

**A COMPILATION FROM
X & Y COMMUNICATIONS**

**LETTERS
FROM
FRIENDS**

QUESTIONS FROM READERS ANSWERED

EMILY MCKAY

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Letters From Friends

A Collection Of Questions And Answers For Women Who Want It All

Emily McKay

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CONTENTS

| | |
|--|----|
| Introduction | 5 |
| What If I Want To Start A Family Together, And He Doesn't? | 6 |
| Body Language And Being Quirky | 10 |
| Are You Stuck On The Wrong Man? | 13 |
| Pick Me! Pick Me! | 17 |
| The "Disappearing Act"...Why Do Men Do This? | 20 |
| How Do You Beat The Post-Breakup Blues? | 24 |
| Dating A Man Who's "Separated" | 28 |
| What If He's Still Checking Out Online Dating Sites? | 32 |
| Should I Try Harder To Make Him Like Me? | 37 |
| How Can I Build My Confidence? | 42 |
| Can You Change Him? | 47 |
| The "Dance Of Attraction" Between Men And Women | 51 |
| Are You Truly Ready To Actually Meet Him? | 56 |
| What Are His Motives? Could He Really Be In Love Already? | 60 |
| E-Mail Him Or Wait For Him To Make The First Move? | 64 |
| Do Divorced Women Get More Dates? | 68 |

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| | |
|--|-----|
| What If He Looks At Other Women? | 72 |
| Should You Have “The Talk” With Him? | 76 |
| Will You Push Him Away If You Pursue Him? | 81 |
| Is Your Man Not Interested In You...Or Any OTHER Woman Either? | 87 |
| Should You Take Back An Ex-Boyfriend? | 92 |
| Is He Lying, Or Is He Just Losing Interest? | 95 |
| Are Maternal Instincts Important To Men? | 102 |
| Lots Of First Dates, But No Second Dates | 105 |
| How Will He Get To Know The REAL You? | 111 |
| Epilogue | 116 |
| Special Offers For Readers | 117 |
| About The Offer | 118 |
| About X & Y Communications | 119 |

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Introduction

What you are about to discover is a collection of twenty-five letters sent to me by readers who are subscribed to my mailing list, along with my heartfelt answers to each.

I consider each woman who writes me a friend in a very real sense, since I am passionate about my service to women worldwide who want to go from “good” to “great with the men in their respective lives.

Behind each reader, and therefore each individual letter you are about to read, is a real woman with a real heart and real dreams.

For this book I’ve selected those letters that I believe represent the most common dating dilemmas faced by women nowadays.

By sharing these letters with you, along with my answers, it is my sincere hope that you will be able to use the information therein to affect a very real transformation in your dating life...online or offline.

I wish for you the very best when it comes to life, love and especially long-term blissful happiness with the greatest man you’ve ever met.

Having read what follows, you may find you have questions of your own. If so, I’d be thrilled to hear from you. Please email me your questions, comments and/or other thoughts. My e-mail address is emily@keystobliss.com. Please also be sure to get my free newsletter. You can subscribe at <http://www.keystobliss.com>.

Have Fun,



Emily McKay

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What If I Want To Start A Family Together, And He Doesn't?

Hi Emily,

I want to start by saying I love what X & Y Communications is doing. I also have a dilemma I am facing lately.

I met this man a few months ago. We were attracted to each other immediately and hit it off. Soon after we met during a conversation it was revealed that he has a vasectomy. He already has two children....15 and 10. They live about 3 hours away with the mom and he has them every other weekend. He is 42 yrs old, is a teacher and lives on a boat.

Problem is, I don't have kids and I would like to have 1. I am 37 years old. Once I told him this, he commented that for the right woman, he would reverse the vasectomy. He said that other women have also approached him with this issue.

Soon after that discussion, he told me he doesn't want to pursue a relationship with me. He said he doesn't feel a connection as a life partner with me.

He says he loves my personality, my energy, my warmth, my sense of humor. He says I have everything a man could want. So it makes me wonder if he isn't pursuing me because of the fact that I want to have a child.

Perhaps after much thought, he really wouldn't reverse a vasectomy. This man has been divorced for 10 years and has never remarried. And has told me of many women who have left him and gone on to marry other men.

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I suspect that the issue of not being able to have kids has cost him several relationships. And perhaps he really doesn't want anymore but at the moment it comes up he says "yes he does".

He invites me out in a group setting sometimes and we remain somewhat friends. We have had sex a couple of times. I guess we are friends with benefits. And I hate being in this position.

I am 37 and starting to wonder if I should give up waiting for a man who wants a family and just go for a good man even though he may not want kids or can't have them.

But I fear regretting not holding out as long as I can. I have given myself until next year to have a family. If I am not in a committed relationship which is heading toward marriage by the time I am 38, I figure kids won't happen for me. I really don't want to have them past 40.

Meeting this man has made me consider doing it now. But I keep wondering if in the next year I may meet the one. What are the chances, right?

I know that with him there is no chance, and I accept that. But I don't want to lose a potential life mate because of one year. What's another 12 months, right?

Thanks,

A.B.

=====

Hello A.B.,

I'm glad you wrote me. Many women are facing this issue of wanting kids and feeling like the time line is short.

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Your feelings on this matter are correct. You will most likely resent settling for someone who will not give you children, and waiting a little while longer can make all the difference in the world when it comes to happiness.

According to statistics I found through a brief bit of research on Google, about a half a million men choose a vasectomy every year and about 30,000 attempt a reversal.

That's only 6% of men who change their minds about kids. Men don't make the decision to get a vasectomy on a whim. After much thought and 2 weeks of suffering through the recovery, it's not something a man takes lightly.

Something to remember--even if we meet someone who is sincere about a reversal it is not foolproof.

The pregnancy success rate after reversal is between 30-64% depending on how long it has been since the vasectomy took place and the technique use to reverse it, among other factors. Not the best of odds. Plus it's very expensive.

I believe the man you met a few months ago was sincere about never having any more kids.

His kids are 10 and 15 years old and he has been divorced for 10 years. This means he was not willing to stick around to raise another child even then.

Even though he sees his kids every other weekend now, at this age they are relatively easy to take care of. The diapers, spitting up and sleepless nights are over.

Let's do the math here.

He left his wife about the time she was pregnant or just after the last child was born because he did not then, and still does not want to raise kids.

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Is this the kind of so-called "good man" you want in your life? A good man will stick around through the good and bad times.

He is right that there is not a connection as a life partner with you because he will not have more kids.

It has nothing to do with your personality, energy, or your warmth.

Simply put, he does not want kids--no matter who he meets. That's his choice not to have more kids, but it's wrong for him to lead you on by saying that he *might* change his mind.

It's a great way to keep you around for SEX.

I'm sorry to say that's what he wants from you. But you are in this position because you choose to remain in it.

If you want to find a great man who also wants to find a great life partner like you and have his kids with you, then you need to end this dead-end relationship and go out there and find your happiness.

You said that you don't want to have kids when you get to be 40. That means you have 3 years to find your man. This is plenty of time to find a blissful relationship in which both of you want to start a family.

It's worth the wait. After you turn 40 another thing to remember is that you and your new love could adopt. If kids are what you want, then don't settle for less.

Meeting a man who is your match is possible!

I wish you the best.

Have Fun,

Emily McKay

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Body Language And Being Quirky

Dear Emily,

Thank you so much for your e-mails. They are informative.

