BEFORE you ever meet them! Or if you are currently in a relationship, you will both find this exercise invaluable as a way of helping you see and more clearly understand how you are perceived by them and others.

Step 1

Which of these qualities are the most important to you? Put an 'X' in the box alongside each important or essential quality. If you met TheOne, they would also certainly look for those qualities in YOU.

Step 2

So, when you've made your selection, think carefully about each of the qualities you value so much in others and then circle alongside each quality how you would rate YOURSELF.

Step 3

How would TheOne rate YOU on the qualities you believe are so important in others? Your friends (and current partner, if you have one) are going to help you. Invite at least five people whose opinions you trust to print out the questionnaire. (You might want to forward this eBook to them so they have their own copy of the questionnaire). Ask them to fill it in **ABOUT YOU**. How would they rate YOU on the qualities in the questionnaire?

Tell each of these people how important it is to you that they answer the questionnaire honestly. **IMPORTANT: DON'T** tell them how you rated yourself. Ask them to send it back to you (anonymously if they prefer). Alternatively, just get a few friends together and have a chat!

Step 4

Your next task is to go through their answers and compare how you rated yourself against the way others rated you. The point of the exercise is to identify the **differences** between how you rate yourself and the way others perceive you. If you find there are large and consistent differences, you may want to look more closely at those qualities and if appropriate, work on improving them. Consistent low scores in important areas might benefit from some attention too. Then when TheOne shows up – you're **READY!**

My Name..... Name of the Friend You are Rating.....

(optional)

(optional)

Appealing Quality	'x'	0 Not at all - 10 Top marks										
Fun-loving		0	1	2	3	4	5	6	7	8	9	10
Good companion		0	1	2	3	4	5	6	7	8	9	10
Energetic		0	1	2	3	4	5	6	7	8	9	10
Spontaneous		0	1	2	3	4	5	6	7	8	9	10
Creative		0	1	2	3	4	5	6	7	8	9	10
Savvy and smart		0	1	2	3	4	5	6	7	8	9	10
Playful		0	1	2	3	4	5	6	7	8	9	10
Loving		0	1	2	3	4	5	6	7	8	9	10
Romantic		0	1	2	3	4	5	6	7	8	9	10
Compassionate		0	1	2	3	4	5	6	7	8	9	10
Wise		0	1	2	3	4	5	6	7	8	9	10
Well-organised		0	1	2	3	4	5	6	7	8	9	10
Confident		0	1	2	3	4	5	6	7	8	9	10
Emotionally open		0	1	2	3	4	5	6	7	8	9	10
Thoughtful		0	1	2	3	4	5	6	7	8	9	10
Spiritual		0	1	2	3	4	5	6	7	8	9	10
Humble		0	1	2	3	4	5	6	7	8	9	10
Attitude		0	1	2	3	4	5	6	7	8	9	10
Happy		0	1	2	3	4	5	6	7	8	9	10
Upbeat & Positive		0	1	2	3	4	5	6	7	8	9	10
Easy going		0	1	2	3	4	5	6	7	8	9	10
Even-keeled		0	1	2	3	4	5	6	7	8	9	10
Pragmatic		0	1	2	3	4	5	6	7	8	9	10
Patient		0	1	2	3	4	5	6	7	8	9	10
Relaxed		0	1	2	3	4	5	6	7	8	9	10
Passionate about 'life'		0	1	2	3	4	5	6	7	8	9	10

Sexually Passionate		0	1	2	3	4	5	6	7	8	9	10
Successful in life		0	1	2	3	4	5	6	7	8	9	10
Respect for self		0	1	2	3	4	5	6	7	8	9	10
Respect for others		0	1	2	3	4	5	6	7	8	9	10
Friendly		0	1	2	3	4	5	6	7	8	9	10
Generous		0	1	2	3	4	5	6	7	8	9	10
Helpful		0	1	2	3	4	5	6	7	8	9	10
Gracious		0	1	2	3	4	5	6	7	8	9	10
Kind		0	1	2	3	4	5	6	7	8	9	10
Considerate		0	1	2	3	4	5	6	7	8	9	10
Appreciative		0	1	2	3	4	5	6	7	8	9	10
Non-judgemental		0	1	2	3	4	5	6	7	8	9	10
Fair-minded		0	1	2	3	4	5	6	7	8	9	10
Selfish		0	1	2	3	4	5	6	7	8	9	10
Selfless		0	1	2	3	4	5	6	7	8	9	10
Supportive		0	1	2	3	4	5	6	7	8	9	10
Understanding		0	1	2	3	4	5	6	7	8	9	10
Healthy Self-esteem		0	1	2	3	4	5	6	7	8	9	10
A calming influence		0	1	2	3	4	5	6	7	8	9	10
Encouraging		0	1	2	3	4	5	6	7	8	9	10
Good listener		0	1	2	3	4	5	6	7	8	9	10
Blamer		0	1	2	3	4	5	6	7	8	9	10
Prepared to be wrong		0	1	2	3	4	5	6	7	8	9	10
Open-minded		0	1	2	3	4	5	6	7	8	9	10
Forward-thinking		0	1	2	3	4	5	6	7	8	9	10
Solution focused		0	1	2	3	4	5	6	7	8	9	10
Integrity		0	1	2	3	4	5	6	7	8	9	10
Honest		0	1	2	3	4	5	6	7	8	9	10
Honourable		0	1	2	3	4	5	6	7	8	9	10
Trustworthy		0	1	2	3	4	5	6	7	8	9	10

Depth of character		0	1	2	3	4	5	6	7	8	9	10
Hardworking		0	1	2	3	4	5	6	7	8	9	10
Committed		0	1	2	3	4	5	6	7	8	9	10
Loyal		0	1	2	3	4	5	6	7	8	9	10
Responsible		0	1	2	3	4	5	6	7	8	9	10
Fit		0	1	2	3	4	5	6	7	8	9	10

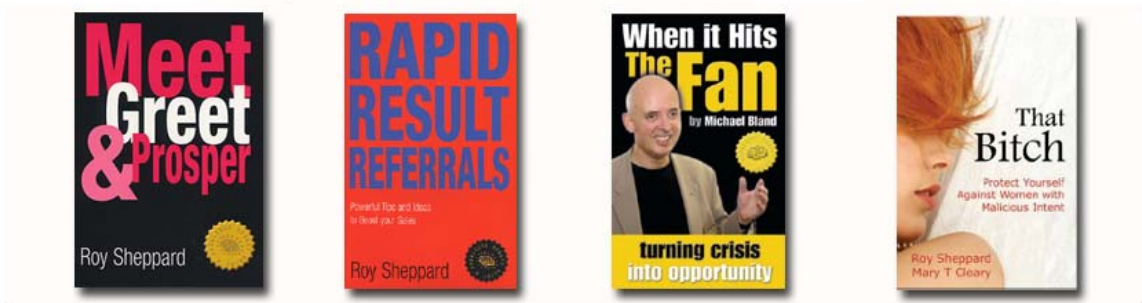
In “How to be The One” most of the qualities listed above are taken separately so you can pick what’s most relevant to you. And then learn precisely how to adopt and absorb them so they become a part of the new improved you.

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