



# Get Over Yourself!: How to Get Real, Get Serious, and Get Ready to Find True Love

*Patti Novak, Laura Zigman*

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True love doesn't just happen, notes professional matchmaker Patti Novak. You have to work for it—and want it. Forget eight-minute speed dates or online dating sites with twenty-page questionnaires that promise a scientifically calculated perfect match. The fact that you both like golf, stamp collecting, and pizza with anchovies is great, but it won't mean a thing if you don't feel that zing.

But before there can be sparks, there have to be dates. And before the first date, you need to get over yourself! Taking a tough-love approach, and in her signature straight-shooting style, Patti will show you how to fix what needs to be fixed, reach your core, and identify who you are and what you want in a partner. She uses a three-part common-sense formula:

- **Getting Over What?** Assess your dating weaknesses, recognize what's not working, and adjust your expectations. Delve into your personal history and past relationships, and pinpoint the issues that have been holding you back.
- **Almost Over It** Fine-tune your attitude, your look, and your behavior to maximize your dating chances. Novak lays out strategies to help you deal with the brutal dating monsters you find along the way.
- **Over It** Learn the do's and don'ts of the first date, the second date, and beyond. Remember, it's not a job interview or therapy session. Pretend you're meeting a new friend, not a prospective husband or wife.

Finding your one and only isn't about having the right shoes or a flat stomach. It's about being true to yourself, being vulnerable, and being ready for love. Whether you're new to the dating scene, divorced and looking, or just trying to reach that second date, *Get Over Yourself!* will help you get the love you've always wanted and deserve.

*From the Hardcover edition.*

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