

“Single in the City is a brilliant, authentic and witty insight into the single world. Laura Bilotta shares tips and stories to find your ideal life partner. Follow Laura’s expert advice and you won’t be single for long!”

~ Carol Starr Taylor,

Author, *Life in Pieces: From Chaos to Clarity*,
Inspirational Speaker, Life and Business Coach,
NLP Practitioner, Time Line Therapy Practitioner,
Hypnotherapist and the Founder of The Travelling Sisterhood

“I love a natural read. Laura Bilotta’s real approach to matchmaking and her dating advice is exactly what singles need to navigate the messy world of dating. She shares her very real personal dating experiences, and the trends and key insights from her professional experience, in such a concise and simple way that you can’t help but get better at dating after you dive into this book. Thank you, Laura, for sharing your wisdom so singles can live more fulfilling lives while on their quest for lasting love.”

~ Yvonne Sinniah,

Relations Advisor and Founder of Love Inspired

“Single in the City looks at common missteps people make in the dating process and shows how to do it right. It’s an easy and witty read. The chapter about writing your dating profile is spot-on! Finally, someone is saying no more ‘walks on the beach.’ It’s a great book for anyone wandering into the murky waters of online dating.”

~ Dawn Maslar,

Author, *Men Chase, Women Choose:
The Neuroscience of Meeting, Dating, Losing Your Mind,
and Finding True Love*

“I found this book fascinating! Laura not only helps you find the right date, she guides you along a journey of self-discovery and helps you become a better person! This book will whip you into the best dating shape of your life.”

~ Kirsty Dunne,
Celebrity Fitness Expert & Guru,
Ambassador for Adidas & Nature’s Emporium

The Dating Dilemma - singles of all ages complain they just can’t seem to meet anyone or get a committed relationship nowadays, especially in a big city. So matchmaker and television host Laura Bilotta set out to put her considerable experience, both personal and professional, into an extensive dating advice book - Single in the City. It truly gives singles all the answers and help they need to not only survive and navigate today’s dating world but how to find that special someone all singles dream about.

A well written, informative and very helpful dating advice book that will surely help you find The One at last!

~ Valerie Gibson,
Relationship Expert and Author,
*Cougar: A Guide for Older Women Dating Younger Men and
The Later Dater: A Guide for the Newly Single Woman Over 50*

“Laura Bilotta’s book Single in the City is the must-read, A-Z guide to preparing for dating—and ultimately finding the love of your life. Laura draws upon her fifteen years of professional experience, as well as honest insights from her personal dating experience, to provide tried and tested advice that any single person would significantly benefit from.”

~ Gary T. Wilson,
Editor-in-Chief of *Eligible Magazine*

“Laura Bilotta’s Single in the City is a must-read for anyone having trouble finding a lasting relationship. Her insightful tips and savvy suggestions will help anyone re-evaluate who they are and what they are looking for in a mate. Though most people have a visual ideal in their minds, Bilotta reminds us never to judge a book by its cover and to peel off the skin and taste the fruit within. With a personal touch, and tidbits about her dating disasters and success, Bilotta makes us believe that ‘The best relationships challenge you to grow and change to become a better you.’”

~ **Lisi Teshler,**
Relationship Expert

“After reading Laura Bilotta’s exciting book, I was left with the belief that if you want to attract the best, you have to be your best. Yes, it’s finally here—a how-to book that will undoubtedly increase the likelihood of you finding the heterogeneous relationship you’ve been searching for. Laura gives us a blueprint for both genders who are seeking that someone special to share their life with. Most of us who seek companionship, intimacy and friendship want that relationship now. You will be able to read this book within hours and use the insights gained immediately. Laura covers the topic of dating from both a traditional and modern perspective, and also touches on timely topics such as Internet dating, speed dating and divorce. I highly recommend this book for anyone wanting to bring their best to their special relationship.”

~ **David Feder,**
MSW, RSW,
Therapist, Close Connections

“Laura is a seasoned matchmaker and expert dating coach who has helped thousands of single men and women find their ultimate partners. Her new book Single in the City takes you on a guided path to self-discovery and helps you to understand what you really want in a partner. Caution: Don’t read this book unless you’re ready to end your single status!”