Congratulations! I saw photos of your son on your blog. He looks beautiful. I hope you are doing well and your son as well. Congratulations again.

I do have a few questions. First, what kind of body language makes a man feel comfortable and allured to a woman?

Second, with so much relationship advice out there I feel like I could lose track of who I really am. How do I be myself and still be irresistible? I don't want to lose any of my interesting quirks.

Thanks so much again!

With warm regards,

Abha (India)

=====

Thank you for being so sweet, Abha. I'm glad you enjoy these newsletters. As for "Little Scot", he is happy and healthy, but HUNGRY!

Your question is a super one. Body language can cover so much, from where the hands go to how to sit, walk, stand, open or close arms and so on.

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First of all you have to be relaxed and comfortable. All body language (including gestures and motions) should above all be feminine.

For example, sitting down you can cross your legs at the knees, which is very sexy or you can cross them at the ankles then put them to the right side or left this of your body is sensual but tasteful.

Whatever the case, the key is to keep the knees together. The next time you're in public pay attention to how women sit. You will find that nowadays a lot of women sit like men. It would be compared to a man sitting like a woman. It's a turn off. I asked Scot and he agreed 100%--so men definitely notice these things!

When it comes to dating advice, you have to pick that which makes you a better person. There are lots of advice on how to trick men or women and how to fake things. There are also a surprising number of books on how to get over bad things and/or blame men for stuff.

This is the kind of advice to avoid. Such can often actually increase your personal level of hurt and bitterness--which isn't making you a better woman who will attract a man of high character.

You don't have to be someone you are not to get a man interested in you. Being a great person and knowing how to demonstrate it will be a big help on capturing a man's attraction towards you.

As far as the quirks, as long as it's not a masculine quirk like burping the ABC's--or something so eccentric so as to become decidedly creepy--I'm sure it is fine to keep.

Depending on the quirk it could be used to your advantage. Someone men will find them endearing...even if it's something like a little snort when you laugh...LOL!

Thanks again for reading and for being so sweet.

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Are You Stuck On The Wrong Man?

Hi Emily,

My name is Tracey and I live in Ontario, Canada.

At the moment, I am heartbroken over a man. This gorgeous man and I have been sharing mutually attractive sensors for over a year now. He works out at my gym.

He knows I'm interested because I asked his best friend if he was single. I knew he was at the time but wanted to feel out his friend and have him get the word back to him. It worked. He seemed to be interested although never approached me. He was often in my proximity.

I am under the impression based on my highly intuitive nature this man is afraid and shy. He makes my blood boil and my knees shake.

He's 49, never married. I have never gone up to him because I believe in chivalry and I am not a man chaser. He probably thinks I'm not interested!

Here is the problem. Lately, I've noticed he's not around at the same time and I sense he is avoiding me (for good reason) and seems different to me.

Well, I've just discovered why.

Two nights ago, I was coming down my street and saw him pull into the twice-divorced blond bombshell's place. She was coming out the garage to get in the car. He is dating her.

She works out at the gym and leaves very little to a man's imagination in the way she dresses in her workout attire. She was

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also just dating someone whom she would work out with and I haven't seen him lately.

It's new, I'm quite sure of this.

My dilemma: after the initial shock of this discovery and a few tears, I am certain I now need to go up to him and flirt a bit.

I am an extremely attractive, warm and approachable woman. He is what I want and I believe the kind of man I deserve.

What do I do? Do I let him go quietly with her or do I take my shot at him now before he gets too serious about the "man jumper"?

Please tell me what to do Emily!

Tracey (Ontario, CA)

=====

Hello Tracey,

Thank you for writing me. Brrrr...I bet it's COLD where you live. Canada is on my list of places to see, though...I know it's beautiful.

Nice job on having the strength to ask Gym Guy's friend about him.

It's a great way to let him know you are interested. But bear in mind that you can also initiate small talk with a man without necessarily coming off as too forward, if being overly flirtatious isn't your style.

That way you can have some direct input without depending on fate and/or third parties.

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All of that said, I'm sorry to inform you that although there's always the possibility that he has been afraid or shy about approaching you, the greater likelihood is that he's not interested in you.

It could be that you are not his type. That is a good thing in this case perhaps, since if he isn't interested in the kind of relationship you are he's not YOUR type either.

Now at this point, I'd strongly caution against drawing too many general conclusions about this man or the woman he is seeing based on your observational impressions.

The fact that he is 49 and never has been married is the sign that lets you know that he does not commit, don't expect him to have any kind of long term relationship with you or another woman.

The man you described is most likely the kind that likes to be with women with out commitment. Is that the kind of man you want?

There are exceptions, of course, but it sounds as if you have allowed yourself to be infatuated to the point of considerable emotional involvement.

And the fact remains you know very little about the kind of man this is.

My question to you is, "What kind of man do you want in your life?" Are looking for a casual partner or a life long faithful partner?

But that's not the most pressing issue I see at play here.

Problem is that you have put your eggs all in one basket. You feel hurt, even though you don't have any relationship with him at all.

If you develop interest in other men whom you have actually had the opportunity to get to know--and who appear to appreciate you—then it will not matter that Gym Guy did not show you any attention.

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Gym Guy is not the only man on Earth.

Approaching Gym Guy at this point will likely not bring you any productive results.

Ironically, after having resisted opening a conversation with him before, you will now appear in a very real way to be chasing him, which in time will result in him not only avoiding you but also disliking you.

To be honest, given the depth of information you already have regarding the comings and goings of he and his new girlfriend, you may even come off as sort of a stalker. Not so good!

The best thing to do is let him go...and start meeting other men.

Who knows maybe in time he may change his mind and ask you out.

But by then you will be too busy to see Gym Guy because you have tightened up your priorities and maybe even have found a great man who adores you to be in your life.

Go out and find a man you deserve.

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Pick Me! Pick Me!

Dear Emily,

Thank you so much for your newsletters! I have a question... I am dating this guy who is dating me and another girl, how do I know if he is really interested in me?

How can I make him more interested in me than the other girl? He is such an amazing catch but is it silly for me to wait around for him to decide what he wants? HELP!

Thanks,

Dana

=====

Dear Dana,

I am happy that you wrote me. Your question on how to get your guy to pick you is one that many women are facing.

When you first meet a guy, he may be seeing other women at the time. After the two of you get to know each other, at some point he will have to decide to continue dating multiple women or become exclusive with you.

That's a given.

If you are looking for a life partner rather than just a series of casual flings, then you are very wise not to be willing to "wait around" should he prove not to have similar goals as you.

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It's a great idea to spend the first few dates evaluating a man's long-term potential (as he no doubt is evaluating yours also).

But once you feel you have found a man with whom you'd like to pursue something more long-term, you need to communicate your expectations of an exclusive relationship to him effectively.

It's completely fair to tell him that you won't wait around forever. I stop short at recommending that you deliver an ultimatum, though.

Why?

Although many women would be tempted to say to a man they've been seeing for a few weeks or months, "Make me your girlfriend or else!", I believe that such ultimatums only serve to place you in a position of weakness. It really makes a woman look "desperate".

Your idea of giving him every reason--and opportunity--to choose you on his own is a much better idea than using "leverage tactics".

As far as *how* to make him choose you, that will depend on how well matched you are and how well you demonstrate to him that you are a rare, high quality woman that he would be foolish to let slip by him.

