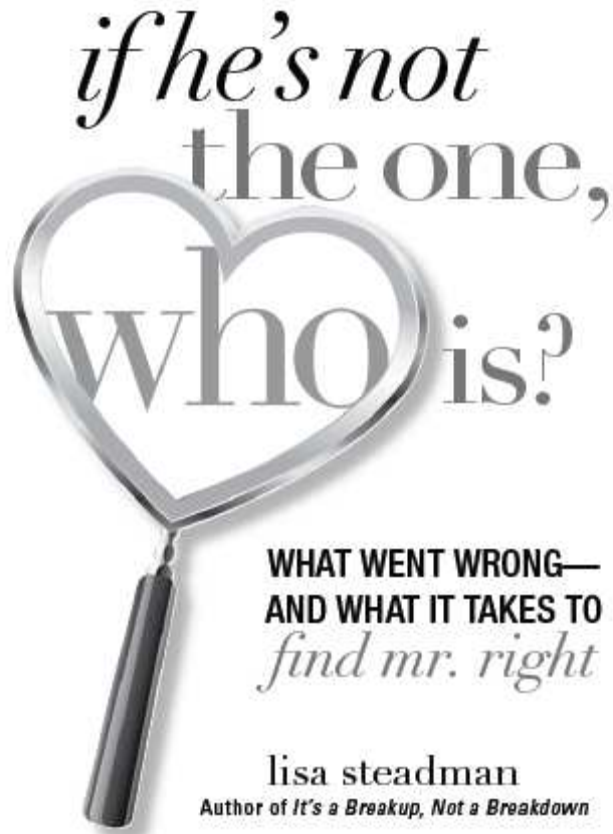


FREE Preview of *If He's Not The One, Who Is?:  
What Went Wrong - and What It Takes to Find Mr. Right*  
courtesy of best selling author and relationship expert Lisa Steadman



**A**adamsmedia  
Avon, Massachusetts

Lisa Steadman

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## contents

preface	<i>xiv</i>
before you get started . . . .	<i>xvii</i>
chapter 1	
mr. wrong was not the one (and that's a good thing!)	<i>1</i>
chapter 2	
the best mistake you'll ever make	<i>17</i>
chapter 3	
one is <i>not</i> the loneliest number	<i>33</i>
chapter 4	
fairytale do come true (and other lies your mother told you)	<i>49</i>

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if he's not the one, *who is?*

chapter 5

stuck, stuck, loose! 63

chapter 6

the million-dollar question 81

chapter 7

keeping up with ms. and mrs. jones 97

chapter 8

an ex marks the plot 109

chapter 9

why you're really still single 121

chapter 10

don't be that girl: dating  
personas that can sabotage your success 133

chapter 11

men behaving badly: bad boys,  
players, and other guys you don't need to date 145

chapter 12

so you think you're relationship-ready . . . 159

x

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contents

chapter 13

the new rules of dating 179

chapter 14

the secrets of scoring (dates!) 195

chapter 15

the laws of attraction 207

chapter 16

mr. next or mr. right? 219

conclusion 225

index 227

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## preface

*I'm single. Again. I'm 32 and single again.*

There, I'd confessed my darkest sins.

*Wait. I'm 32 and single again and I feel like a total failure at love.*

That was the tough love truth. And it stung. The year was 2003. And while my best friends were all settled or settling down with their annoyingly adorable husbands, I was nowhere near the road to happily ever after.

Was that even what I wanted anymore? Truthfully, I didn't know. What I did know was that while I was no longer in survival mode from my Big Breakup with Mr. Ex—a journey I later chronicled online and in my first book *It's a Breakup, Not a Breakdown*—I wasn't exactly sure where this new destination was. Mr. Wrong was gone. So was the soul-crushing agony of getting over him. Somewhere between our last booty call and deleting his number from my cell phone, I was single again.

Did I feel footloose and fancy-free? Sure. But with that newfound freedom came some harsh realities. Without my

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if he's not the one, *who is?*

breakup pain to keep me company, I felt a little lost. Empty. Alone. I actually *missed* missing my ex.

And that's not all.

If I was completely honest with myself, I was starting to feel like a failure at love. After all, the Big Breakup wasn't my first breakup. It was but one of many disastrous relationships throughout my twenties and early thirties that seemed like my very own reality show aptly titled *Loser at Love . . . Again!* And, as if on cue, at thirty-two I was starting over. Yet again.

I was living alone. Again.

I was minus a Plus One at parties. Again.

I was faced with the disappointment that Mr. Wrong was not The One. Again.

That's when the big fat fabulous truth smacked me upside my single and fabulous head.