~ Dr. Antonio Borrello,
Psychologist, Relationship Therapist,
Author, *Dating 2.0*

“Laura’s book is a must-have for anyone looking to get into a relationship or even improve the one they are in. Her tell-it-like-it-is style, authentic sharing of her own experiences and list of questions give the reader deep insight into themselves and prospective partners. After reading Single in the City, I’m sure you won’t be single for long.”

~ Priya Ali,
Coach/Consultant,
iTV Host/Executive Producer

“I highly recommend this book to both men and woman who are single and searching in the dating world today. Laura has some fantastic and insightful advice that is useful in everyday life. She uses her personal experiences to relate to the reader, while adding entertaining and thought-provoking client stories. I was very impressed with the content of this book and found it to be an enjoyable read. Single in the City should definitely be on your list of must-reads and would make an excellent gift for any single loved ones.”

~ Kai Downes,
Relationship Consultant, The Love Listeners, Inc.

“Current and up-to-date with how to navigate as a single person in this decade of online dating and technology. Excellent references to the languages of love. I also am a true believer in knowing what ignites the meaning of love in oneself. I highly recommend this book to anyone who wants to learn and understand how to find the most compatible person, soulmate, ever-lasting love!”

~ **Lorelyn Martin,**
President & Founder, Lorelyn’s Gourmet Desserts

“Laura writes from the heart through the sharing of her experiences. She brings you on a journey of self-discovery and helps you truly understand how to find the perfect partner.”

~ **Giovanni Maccarrone,**
Toronto Life Coach

“I was always looking for love in all the proverbial ‘wrong places.’ I didn’t know that I needed a dating coach ... until I met Laura. She helped me realize that some of my dating direction needed a tune-up. I took her advice to the letter, and have since met my wonderful husband. Her new book is relevant, quotable, practical, doable and inspirational. Nowhere have I read such a comprehensive book about the highs and lows and ups and downs of dating. A must-read for those who are looking for love.”

~ **Sandra,**
Dietician/Nutritionist,
Former Client

“I’ve been working with Laura for some time now and always value her tips and advice. When she gave me a copy of her book, I was happy to have a take-home reference that I could use as a reminder. It’s an easy read, charming and witty, and has given me great insight into what I am projecting when meeting a woman for the first time. I highly recommend this book!”

~ Trevor,
Lawyer,
Former Client

“This book is jam packed with really good advice about finding the right match for you. When I was a client, Laura helped me see things in a different way. I came to realize that what I thought I wanted in a mate was not right for me. I am happy to say that I’ve taken her advice and am now in a loving, committed relationship. This book is filled with lots of great advice. It’s like a well-written conversation with Laura. I’m planning on buying a copy for my recently divorced sister; I’m sure she will LOVE it too!”

~ Janet,
Business Owner/Entrepreneur,
Former Client

*“I can say as someone who’s been a partner, friend and client, Laura knows her s*it when it comes to relationships. After helping thousands of people find their match over decades of front-line, real-world experience, she has perfectly laid out what works in this book. Many find dating to be an overwhelming and confusing ordeal ... that will change after reading what’s in Single in the City. Her keen insights are to the point, relevant and more importantly, authentic.”*

~ Patrick Power,
Corporate Headhunter
& Co-Host of the Single in the City Talk Show

Single In The City

Laura Bilotta lives her own beliefs as a dating coach!

Having experienced as many failed relationships as those who sought her help, including getting dumped by the “perfect” guy, she turned to Laura Bilotta, herself, to discover what was wrong in her own dating pattern.

Now a TV Host, author, and matchmaker, she came to the conclusion that all professional relationship advisers agree is the crucial: You have to know and like yourself before you can hope to know and like someone else. That’s how Laura recognized that being dumped was really a favor given to her. He was the wrong guy for her because she was wrongly looking for superficial traits instead of the ones that matched her inner best self.