Most men have no problems committing to a woman whom they believe is a great catch. As long as you have worked on making yourself that woman, then you should never settle for a man who does not appreciate that rare opportunity to be with someone like you.

Handle yourself with feminine grace, and show class at all times.

Show yourself to be a trustworthy woman who will not be forever "testing" him by flirting with other guys--especially right there in front of him. This is a major cause of boyfriends being unsure of committing to a woman...and rightly so.

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Strangely though, men will almost never cite this fact as the reason why for fear of either appearing weak and/or starting an "unnecessary" argument.

Instead, they'll tend to simply keep the status quo...especially if the sex is good and the pressure is otherwise low.

Finally, realize that a man wants a woman who approves of him and is his greatest cheerleader when it comes to rooting for him to fulfill his life's purpose.

Women who can put aside the temptation to try to change a man (and Heaven forbid nag him to death about it) are exactly the ones who tend to attract a great man who is worthy of our respect.

And the beauty of that is you don't *have* to change a guy like that. You can be proud to have him in your life.

I wish you the best in your life.

Have Fun,

Emily McKay

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The “Disappearing Act”...Why Do Men Do This?

Hi Emily,

Well, I do believe in what you're saying about being deserving in order to get what you want.

I'm curious.

Last Thursday or so, I got an email from a guy on a personals website. I wrote back that evening/night and got another one from him the next day (last Friday).

I believe he has browsed my profile before, because I've seen his picture before. I had sent him an icebreaker, but I don't remember if he had sent me one before that or if I sent the first note.

Anyway, he sounded interested and said that he signed up just to contact me. He seemed friendly. He seemed like he wanted to keep writing, but he kept calling me, "J". I don't know why. My name is Theresa.

He might have been aiming for "T", just being playful, but I'm not sure.

He also asked for a picture(s). I could only find 2 of me on this computer and they weren't the best, but I sent them anyway.

A while back, I had an email thing going with a guy from another website and he asked for pictures. It took a while for me to get it to him and he slowly stopped writing or maybe even abruptly.

I figured I'd send a picture right away, so it wouldn't drag out if he didn't like how I looked. I sent the picture with the response email and I asked why he kept calling me "J".

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Finally this past Tuesday, he wrote back and said that he'd had a busy weekend and lots of meetings, etc and asked how my weekend was.

I haven't heard anything since.

Besides that, I go to a university here in Louisiana and he is taking a class or two at the same school and working on the school's website, as his job.

I think I know where the office is and I pass it often enough. I've considered going in to see if I find him, but I realize that might not be a good idea since if he really wanted to talk to me or email or meet me, he'd let me know.

He's already emailed me, so he must already have my email address.

Do you have any thoughts or suggestions?

God Bless:)

Tanya

=====

Hello Tanya:

Well first of all, remember that even as we women sometimes GET a lot of e-mails from guys, that can only really mean that guys SEND a lot of e-mails.

You'd be shocked at how good some guys can get at cutting/pasting the same message over and over to women online while minorly tweaking each message to appear completely original. Scot tells me there's even complete training programs for guys on how to do this.

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So unfortunately, the bottom line is that you might not have been the only woman getting those emails from him. There could theoretically be *hundreds*.

My guess is that he forgot to change "J" to "Tanya" when he cut the previous email he sent and pasted it to be sent to you!

I'm also curious as to why you don't have pictures posted. Having some flattering pictures posted is absolutely critical these days.

Otherwise, you really probably are only getting e-mails from guys who are cutting/pasting to every woman on the site.

Think about it.

Typically nowadays, with the ubiquity of digital photography, anyone without pics is either ashamed of his or her appearance or probably hiding something (marriage, wanted by the law, etc.).

You shouldn't be at all surprised when guys lose interest if you don't immediately respond with pictures...that almost always portends sketchy things to them.

If you don't have a digital camera, ask a friend to take some great pictures of you. Think "warm and confident" when you shoot those.

I agree that if the guy was interested he would have continued writing, so it would probably be awkward to darken the door of his office unannounced.

The ONLY exception is that if you really believe your photos were horribly unflattering. Then, maybe find the guy at his office and have HIM take some new pics for you since he's obviously techie.

Now THERE's an idea!

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How Do You Beat The Post-Breakup Blues?

Hi Emily,

I don't know how old you are or how much experience you have with guys and what not (don't mean to be snotty, I just simply don't know).

So, just trying to grasp what's going on - on your end in Texas.

I am 50 years old... have been married for 23 years, will be separating and divorcing, we can't take each others ways anymore, we "rub" each other.... and I will be back out in the dating world, I guess if I want.

My issue these days is that we haven't touched for 3 years...and I am love hungry ... not meaning wanting to get laid all the time...that is SOOOOOOO not me.

I will be separating, divorcing, haven't had a car in 5 years, not sure which direction my career is going in, have a 16 year old, live in Washington State for as long as I can stand it (the rain and weather suck), need a tummy tuck, etc... etc...

I am a fairly pretty gal. It's my being so uptight during this time frame that everybody is telling me to relax.

Too many things going on in my head... with everything... Face it, I think I might be too uptight for a dude to be around me right now...

I have the long blonde/white/ brown hair, blue eyes... surfer chick look (literally)... I am just always so dang uptight lately... everybody is telling me to relax.

But I don't drink, I don't smoke, I do exercise, so I'm kind of in a dilemma right now. And I don't fall into the bitter category, more like tired category. lol

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But my confidence is kind of low, because I need a tummy-tuck, but that's only \$5500.... just a drop in the bucket?

Carolyn in Washington State

=====

Hello Carolyn:

Thank you so much for writing.

Thanks for reading also. Keep doing so and I'm sure you'll get to know us better. Our Facebook is www.facebook.com/scotandemily.

Feel free to make a friend!

To answer your question about my background more specifically, I'll be 37 this year. I have been married, divorced and now married again to a great man. Lots of dating in between.

Now Carolyn, let's talk about YOU.

For starters I do hope you'll get right back out there and start dating once your divorce is final. I've seen too many women let themselves wait too long and become bitter.

Even if you are fighting off bitterness pretty well for the time being, there's no sense in tempting fate.

Rest assured you don't have to (nor should you) jump into another serious relationship right way.

As for feeling tired and a bit down, just getting out of the house and staying active, as it sounds like you already are by nature, is actually the first step...and HALF the battle.

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I realize it's so very difficult given what is transpiring in the present, but my suggestion would be to find a hobby or a pastime that can help you relax.

Something active and especially outdoors is GREAT for this. Even a simple gym membership can do wonders, though. It's all about the endorphins.

I can fully understand being uptight considering what you have been through lately.

But being relaxed and upbeat cannot be underestimated.

In fact, you already sound like a vivacious woman with a lot to offer, so put away any "limiting beliefs" about your being an active part of the dating world again.

No more "ifs" for you...just "whens"!

Believe me, you are way too young to 'retire' just yet.

Making some new guy friends to share adventures with shortly after a divorce isn't only a great way to get out of the doldrums, it's a fantastic way to realize first hand that you really CAN still attract attention from guys.

Importantly, that's ALSO a great way to prove to yourself that there really are some great men out there long before negative thoughts have a chance to overtake you.

Online dating is a GREAT WAY to jumpstart all of this.

So many women around age 50 email me thinking they are "too old" or whatever, then we get them set up online with a great profile and they are invariably shocked by how many guys are interested!