I was free to reinvent myself. That's when the fun *really* began.

*When I gave myself permission to let go of any stigma I felt about being the token single girl at parties. . . .*

*When I embraced the idea that my happily ever after journey might not involve a ring, a ceremony and reception, and/or the pitter patter of little feet (other than my two cats). . . .*

*When I woke up to the beautiful truth that because I was single I could be selfishly indulgent, quit my job, change careers, and ultimately pursue the life I'd always dreamed of, I realized that not only was I thirty-two and single—again—but I was also ready to rock my fabulous single life, BIG TIME.*

xiv

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preface

I, Lisa Steadman, would date lots of wildly exciting and different men (and I did).

I, Lisa Steadman, would live my life according to my own ever-evolving rule book (sometimes casting aside the rules altogether).

I, Lisa Steadman, would take risks, ask for what I wanted, and trust that the universe would take care of me (99 percent of the time, it did).

And . . .

I, Lisa Steadman, would never, ever put myself in the position of crying over the wrong guy again (and I didn't).

Eventually, I *did* meet an exceptionally exciting and annoyingly adorable man. And while my happily-ever-after journey evolved to include a sassy strut down the aisle, I did it on my own terms.

*I provided my own engagement and wedding rings (family heirlooms that I cherished).*

*I kept my name (if it ain't broke, why fix it?).*

*And the bride wore red (I looked FABULOUS!).*

*As for the pitter-patter of little feet, well, that hasn't changed.  
In our household, our two cats still hold court, but who knows?*

What I *do* know is that if you're somewhere between the pain of the past and your happily-ever-after future, this book is for you. No matter how old you are, if you're single—again or for the very first time—this book is for you. Together, we'll move away from the bittersweet truth that Mr. Wrong was

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if he's not the one, *who is?*

not The One, and into your magnificent future. A future that not only includes Mr. Next but also guides you on a journey toward your very own version of happily ever after, whatever that means for you.

Maybe you'll decide to be single and fabulous forever.

Maybe you, too, will date wildly exciting and different men until you find your perfect partner (AKA Mr. Right).

Maybe one day you'll strut your sassy stuff down the aisle, say "I do," and enjoy the pitter patter of little feet.

Regardless of the end destination, together we're going to rock your new single and fabulous journey. First, we're going to break free of whatever's holding you back (or whatever you're holding onto from your past). Then, we'll wake up to what's possible now that Mr. Wrong is gone. From reinventing your savvy single life, to letting go of old patterns and behaviors that may be sabotaging your relationship success, to understanding the boys to avoid on the dating scene, you're going to master the art of not only waking up to your new and improved life, but also moving on to your revised happily-ever-after destination. Along the way, you're going to meet a variety of interesting and available Mr. Nexts, but you're not going to foolishly give your heart away to just anyone. Instead, you're going to apply your valuable lessons learned and, in time, manifest Mr. Right. Then and only then will you hand over the keys to your healed heart and say, "Yes!" to the fantastic future that awaits.

This book is not so much a quest to answer *Who's next?* (although you may discover that along the way). More important, this is an exciting and life-shifting journey toward the revelation of *What's next?*

If you're up to the challenge, I'm excited to be your guide. Let's get started!

xvi

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before you get started . . .

Before we embark on this journey together, I want to make sure we're on the same page about one very important thing. As you take steps toward your new and improved happily ever after, you will meet and date a variety of interesting, intelligent, and available men. Your job is to simply sit back, get to know them, and decide if you'd like to see them again. (It really is that simple!) To make your job even easier, let's define the types of men you'll meet:

**Mr. Next:** Any guy you date who has potential. You can date Mr. Next as long as you want *until* you realize that he's not a suitable match for you and your long-term relationship goals. At that time, it's up to you to call it quits, cutting down on wasted time in the dating trenches (for both of you). To make your job easier, it's important to avoid being blinded by his "potential" and/or the physical chemistry you feel for him. Instead, keep your vision 20/20. Stay true to your ultimate goal, whatever it may be. If it's to manifest Mr. Right, then you owe it to your future to avoid being sidetracked by Mr. Next.

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**Mr. Right:** An elusive but oh-so-worth-the-wait guy who could be your perfect partner. Far from Mr. Perfect, Prince Charming, or The One, what makes this man right for you is that you share common values and long-term relationship goals, and are equally interested in and available for commitment with one another.

P.S. You will most likely meet and date a lot of Mr. Nexts before discovering Mr. Right. That's part of the fun of your new journey. Along the way, you get to practice flirting, dating, and having fun with a variety of men until the right one for you comes along. Woohoo!

xviii

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