Laura’s new book, *Single in the City*, reflects this experience along with her years of listening to others’ dating woes and helping them learn to become the kind of person they’d want to date. And to accept that someone different from an idealized “perfect” mate may be the right match.

This book offers practical dating advice – even venturing bravely into assessing personal style with, “Do you really want to look like that?”


Single in the City is a natural addition to Bilotta’s business model for teaching better dating skills, through her matchmaking site and speed dating events, along with her TV show. For singles wondering what more they can do to improve their chances for an enduring relationship, this book is another useful tool.

~ **Ellie Teshler**,
Syndicated Advice Columnist,
ellie@thestar.ca and ellieadvice.com.



Single
in the *City*

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*From Hookups & Heartbreaks to Love & Lifemates:
Tales & Tips to Attract Your Perfect Match*

LAURA BILOTTA



NEXT CENTURY
PUBLISHING

Single in the City

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INTRODUCTION

For more than fifteen years I've successfully coached and matched hundreds of singles, confident in knowing they were living happily ever after. Yet, here I was sitting in my kitchen, reflecting on many failed relationships of my own. They say those who can do, do; and those who can't, teach. But I knew I could both do and teach. I was capable of shifting my behavior and learning to apply my do's and don'ts of dating to my own life – wasn't I? However, it wasn't until I was dumped – yes dumped – by a man who made me believe, by dumping me, that he was the only man for me. This man was immune to my charms, my cuteness, my love of life. Of course, there was nothing wrong with him. It had to be me. This man was perfect, and I was desperate to get him back.

My aversion to rejection drove me. It drove me so hard, that I schemed and connived fantasies, wondering how I could manipulate him just enough, to give me one more chance. And when he never gave me that chance and dismissed my attempts, what did I do? I did what every normal person faced with rejection does. I cocooned. It took me years to truly get over him and I had to learn that compatibility is a core component in relationships, if love is going to be sustained.

Years later, I look back at this relationship and realize it could have been – would have been – toxic. Yes, he was muscular and athletic, and yes he was hot, but he was young and immature – and so was I!

Since that relationship, I've taken a closer look at who I am and who I want to be. The more I discovered about myself, the more I also realized I wanted to find a man who complemented me. I didn't need someone who groveled over me or catered to my every wish.

And I certainly didn't want to be that way either. I had been caught in that trap of making snap judgments – forming an opinion of a man based on his looks, and forgetting there was more to someone than “meets the eye.”

I would figure this out – and I did!

You can too.

I am here to help you and that's exactly what I am going to do as you read this book. I'm going to help you take a good look at who you are – that's the first step towards knowing what type of person you want to be with. Then I'll help you understand and navigate through the dating world. Whether you are a man or a woman, the advice and direction offered in these pages will guide you in finding the right person for you. Hundreds of successful relationships are proof of this, including my own.

Happy reading!

Much love,

Laura

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Single
in the *City*

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Section 1



Know Who You Are

After years of being a dating coach, I have discovered one theme that stands out loud and clear from those who come to me. Each person is looking for compatibility and someone who meets their needs and makes him or her happy.

“What is wrong with that?” you might ask. “Isn’t that what we are all looking for?”

Yes.

And no.

While I’m certainly not suggesting that you look for someone who makes you unhappy, the problem is you’re focusing on the wrong thing. Relationships are not all about me, me, and me. Relationships are about two people being their best and contributing their best to each other. That means before you start looking for Mr. or Ms. Right, you have to *be* Mr. or Ms. Right.

In this section, I want to help you to understand yourself. Who are you? What are you really like? What are your innate needs? The more you find out about yourself, the more prepared you'll be to find a relationship that is truly right for you.

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Chapter 1



Be The One You Want To Date

*I*t's late as you close your front door behind you. A smile spreads across your lips as you relive the delicious moments you've had that evening with your date. The warm feeling of fulfillment fills your body. After you slide into bed, sweet memories lull you to sleep.