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And don't worry a bit. I've got TONS of ideas on how to make sure you attract the RIGHT guys. Stay tuned to future newsletters for more.

By the way, I wouldn't sweat the tummy tuck too much.

Just be sure to take care of yourself, inside AND outside.

Instead of \$5500 for the tummy tuck, I have a series of hints for you that may sound silly but are each WAY less costly.

Yet each does AMAZING things for your outlook on things.

First, go to a really excellent hair stylist and get a new style that's a complete change from the usual.

Then, go to a salon and get your fingers and toes done.

THEN spend \$100-\$200 on the sexiest lingerie you can find and WEAR IT (even to work).

AND...if and when you find the nerve, go get a "Brazilian" full bikini wax.

I had never had one of these until I met Scot, and WOW have I felt sexy since!

The most important part is to believe you are sexy and desirable then FOLLOW THROUGH! You'll love the results.

Have Fun,

Emily McKay

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Dating A Man Who's "Separated"

Hi Emily,

I met a man whose wife left him and is in the process of being divorced. We had 6 great dates. We were very attracted to each other and we had physical relations on some of the dates.

Then one day I freaked out a little cause he hadn't even filed for divorce yet (he has now).

And I told him I couldn't do this any more. So we talked and he said he just wanted a friend and nothing serious. He's not ready yet. We still keep in touch thru emails and IM and I let him initiate most of the time.

My question is did I scare him away?

I still like him very much but I don't want a pen pal I want to get to know him.

So do I contact him and talk to him about how I feel?

Belinda (Scottsdale, AZ)

=====

Thanks for writing to me, Belinda.

I suppose I should have become used to getting e-mails similar to yours by now. But in my heart I feel I really never, ever will.

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Why soooo many women allow themselves to get involved with men who are inherently unavailable to them is beyond me.

Here's the way it is. And know ahead of time that this isn't going to be the easiest thing in the world for you to hear. But I'm simply the messenger--the truth here really is rather clear.

When a man is "separated" or by any other description NOT divorced yet, he is A MARRIED MAN.

What's more, many times you really can drop the "yet" part from that last statement.

When there is no official divorce record, you are fully dependent upon someone's word that he or she really has broken up with his or her partner.

Notice that I wasn't gender-specific there. Truly both men and women can experience what you're seeing in this situation.

But if you are dating a man who claims that his marriage is through, but has nothing to prove that with, then the reality is that just about anything could be going on. And almost anything could happen as a result.

Even if you know for a fact that his wife has picked up and moved to another city to be with some other guy she left him for, reconciliation is always a possibility--made easy by the lack of any formal severance to the relationship.

As you've found out, the man you are with was willing to sleep with you, but never quite got around to getting his divorce filed.

This is a major red flag as I see it.

If his wife "left him", but no divorce has been filed for, it's likely that one or both spouses is indeed reserving some hope of reconciliation.

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The possibility of legal tangles, etc. exists...but I wouldn't rely on that explanation.

Besides, the fact that he wasn't forthright in telling you EXACTLY what his status was portends that he has had good reason to hide it from you all along.

Dating a man who is recently divorced brings about enough challenges with regard to being "ready" for another serious relationship so soon.

And dating a man who isn't *even* divorced is the very definition of "complicated".

For all you know, based on the information you've shared, this guy could be going home and sleeping in the same bed with his wife. What's really going on is subject to hearsay, and he has already demonstrated that he's willing to withhold info from you.

Further, when you challenged him on all of this, what happened? He gave you the "Just Be Friends" talk.

This is further indication that he was interested in a hot fling, perhaps because he felt he could get away with it and it was "now or never" given that his separation from his wife is even factual.

Unfortunately Belinda, I'm not sure "how you feel" is going to change anything.

I am, however, pretty sure you didn't exactly "scare him away".

His status is what it is, and what he wants out of life right now is also plain to see. If you are looking for something stable for the long-term that neither what he is looking for nor READY for.

Why allow yourself to become even more emotionally drawn in by a man who has no ability to commit to you right now anyway? From the looks of things, he has now gone so far as to clearly state that

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he's not interested in that sort of thing anyway...were it even logistically possible.

That all adds up to danger ahead if you choose to remain involved.

We as women MUST learn that when men tell us they don't want a commitment or anything serious, they mean it.

There are over six billion people on Earth, and lots of them are men.

Must you really select a man who is not only emotionally unavailable but also LITERALLY unavailable?

Avoid the drama and the heartbreak and position yourself to meet men who are ready to meet you...and who know what it means to build a great relationship on communication and mutual trust ALONG WITH the fireworks!

Have Fun,

Emily McKay

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What If He's Still Checking Out Online Dating Sites?

Hello Emily:

I met a man online and we have been exclusive pretty much since we began talking.

Once I was certain I wanted the relationship to progress, I asked him about our profiles on the website and he assured me that he wasn't interested in anyone else, he rarely visits the website, is only interested in me, is growing attached to me, and that he'd be ready to delete his account soon.

He'd been referring to me as his girlfriend to family and friends, and I'd even met his family. I accepted that and shortly afterwards I updated my profile to reflect the fact that I'd met someone and was taking a break from the website.

See, any time I visit the website, I end up receiving messages and requests for dates, so I was tired of the distraction. I even canceled dates for him (not that he was asking me to or even knew).

A few weeks passed and I checked up on him online, out of curiosity, to see if he was still accessing the website. I was happy to see that he wasn't.

Then, out of the blue and was crushed to find that he'd actually accessed the site while I was in the shower one morning. Next time I checked, he'd accessed it just before I arrived one evening. Needless to say, I knew I had to bring it up.

I tried to discuss it, and you can imagine how well that went! He first tried to say he was on the website a week ago when he'd been on it the day before. Strike one.

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He explained to me that he's not looking for dates (he's only interested in me and has never cheated in his life), just that he likes talking to people and seeing how they're doing, out of curiosity and boredom.

That I can understand to a point because I have the same personality, but how could he be curious and bored while I'm in the shower? Why isn't he ever curious and bored when I'm within proximity to his computer? Strike two.

He said I had it all wrong and that I was being silly for thinking that it might be for the best for me to date other men. He did not stop me from leaving his place. Strike three.

He wrote me an email, which I read when I arrived home. It basically said how upset he was, how he doesn't want to fight, how I have the wrong idea, how he's had a lot on his mind lately, etc.

Last night, I received an email just before bedtime that after having visited a friend, he feels better and that he misses me. I wasn't sure how to respond to that to be honest.

I ended up saying I was glad he felt better and that was it. He wrote me again this morning as if none of this even happened.

The fact is, he hasn't apologized or made any effort to show me any intention of deleting or updating his account. The only apology I've received was that he was sorry I saw things differently. What should I do? I love him but this isn't acceptable, is it? I don't want to give him an ultimatum and I don't want to date anyone else.

Patricia (Kenosha, WI)

=====

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Hello Patricia, thanks for writing.

Wow...you've discovered one of the very trickiest parts of meeting someone online: At which point in a relationship is it time to "hide" or completely remove your profile?

Your profile is there to attract the attention of men, and to get them to write you. As long as it's up there, it's going to exist to serve that purpose and that purpose alone.

I don't fully understand the concept of "updating" your profile to reflect that you're "seeing someone" and "taking a break from the website". Why not make your profile invisible, or remove it entirely?

