

ASK COACH YVONNE EZINE

By Yvonne Chase – The Single Woman's Cheerleader, Dating Coach

<http://www.availableandhappy.com>

Your guide to, "Living the life that you love, Attracting the Love of your Life and Keeping the Love you find!"

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1. WELCOME

Hello readers,

Did you watch the Oscars?

"Look at what God can do;" six powerful words spoken by Jennifer Hudson on the night of winning the Oscar for Best Supporting Actress. Now let's rewind the tape for a second; 3 years ago, the Englishman on American Idol booted her off the show and told her, "I don't think you're capable of doing anything better than this to win the competition." Her big voice and big dreams were sent packing never to be seen or heard again – or so we thought. God worked behind the scenes to bring her to this magical moment in time and let the world see her win a SAG award, Golden Globe award and the Oscar. A whopping 783 people auditioned for the role of Effie White in Dreamgirls and God saw it fit to have her cast. Why? I believe it happened this way to show the world that with God on your side, anything is possible – even the things that man (Simon) say are impossible for you. Remember, man never has the final say – God does. According to Simon, her goose was cooked. It was over! But God had a bigger and better plan. Her victories would not be so sweet if she were not a part of the American Idol experience. All things do work together for good huh?

Before I go, I want to say thanks to all of you who take the time to read the E-zine and send comments like this one:

"You are doing a fantastic job of cheering others on and letting them know that God is first and everything else is secondary."

One final thing before I go, please be sure to read the entire E-zine all the way to the end. I never ask you for anything but many of you have asked to do something for me and I'm finally giving you the opportunity to do so.

Happy reading!



2. **ASK COACH YVONNE**

Q: I'm a 30-year-old man in love with my beautiful girlfriend who is quite amazing. She has a wonderful personality, is extremely intelligent, we embrace the same values and have created a loving relationship that we look forward to. We've been dating for a little over a year and I am ready to propose marriage. The problem is my parents love everything about her except her culture. My parents think that my life in the long run will be better and easier with someone from my culture. What they don't know is her culture has added so much spice to my life and to our relationship. This is causing tension in my relationship with my parents. What should I do?

A: Parents expect their children to be like them making the same choices they make and embracing their values. When a child does this, parents feel validated. When a child makes his own choices, parents tend to feel rejected. Sit down with your parents and listen to all of their concerns. Let them know that you and your girlfriend are fully aware of the cultural difference and have found a way to make it work. At the end of the day, you have to live with her; they don't. Congratulations and I wish you well.

3. **FEATURE ARTICLE: The Case of the Non-Negotiables**

Let me tell you a story about Carrie who found herself in a very awkward predicament with a new man while on their first date. She whipped out a cigarette only to find out that he is totally against it; "I can't date a smoker." She tossed the cigarette immediately because she did not want to ruin her chances with him. At the end of the date he leaned in to kiss her and pulled away because the smell and the taste of smoke were overbearing. Carrie fiercely dug through her purse looking for a mint but came up empty. She realized in that moment that there was a non-negotiable on the table. Because she really wanted to be with him, she decided to instantly quit smoking. Of course that didn't last long. By the end of their second date, she was lighting up in secret but he caught her openly.

The same thing happened to me recently. I met a guy who told me that the woman for him would not drink alcohol. He went on to tell me that when he gets married, he does not want any alcohol in his home – none whatsoever for any reason. I dug a little deeper to find out if perhaps he was a friend of Bill Wilson (founder of AA) or if he had experienced something traumatic as a result of alcohol consumption. He hadn't. When I asked him why he was so against drinking, his reply was, "It destroys people's lives." I agreed with him that alcohol just like anything else can destroy your life when abused but that wasn't my story. I don't get sloshed daily nor am I even close to becoming a friend of Bill Wilson. I drink a few times a year socially and there are a few recipes I prepare that call for a splash of wine. I

shouldn't have to sneak a drink or lie about having one. I thought about giving up having an occasional drink to be with him because he is a great guy but then I remembered how much I love a glass of German Riesling white wine, Veuve Clicquot champagne or a delicious Tropical Martini from the Cheesecake Factory. Those are my 3 favorite things to drink when I do drink. What say you? Do you quit smoking? Do you stop having an occasional drink? Do you walk away and hold out for someone who will be OK with you as you are? Is there room to negotiate?

I would love to hear from you. Please send your comments to [My Email](#)
Something to think about!

4. **THINK ABOUT IT!**

"Consider how hard it is to change yourself and you'll understand what little chance you have in trying to change others." Unknown

"Relationships-of all kinds-are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost." Unknown

5. **ABOUT COACH YVONNE**

Dating Coach Yvonne Chase affectionately known as "The Single Woman's Cheerleader" is creator of the life-changing course, Stop Looking, Start Attracting. If you liked this month's issue, you'll LOVE this step-by-step course, guaranteed to be the most complete and enjoyable guide to living the life you love and attracting the love of your life. Coach Yvonne also offers FREE articles and other resources to help single women live the life that you love. Learn more now at www.AvailableandHappy.com

6. **WHAT IS MY MISSION?**

My #1 mission is to create a movement of Available and Happy Christian single women who celebrate living single. I want Christian single women all over the world to embrace living single, accept living single and take total advantage of this season in life. Our single years can provide unique opportunities that may not show up later in life. The time, energy, and material resources that we can devote to these opportunities - and the spontaneity and intensity with which we can do so - are typically much greater during our single years than they are after we marry and start families.

My #2 mission is to bring the climbing divorce rate to a screeching halt by teaching single women dating and relationship skills via the STOP LOOKING START ATTRACTING program. This program will help you become clear about whom you are, what you want and how to get what you want in your life and relationship. The first step in making a love connection is being the best, happiest most fulfilled YOU that you can be. Remember, 1 Whole Person + 1 Whole Person = 1 Whole Union!

7. **INVITE COACH YVONNE TO SPEAK**

Coach Yvonne is available to speak at your church, college campus, women's conference, singles group, human resources organization or other special event. She can speak on a variety of topics related to singles, couples, communication, dating, living single, improving work relations and so much more. Read what one organization had to say about Coach Yvonne:

"Yvonne is indeed a savvy single, high energy, polished professional and force to be reckoned with. She sets the atmosphere as an expert, taps into the need of the group and captivates her audience with her engaging presentation. To come in contact with Yvonne is to now and appreciate a strong Christian woman of faith who is living on purpose and utilizing her God given gifts, talents and abilities to impact and change the lives of single women all over the world. Yvonne has a powerful message that every single person needs to hear today!" **Michelle Collins-Living Word Worship Center—Los Angeles, CA**

"You did a great job on Wednesday. We loved your presentation. Your delivery made everyone in the room feel as though they were listening to their best girlfriend. You were funny, inviting and straight to the point. We look forward to working with you again very soon. " **La' Tanya Martin W.I.M.E.N**

Send all inquiries to coachyvonne@availableandhappy.com or call (877) 7-RELATE (773-5283)

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