

THE INTIMATE RELATING EZINE

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

In my last issue, I asked you for stories and received the one below that put a big Kool-aid smile on my face and lots of joy in my heart.

Hey Coach Yvonne

I've enjoyed reading your E-zine over the last two years. Wish I came on board from day one. In a past issue, you wrote about making room and you used the analogy of cutting off the dead ends of your hair so that it can be free flowing and beautiful. After I read that article, I literally cut away all of the dead ends in my life; old boyfriends, toxic friendships, bad eating habits, pity parties etc. and today, thanks to you sharing your life with me, my life is free flowing and beautiful. Keep writing and I'll keep reading and spreading the word to all my single gal friends. Arlene in Atlanta

I love stories like this! Do you have a story to share? Maybe there was an insight that I shared that helped you in your single life or in your relationship. Maybe you're a married person who enjoys reading the E-zine and learned a valuable lesson. Maybe there was a particular book I recommended in the past or one that you discovered on your own that influenced your thinking about living single, dating and relationships. Or maybe a person influenced your thinking about living single, dating and relationships. Your story should teach us something about the nature of love, men, dating, being single, or being in a relationship. I look forward to reading your stories and with your permission I will share them in future issues. Send them to me at coachyvonne@availableandhappy.com. Thanks in advance.

Coach Yvonne
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2. **ASK COACH YVONNE**

Q: I've been on the Internet for about six months and I'm not getting any messages from anyone. I'm a very attractive woman who has a lot to offer. I put lots of info in my profile but no one is asking me out. Can you tell me how to write a profile that gets results?

3. **FEATURE ARTICLE: WRITE THIS WAY**

My sister thinks I'm strange but I happen to like Internet dating. Quite a few men have hopped on a plane to meet me. I've met nice people on the net and had great dates and I've met a few nuts on the net that I never want to see again; no different than I've met face to face. One guy showed up for our first date looking like he got dressed with his eyes glued shut—I never want to see him again while another guy showed up, we had a great time and are still friends to this day. If you have the skill of discernment, you will do fine on the Internet. At the end of the day, the Internet is another way of meeting people and exposing yourself to the masses. You can meet and greet more people on the Internet in one hour than you can in one week. The key to Internet dating success is writing a profile that peeks the reader's interest. It's not what you say in your profile but how you say it. If you follow my top 3 tips below, you will be on your way to lots of dates in a very short period of time. Good luck!

1. **Post a photo.** And not one with you in a group of people or one with your ex-boyfriends head cut out of the photo. Not cute! Group photos are a no-no because you don't want the viewer wondering which one of you is the one. Your photo should show you in your best light. Profiles with photos get viewed 10x more than those without.
2. **Put YOU in your profile.** Ok, what does that mean? What it means is this – put language in your profile that allows your personality to shine through and gives the viewer a strong sense of who you are. Talk about what you like (entertaining at home, a variety of music and name a few artists you enjoy, people watching, interior decorating etc.), what you like to do (karaoke, checking out new restaurants, going to the movies, bike riding, hiking etc.), places you like to go (the beach, live concerts, comedy clubs etc.), mention the last movie you saw or the last book you've read. Get the point?
3. **Be honest.** Your photo should be current. It should look like you today not how you wished you looked or the way you looked 5 years ago when you were on that amazing diet that melted

away 20 excess pounds. Be honest about your height, weight, hair etc. This cuts out the chances of any surprises when you meet face-to-face.

Below is an example of a profile using the tips mentioned above:

If you are looking for a professional woman with a passion for life, a strong spiritual side and a real sense of adventure who lives out loud and likes to have fun, look no further! I work hard in my professional life and I play equally as hard in my personal life. On any given weekend, you'll find me bike riding, walking, hiking in the mountains or doing some other physical activity. I also enjoy hanging at the bookstore, going to the movies, listening to live music, doing karaoke, laughing until my side hurts at a comedy club or dining out at a restaurant. When the basketball playoffs are on, I'm glued to the TV at home or at a sports bar. I'm not always on the run...I enjoy cooking and nothing makes me happier than preparing [your favorite dish] and opening a bottle of [name your favorite wine] for a relaxing evening at home. I slow it all down to a screeching halt on Sunday and make time for church. A transplanted New Yorker originally from the beautiful island of Nassau Bahamas I've been living in southern California for 16 months and love it. Life is sweet!

After writing your ad, you should be able to read it aloud and say, "Wow, I can't wait to meet this person!" If you **can** wait to meet this person, chances are everyone else can wait too. Time to rewrite.

Special offer: If you are thinking about trying Internet dating and want help with your profile, send me what you have via email to coachyvonne@availableandhappy.com for review at no cost. This free offer ends July 31, 2006.

Something to think about...

4. **THINK ABOUT IT!**

Questions about love and marriage were posed to kids ages 5 to 10. Their answers below are enlightening:

THE GREAT DEBATE: IS IT BETTER TO BE SINGLE OR MARRIED?

"It gives me a headache to think about that stuff. I'm just a kid. I don't need that kind of trouble." (Kenny, 7)

CONCERNING WHY LOVE HAPPENS BETWEEN TWO PARTICULAR PEOPLE

"No one is sure why it happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so popular." (Jan, 9)

"I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." (Harlen, 8)

ON THE ROLE OF GOOD LOOKS IN LOVE

"If you want to be loved by somebody who isn't already in your family, it doesn't hurt to be beautiful." (Jeanne, 8)

"It isn't always just how you look. Look at me. I'm handsome like anything and I haven't got anybody to marry me yet." (Gary, 7)

"Beauty is skin deep. But how rich you are can last a long time." (Christine, 9)

CONFIDENTIAL OPINIONS ABOUT LOVE

"Love will find you, even if you are trying to hide from it. I have been trying to hide from it since I was five, but the girls keep finding me." (Bobby, 8)

WHEN IS IT OKAY TO KISS SOMEONE??

"You should never kiss a girl unless you have enough bucks to buy her a big ring and her own VCR, 'cause she'll want to have videos of the wedding." (Jim, 10)

"Never kiss in front of other people. It's a big embarrassing thing if anybody sees you. But if nobody sees you, I might be willing to try it with a handsome boy, but just for a few hours." (Kally, 9)

HOW CAN YOU TELL IF TWO ADULTS EATING DINNER AT A RESTAURANT ARE IN LOVE?

"Just see if the man picks up the check. That's how you can tell if he's in love." (John, 9)

"Lovers will just be staring at each other and their food will get cold. Other people care more about the food." (Brad, 8)

5. ABOUT COACH YVONNE

Dating & Relationship 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. Browse its contents and reader reviews now at http://www.availableandhappy.com/sitedocs/classes_offered.htm. Coach Yvonne also offers FREE articles, workshops, 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 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 who 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 know 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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