Now I completely feel your pain at finding that your man has been sneaking looks at the online dating site here and there when he's supposed to have found a woman who makes him happy. There's no excuse for that.

However, I'm not finding evidence in your e-mail that the two of you really communicated effectively to each other what the expectations were in this area.

And what's more, when you get right down to it...you were pretty much on a level playing field here.

You haven't removed your profile, which leaves you open to receiving e-mails from interested potential suitors (as you've mentioned) and indeed possibly surfing the site yourself.

Plus, if you get right down to it, you have to get on the site yourself simply to see if HE'S been there, right?

Ultimately, regardless of either your or his true intentions, this can all become a finger-pointing battle VERY quickly, can't it?

Now sure, if he's just interested in keeping up with friends there are other sites better suited to that purpose (e.g. Facebook, MySpace).

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My guess is that he had gotten fairly used to doing frequent checks of the online dating site he was on before he met you. And old habits die hard--especially when there's no black and white reason to cease and desist from that.

Simply put: As long as your profile was visible, and as long as you're on the site, you can't be a party to a double standard. That's just not fair.

Sure, you weren't exactly looking for more dates while you were with him. But then again, it didn't take you long to reconnect with the guys you had been putting off erstwhile, right?

I understand it is frustrating to you that he didn't quite apologize.

And it's not optimal that he simply let you leave his home that day.

But then again, time and again we women demonstrate that we really can't stand men who beg and kiss up to us either. Perhaps he instinctively knew that (or has been listening to my husband...LOL!)

It sounds to me that he still would rather be with you than not. And you've clearly articulated your feelings about him to me in your e-mail.

Why not have dinner together at either your place or his--free of distractions--and finally have an honest talk about formally cutting ties to the online dating site you met on, and eliminating that barrier once and for all?

The communication and trust that you two can discover through that process will lift a load off of both of your shoulders.

From there, with a clean slate and a clean conscience, my gut feeling is that you'll find he is much more comfortable with the state of your relationship and his curiosity about checking that dating site will go away.

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Should I Try Harder To Make Him Like Me?

Dear Emily McKay,

First of all I want to say that your emails are very interesting to read.

I would like to ask you about my particular dating issue.

Some time ago I met a guy and we started dating. I like him and he seems to like me too but I am concerned about how much he likes me. When we meet he acts nice and fun, but keeps it cool.

Maybe its because he is little bit shy around me. Actually we do not meet too often like couple times a month and send few SMSes.

So I can't rid of the idea that he just meets with me when he has no other more interesting plans. At the moment I don't have other dates, so I keep going out with him.

Well, it is just the beginning as we were dating only for 2 months.

We both are open to date others. I would like to meet with him more often, but I feel lack of his interest in me, which turns my enthusiasm off.

Is it better just quit with him or try to increase the interest?

I would be very thankful for your comments.

Lucia (Santiago, Chile)

=====

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Hello Lucia:

First of all, I'm thrilled you are enjoying the newsletters.

You know, your question may be one of the most common ones I receive on a regular basis.

When a guy doesn't exactly fawn over you, it just makes you think about him all the time, doesn't it? It makes you want him MORE...right?

Why is that?

Well, it kind of makes you feel as if you're going to have to earn his affection. And since the two of you are "open" to dating others, it tends to cause of feeling of wondering what other women are vying for his attention.

Most of us as women really aren't so into competition, are we? Yet, when we know we have a guy who isn't falling for us so quickly, it makes us all the more intrigued.

Our minds start working overtime trying to plan how we can get him to understand that the best woman for him is right before his very eyes...if only he'd "see the light" and figure it out.

So what do we do? Well, we can simply give up, as you've suggested as one option you are considering.

But nobody wants to be a quitter! That just feels so, well...weak.

On the other hand, however, when a woman recognizes herself as a great catch and believes herself to be a woman of confidence and a solid self-esteem she feels slightly indignant about the man's apparent blindness to the situation.

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It's with that mindset she might actually choose the SECOND option you have presented: She'll redouble her efforts to impress him. In other words, she sets out to PROVE herself.

Perhaps ironically, and certainly contrary to what makes sense, this determination can actually drive a man away.

It's true. And this isn't a gender-specific thing, either.

Think about it. Have you ever met a man who very quickly became completely infatuated with you?

Perhaps he called you several times a day, gushed about how wonderful you are and maybe even bought you expensive gifts.

Or maybe he just seemed to sacrifice everything at your feet...including his dignity.

Were you MORE attracted to him because of all this?

Probably not.

If you're like most women you were left feeling a bit empty. Almost as if you felt that if you were able to capture this man's heart, mind and soul so easily, you could probably do even better.

It's a terrible feeling to realize you're seeing a man in this way, especially when he's so super nice to you.

But you can't change how you feel.

And were you to chase this man with renewed enthusiasm, my guess is he would...as I suggested...be driven away.

So what to do?

There's actually a third option.

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But I feel I must tell you...it's not the easiest way to go.

If you want him to take more notice of you, you simply have to become less available. And you have to build other activities into your life that cause you not to focus on him so much.

Now I fully realize that you already don't see him so much. My impression is that you don't talk all that often either.

So right now I would have to suppose you aren't the highest priority in his life.

That doesn't change what I told you, however.

Why is that?

Well it's really all about your ATTITUDE. If you are at his whim when he DOES call you, he feels you are pretty easy to corral, cowgirl.

Were you to actually not be available on a night he wants to see you...or not pick up the phone when he calls...that would clue him in that you are more of a challenge.

Does this all sound like game playing? Well, if it is all simply manufactured behavior for the sake of going through the motions, then it IS just a 'game'.

But if you can successfully consider yourself a woman who DOES have options when it comes to attracting great men, and who DOES have a life full of excitement beyond what one guy can provide on an irregular basis, then the authenticity of who you are will create genuine intrigue.

If not in this guy, then in many, many others who will find you irresistible.

And you'll find it happening more and more often.

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As for the guy you're seeing, he may or may not respond as you wish. He's his own person.

But becoming the woman who neither gives up nor chases--but who rather rests in her desirability---will always be the one who creates the most natural attraction from men.

Have Fun,

Emily McKay

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How Can I Build My Confidence?

Hello Emily,

I love reading your dating newsletters- they're so informative. It's all thanks to you that I've changed my view towards men.

Before, I was so shy, feeling not so perfect on the outside, waiting for someone to approach me. Well, in short, I was a wallflower.

Now, I've changed myself, half way as it seems.

I've learned to feel comfortable hanging around most men and flirting with them.

The only problem is, I still keep a distance from confident men who are often popular and surrounded by other women.

I find those kinds of men powerful, attractive and even handsome.

On the other hand, they intimidate me, and I feel my confidence draining away. What is the best way I can overcome this? How should I approach those types of men?

I hope this doesn't end in a junk mail.

Love,

Brenda (Cotulla, TX)

=====

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Hello Brenda:

First of all, of COURSE your e-mail isn't going to end up in my junk mail! I read every single message y'all send me.

That said, thank you for your wonderful report! I just love hearing from women all over the world whose lives are being transformed. You say you feel as if you have only been transformed halfway, but just take a look at how far you've come!

Knowing you've come this far down the path makes the light at the end of the proverbial tunnel seem ever closer, doesn't it?

It's perfectly natural for us to be amazed by and attracted to men who are confident and popular with other women.