Have you ever had one of those dates that went incredibly well? Unbelievably well. Your date was considerate, connected and fully present. He or she listened to every word you said as you both engaged in great conversation. Electricity darted back and forth. You thought, *This person is passionate, lives with purpose, and has the confidence to seize life and its opportunities.*

What the two of you experienced was the Law of Attraction in action. This law is a "New Thought" philosophy, a spiritual movement, that teaches "like attracts like." In short, it says your thoughts and energy, positive or negative, attract the same.

So how do you use the Law of Attraction to work in your favor?

First, let's take your ego out of the driver's seat. Instead, let your soul take control and always be "in the moment," believing only the best will come your way. When preparing for a date, consider what worked well in the past and think of the amazing experiences ahead.

I have heard many stories where the date went off course, often because of a misunderstanding, a misinterpretation, a defensive posture, or other such miscommunication. When this happens, we either become insecure because we're riddled with fear or we look to dominate. It is crucial to recognize that our ego takes control when we think we are not safe. When preparing for, and when you first meet your date, consider the following:

Be authentic. This is not always easy because it requires a certain level of vulnerability. Feeling vulnerable means you potentially getting hurt, but at the same time vulnerability affords us the best chance for success.

I interview many singles in my matchmaking practice and I often hear: "All the good ones are taken." "Men are just looking for one thing." "Women are too superficial." It makes little sense to point the blame directly on others, because I have news for you: You and only you are the reason you are single.

The law of attraction is in effect; you attract who you are. If you think negatively then you will attract more of what you don't want. When you think positively, you will attract more of what you do want.


Ask yourself this question: Would I date myself? If the answer is no, then you can't expect someone else to want to date you. Do you possess the qualities that others are looking for? Can you engage someone in conversation? Do you have good morals and values?

Are you:

- ☺ Intelligent?
- ☺ Loyal?
- ☺ Honest?
- ☺ Trustworthy?
- ☺ Kind?
- ☺ Optimistic?

- ♡ Interesting?
- ♡ Confident?
- ♡ Healthy?
- ♡ Passionate about life?

If the answer is “no” to most of these questions, then you really need to work on yourself to become the person whom you want to be with in a relationship. Being healthy and staying active are so important for your entire well-being, and that means working on yourself – mind, body and spirit.


If you think negatively then you will attract more
of what you don't want. When you think positively,
you will attract more of what you do want.



When you are fulfilled and content, you are at your best and you will attract positive experiences. When bad things happen you will be able to shrug them off more easily. You will also attract people who are in the same emotional state and on the same life path as you. This is when magic happens! A dynamic and hearty relationship is formed when two people, equally content and fulfilled, come together.

Become who you want to date.

I will repeat that again.

Become who you want to date.

Having an uncluttered emotional state before you start dating is important. Your past can really affect how you view your future. However, bad experiences are not an excuse for mistreating others or playing the blame game.

Just because someone cheated on you does not mean *everyone* will do the same. You are meeting new people, and you can't bring your baggage with you or any potential relationship is destined to fail. You have to be okay with what happened in your past. You have to learn

from your experiences and move on. But how? There are a number of methods, but do stay away from voodoo dolls, hexes, poxes, and hitmen.

Those will only come back to bite you. You might want to see a counselor or therapist who can help guide you through these very important stages. Or you can turn to a trusted friend or family member. But l-i-s-t-e-n to whomever you seek out, especially if you are hearing the same thing from more than one person.

What I can tell you is that if you've been betrayed, lied to or cheated on in the past, it is important to do the work to get over the hurt and realize that not everyone is the same. If you fail to do this, you'll end up being like a hamster running on a wheel. You'll simply repeat your pattern. And you'll keep inviting the same kind of people who will hurt you.

After each relationship, step back and learn from it. What is it that went wrong? What went right? What was I putting up with? What was I willing to compromise on? What am I not going to put up with again? What will I put up with again? What am I looking for, and not looking for, in a future partner? Write down all the men or women you've had dates or relationships with, and next to their names, write what you liked and didn't like; and what did and didn't work. By doing this, you are creating guidelines for what you are looking for, and who you are looking for, in a relationship.