We women know what we like, and when a man has lots of options when it comes to women it's usually for good reason--especially if he is attracting high-quality women.

In many ways, it all hearkens back to what we discussed last time also. Really, when you get right down to it, when a man seems a bit harder to catch, it makes us want to CATCH him all the more, doesn't it?

Still, your mind isn't playing tricks on you, I'm sure. There are some great men out there.

So how do you go about meeting them?

For starters, I think you already realize that you are going to need to build your confidence back up in order to get the attention of the men you want to attract.

As always, it seems, this is about DESERVING WHAT YOU WANT.

Those confident men will not settle for a woman who isn't confident. Nor should they.

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So here are three simple steps to gaining confidence:

1) Understand that you only see the world through your own eyes

You know all your strengths, weaknesses, frailties and "oops" moments you'd like to forget about.

And you know them intimately.

But as you see others moving about and having their being, you aren't able to see deep inside their souls the way you can see into yours.

As such it's really, really easy to automatically assume that others don't have the faults or haven't made the mistakes we have.

But invariably, everyone has his or her own set of insecurities and skeletons in the proverbial closet. Realizing that others may see their own imperfections as clearly as you see yours can put things into perspective for you.

More importantly, that perspective can free your mind from feeling inadequate and help you recognize your place at the banquet of human contribution. Cool, huh?

2) Focus on your strengths, and share your giftedness freely with the world

Everyone is good at something.

When you have a clear idea of what that is and understand the value of that gift to others, you can become more empowered to share with others.

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Once you start hearing similar sentiments of thanks and/or appreciation from those around, you must have the presence of mind to accept that your value to others is very real.

From there, your inner strength will grow more and more even as you share with others.

The only alternative is to turn your thoughts inward and doubt your worth. Unfortunately, most who take this route never even tested their assumptions...which is almost always a tragic thing.

3) Stop seeing simple interactions as "life or death" endeavors

Why not simply say "hello" or in some other way start interacting with those you meet--even if they ARE devastatingly handsome men? What is the worst that can happen?

If he's rude then let's face it, you've saved yourself a world of grief by not dealing with a jerk, right?

On the other hand, if he's friendly towards you think how good you will feel inside. It sure beats that gnawing feeling of regret.

But here's even more good news.

If you can learn to treat everyone with grace and dignity, regardless of who they are, your entire social skillset will dramatically benefit.

And to your delight, you'll probably find that most men nowadays still believe in taking the first step when it comes to interacting with women.

Simply being more friendly and approachable can do wonders.

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Sometimes shyness or lack of confidence can come across as snobbery--which is far from what you intend, I'm sure.

Men always write Scot and I telling us they wish women were more approachable. Here's your golden chance!

I'm excited for you. I believe you are much closer to a major breakthrough than you think!

Have Fun,

Emily McKay

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Can You Change Him?

Dear Emily,

What if a woman is being less available, enjoying her own activities and not putting priority on the man she actually really is interested in-- but this man keeps dating the same way and shows just little interest in her?

What if a man keeps asking her out couple times a month, prepares a nice fun date, but keeps it cool (no sweet words or kisses).

Few months passed, can he date like this forever?

Thank you for your answers.

Well, I need to learn much more about dating, so I'm waiting for your newsletter very much. And I'm really interested in getting your new products--looks like you both are great experts of relationships.

Kind regards,

Lina (Vilnius, Lithuania)

=====

Hello Lina:

Thank you for your message and for your kind words.

The simple answer to your question about whether a man can continue dating casually indefinitely is "Yes, of course he can."

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He's likely dating several women and you are simply one of many options.

This doesn't make him a bad guy, necessarily. Especially since it sounds from your e-mail like he's not exactly pressuring you sexually or anything.

It sure looks to me like he's a guy who is very much leaving his "options open".

Ultimately, this means he's someone with very different priorities from what yours appear to be.

If you want a man who is interested in pursuing a steady relationship, you have to find a different man.

You can't just change his mind.

Actually, we as women talk a lot about changing the men in our lives.

This isn't necessarily limited to trying to tweak his level of commitment to a relationship either.

For example, we might start dating a guy who smokes but then try to get him to quit.

We might try to get him to stop seeing certain friends of his. Or we could want him to sell his motorcycle, stop traveling so much for business and/or change his hairstyle.

But when it all comes down to it, just like you are your own person, he's his own person also.

And as a matter of fact, it's often the case that if a man WERE to change for us, we might inexplicably appreciate the "new improved" version LESS than we did the guy we became enthralled with from the start.

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Actually, as silly as it sounds, some women report losing respect for a man when he succumbs to pressure to change. Strange how the mind works sometimes, isn't it?

On top of all of that, here's another thing to think about.

Consider how frustrating it would be if you met a man who said he liked you lots, but kept telling you the ways he wanted you to be different.

After a while, that would wear on your nerves, wouldn't it?

Well, trying to get a man to change in order to better meet your needs puts a similar strain on the relationship.

It doesn't sound like you are nagging him. Nonetheless, your e-mail presented a perfect opportunity to talk about this crucial issue.

Bottom line? You mentioned that he plans nice dates but doesn't exactly sweep you off your feet with "sweet words and kisses".

It's time to stop dwelling upon a man who is already falling short of your expectations and put yourself in the position of meeting men who are more relationship-minded and who know what it means to be romantic.

Otherwise, you're just trying to fit a square peg in a round hole, right?

I'm also glad you mentioned being interested in trying *Deserve What You Want or Click With Him*, both found at www.deservewhatyouwant.com.

In fact, the Women's Version of Scot's book *Deserve What You Want* is an incredible way to prepare yourself for meeting the most fantastic guy ever.

Put the past behind, discover what you really want in a man, deserve what you want and go make it happen! It's all in there.

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The “Dance Of Attraction” Between Men And Women

Hi Emily. I love reading the newsletters!! Wondering if you can give me some advice.

Scenario: I am new to this area I moved to for my job. Banker that deals with me in my business is very friendly and single...(YAY)

He is so sweet. I am manager/designer of a florist shop. I have made some really terrific designs for him and he loves my work... gushes over my work, really.

He recently made an order for his mom and made sure I knew he was single, he said no luck with the last gal, lol.

I told him he was lookin' at the wrong gal...and called him sweetie...for fun.

He was very animated on the phone with me, complimenting me and my work over and over again. Later on, a day or so later, he saw me in the grocery store and actually bumped my cart with his basket while I was oblivious that he was there...lol... surprise, surprise!

I smiled said hey how are ya...some chitchat...smiling...and I left.

The next day I called him to follow up on his mom's delivery. He thanked me over and over again and gave me the credit for the success of the arrangement even tho it was a wireout to another florist...lol

My question is...should I email him and thank him for being so kind as to say "hi" bumping into me at the grocery store, that he put a smile on my face, so nice to be recognized and spoken to in a place where I am the stranger?

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Or should I wait to see if he makes a move at the next business after hours get together? He goes to all of them.

My way of thinking would be that a contact outside of work may open the door for him to approach me if he is interested knowing that I am open to him (hence the email, opening the door?)

He might be more inclined to approach me then? I think he may be a bit gun shy right now as his last interest blew him off.

I just wanted to let him know I am approachable and interested in him.

What is the best way to do that? Without being too forward and I want him to know it is fine for him to come to me.

I think in his position (VP at bank) he needs to feel that he took the initiative, but also needs to know I am open to him that way, not just in business.

Help??!

Lisa (Ellsworth, ME)

=====

Hello Lisa:

Well, it sure looks as if he's interested in you, doesn't it? Rest assured, based on what you have told me I'm inclined to agree.

He has gone out of his way to be nice to you, clearly enjoyed his interactions with you, gone out of his way to say "hello" while shopping and been genuinely glad when you've called him up on the phone.

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He has even "gushed" over floral designs, for Pete's sake. Tell me THAT isn't completely unnatural masculine behavior!

The only thing he HASN'T done is ask you out.

Now I realize it's hard to imagine a successful business man wimping out when it comes to asking you out. After all, I think we all pretty much know already you're a perfectly kind woman. In fact you seem super sweet...I'm all but sure you deserve a great man!

I realize this is frustrating. So let's get inside the mind of the typical guy for a brief minute or two. That way we can see what's going on.

You mentioned that the last woman he was interested in "blew him off". Clearly he was somehow interested in relating that information to you, probably to find out how you'd react.

I think you're response was a good one there, but believe it or not he probably still saw it as ambivalent.

You see, most men are absolutely PETRIFIED of rejection. For a guy, becoming vulnerable to a woman he has high hopes for romantically--only for her to turn him down--represents the ultimate humiliation.

In fact, I'm pretty sure most men would rather go to work in the morning buck naked than to suffer being rejected by a woman flatly.

And considering that the vast majority of them keep their clothes on in the workplace (thankfully), that's saying something.

Moreover, most women--like you--understand that a man is more comfortable when he has made the "first move". Likewise, most women also don't want to come off as "forward", lest they look desperate or even "easy".

So what ends up happening is an "attraction dance" that often involves a lot of sound and fury, but in the end goes NOWHERE.

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You see, men are often creatures of binary logic. Life is either black or white. Either you are interested (and are clear about it), or you aren't.

Meanwhile, we as women are mistresses of subtlety, aren't we? Indeed...we can flirt with guys in the smoothest of ways, only to have it all go right over their head!

But here's the crazy part. You wouldn't believe the e-mails that Scot gets from guys asking, "Why don't women just SHOW us they're interested instead of making us figure it out? Why can they just OPENLY TELL US they want us to ask them out?"

The truth is, WE DO...ALL THE TIME. And *then what?* We feel REJECTED ourselves because guys seem to completely ignore our flirtation.

So there you have it. It's not that guys are IGNORING us. It's that they don't TRUST our brand of subtle flirtation. It's just not their "language".

What's a woman to do?

Well...now that you understand how men often think a bit better, you can now become a bit more creative in how you communicate with him.

Instead of telling him that he has been looking at the wrong women, anchor the conversation to YOURSELF more directly by saying that YOU aren't the kind of woman who would "blow off" a guy like him, and that YOU realize he deserves better.

You may ask him what he is doing for a social life now that the other woman isn't in his life any more. When he responds, you may suggest to him that he try some fun things that you personally enjoy partaking of.

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Best of all, you might simply come right out and tell him that you are friendly and easy-going, and that you "don't bite". From there, he may finally get the message.

If it seems like he's still having an internal "civil war" over taking the plunge and asking you out, the absolute CLOSEST thing to being "direct" while still not asking him out yourself, would be to say to him with a smile, "Was there something you wanted to ask me?"

It's pretty amazing we have to go to such lengths with men sometimes, isn't it?

But sometimes that's really what it takes.

So then, if you don't want to wait until the next business after-hours social event I think it would be fine to contact him again soon. I'd skip the e-mail and call him. Instead of saying it was "nice of him" to say hello at the store, I'd tell him I was curious as to why he goes out of his way to make conversation with you.

Then I'd wonder aloud, "Is there a reason why you like talking to me so much? Is there something you've been wanting to ASK me?"

Have Fun,

Emily McKay

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Are You Truly Ready To Actually Meet Him?

Hello Emily:

Ok, I messed up BIG TIME.

I met this fabulous man online we had amazing conversations, deep, philosophical, fun n more. I live on the east coast, he on the west.

Robert asked to fly to me several times, I said no because I am, overweight and afraid to tell him that. He's an entertainer.

He called me from JFK Airport telling me he loves me and to meet him (He flew to Italy via NY for vacation) and again I refused to meet him.

The other strange thing is in the interim of his silence another man started writing me asking me if I am alone or dating? Turns out its one of his best friends (Steve) - who also asked to meet me in NY!

My intuition tells me Robert put Steve up to this to find out more about me. (Which tells me he is still focused on me, yes or no?) I have fallen in love with this man and trying to get over my insecurities.

Robert stopped talking to me and not answering my emails (only 3 didn't want to bombard him)

WHAT DO I DO NOW? HOW DO I GET HIM TO BREAK THE SILENCE?

HELP ME NOW PLEASE!

No Name In New York

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=====

Dear No Name In New York:

OK, what I'm about to tell you may possibly include some things you don't want to hear, but if you're going to be successful at online dating, I really do hope you'll at least give what I'm about to say some thought.

If you have put accurate pictures on your profile and have interacted via webcam with Robert then your insecurity about your weight is unfounded. If he has a realistic picture of who he's going to meet, then you should get over your insecurity.

On the other hand, if your profile pictures do not represent the current version of you then you have essentially been deceitful.

While it's true that many, many more men prefer curvier women than you'd probably guess, the secret here is to make sure you are attracting the ones with your profile who would be attracted to you in real life.

Portraying yourself accurately in an online profile is an absolute must. Otherwise the entire system breaks down.

Robert is most likely not online to make "pen pals". He's there to actually meet women. When he offered to fly to meet you several times and you refused, that honestly should have been his first clue that you were concerned about disappointing him.

When he is actually IN New York and hoping to meet you--and you still refuse--what does he have left to go on? I'm sure he was greatly disappointed if not utterly frustrated.

So I'm hard pressed to blame him for not communicating with you further.

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Now as far as Steve goes, my first thought is that if he has gone ahead and told you he's Robert's friend then his contact to you is with Robert's blessing.

Notwithstanding that, he must not value his friendship with Robert much. Either that or there's game-playing going on as you suspect.

But ALL of the above is really of little consequence considering the "big picture".

The heart of the matter is this: Why in the WORLD are you searching for men in Los Angeles when you live in the largest metro area in the United States? (!!!)

It really appears that your insecurity about weight is relegating your online experience to nothing more than e-mail exchanges and perhaps phone conversations that offer you the temporary butterflies of having received attention from men.

But without the intent of actually meeting anyone, you are only kidding yourself by indulging yourself in such vicarious thrills.

Not only are you deceiving men who could mean well, you are now coming face to face with the fact that the emotions you begin to feel are very real.

And all you've done is set yourself up for heartbreak. It's as if you've "painted yourself into a corner" as the saying goes.

My encouragement to you is very simple. *Simple*, but perhaps not *easy*.

Boldly represent yourself as accurately as you can in your profile.

Take brand new pictures of yourself dressed as stylishly as you can, indoors in a naturally lit environment.

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Be sure to smile your warmest and most confident smile. Think of yourself as a celebrity posing for your "autograph picture" to be signed and handed out to your adoring fans.

And then, agree to trust that the men you attract genuinely want to meet you. And trust yourself to have the courage to meet those men in person. And please...stick to the New York metro area (or the Tri-State area, at least).

One more very important step.

If you really do believe that you are not the best version of yourself to attract a man, make a decision RIGHT NOW to become that person.

Do not be passive about this, but instead take control of your life, your health and your future happiness. This is how you begin to deserve what you want and attract the kind of man you dream of...for real this time.

Have Fun,

Emily McKay

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What Are His Motives? Could He Really Be In Love Already?

Hey Emily,

I hope things are going great for you with Scot and your toddler.

I met this guy and I ended up spending three whole days with him after which he said he loved me.

After the three days I had to move to a different city and it has been three weeks since we met in person.

We talk regularly on the phone and he says he can't sleep at night without hearing the sound of my voice.

He seems pretty nice so far.

My question is this - can a guy actually fall for a woman that fast?

I've always heard that men take time to think relationship.

I might go back to this place and the guy says that if I do he will be with me and only me and no other girl.

It's just so fast and I'm so confused.

Also, should I wait for sex and if I do, then how long? We've already been a bit physical.

Lastly, I'm a virgin. I'm twenty-three, the guys twenty-five. He says that men find virgins more appealing than women who sleep around and that men respect virgins. Is this true?

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Any insight on these matters would be greatly appreciated. Have a great weekend and a great summer!

With warm regards,

Kumari (India)

=====

Hello Kumari,

Thank you so much for writing me. The family is doing great. Junior just turned 6 months yesterday. Where does the time go?

You asked some really great questions.

First of all, can a man fall in love quickly?

Sometimes people know what they want and have solid intuition about and good intentions for the people they meet.

However a man who has trouble with finding a woman to like him could respond in the same way, couldn't he?

In that scenario, however, he would be acting more on desperation than "love", doing whatever you want in an attempt to keep you.

For most women, that's a major psychological factor in feeling like they are "settling".

And let's not some men out there are unscrupulous and will say what they believe you want to hear in order to bed you. Considering you're a virgin, you may very well spark the fantasies of guys like this in exactly the way you'd most want to avoid.

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Here is the thing, though, no matter what.

Three days is not enough to really know what kind of man this is.

Besides, real love comes from getting to know someone over a period of time.

You can indeed have a very good feeling about someone within a short amount of time, but this really does come from having dated lots and therefore knowing from experience exactly what you want from a man.

But the irony is that same level of experience will ALSO tell you that both men and women should take time to think about getting into a relationship.

Too many people let themselves fall in love too quickly with someone who is not a good match for them.

My question to you is, "What is it about him that makes you think about him?"

You never said that you have feelings for him, which I found conspicuously absent given the rest of the subject matter of your message.

Is the fact that he said he loves you ALONE what caught your interest?

Your virginity should be special to you.

When you decide to lose your virginity it should be based on what you want, not what a man thinks or said.

And yes, some men will key in on your virginity, considering it a challenge or even a particularly satisfying sexual conquest to go after.

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So with that said, don't take your virginity lightly in the least. You're 23 years old, and if you are more comfortable waiting for the right guy who has through time and action proven to you that he is committed to you, that's a solid plan.

A respectable man will appreciate that and never pressure you. He will understand that you want to wait for the right man and time.

By the way, have you considered finding someone closer to where you live? As we talk about often in this newsletter, it's so much easier to get to know someone more naturally that way without letting so much water slip under the bridge.

When I was single, I met several men who believe they loved me and wanted to marry me. But that was not good enough. I wanted the right man, a great one who was my match.

You will meet the right man as long as you don't settle for the first man who says he loves you or wants to marry you.

I wish you the best in life. Have fun out there dating and meeting some great men who will honor and respect you as you deserve!

Have Fun,

Emily McKay

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E-Mail Him Or Wait For Him To Make The First Move?

Hi Emily,

First of all, thank you for your time. I do have some questions for you:

In your *Click With Him* program, you mentioned not to e-mail a man first.

1. Does looking at the men's profile count (they know when it's viewed)?
2. If we are really interested in a man, and in his profile he mentioned some specific things we have in common, what are we to do if we can't email him first?
3. If the man does not put his salary in his profile, when is a good time to ask this question? And how to ask it?

Thank you,

SW

=====

Hello SW,

Thanks for writing me. I will be happy to answer your terrific questions.

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1. "Does looking at the men's profile count (they know when it's viewed)?"

I like this feature. Just in case you did not show up on his search for whatever reason, you will at least show up in his log as having viewed his profile.

This gives him a chance to see you, and if he is intrigued he may send you an email.

That way, you've at least given him an opportunity to email you first before taking matters into your own hands.

2. "If we are really interested in a man, and in his profile he mentioned some specific things we have in common, what are we to do if we can't email him first?"

If you really want to write him first here are some tips on how to go about it.

Wait a reasonable bit of time from when you viewed his profile beforehand to give him a chance to respond.

I followed that principle when I was online. Often times it worked and they wrote me. When it doesn't work, be sure to check your log to see if he looked at your profile.

Check also to see if he is even active on the site. If he hasn't been active for more than three days or a week you can't really take the fact he hasn't checked you out personally, right? LOL

I will maintain that men tend to value their online interactions with women who return THEIR e-mails than with women who contacted them first.

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He'll feel as if he has accomplished what he set out to do, which is getting a positive response from a woman HE made the decision to be interested in.

Notwithstanding that approach, if you decide to write him find something in his profile to comment about.

Keep the email short, 2-4 sentences lest you come off as REALLY needy. Don't write anything personal, like your address or contact information.

Here are a couple of phrases I found on some actual www.match.com profiles earlier this morning, and my ideas for potential responses:

This first guy whose profile I found made it easy:

A. *"Be sure to ask about the picture of the fire truck with the kids...cute story behind it."*

Subject Line: As you requested...

Body: What is the story behind the fire truck with the kids?

This guy would probably appreciate that a woman actually responded according to his suggestion. And since he asked, doesn't that make the likelihood of him continuing the conversation all the greater?

B. *"I am also something and an epicurean/oenophile. So if you care to sit down over a good vintage wine and excellent meal to compliment it let me know. I am always looking for great parings of wine and cuisine."*

Subject Line: Mr. Wine Aficionado...

Body: Have you seen Gary Vaynerchuk on YouTube? I've traveled through California visiting the wineries, what a blast! Are you in a wine club?

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Keep it simple and light. Compliments are fine. Men do seek our approval.

And be sure to ask a question for him to have something to write back about.

If he doesn't write you back then move on to someone who is worth your time and energy.

3. "If the man does not put his salary in his profile, when is a good time to ask this question ? And how to ask it?"

I'd avoid asking about salary directly. Men are very much on guard about women who appear to only have dollar signs in their eyes, and rightly so!

Still, it's natural for many women to desire a man who has ambition and who would be a good provider, right?

You can ask what he does for a living usually by the first or second date.

Besides, how much he makes is less important than how he manages his income.

He could make \$100,000/yr and be \$200,000 in debt and not able to cover the bills. Or he could make an average salary and have assets to show for his hard work. Something to think about.

I wish you only the best!

Have Fun,

Emily McKay

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Do Divorced Women Get More Dates?

Hello Emily,

Hope all is well. I am a 35-year-old woman who is pretty, funny, and has a great career, and great family and friends.

My question is why is it that divorced women are such a HOT commodity as opposed to single, never married women like myself, when it comes to dating?

I ask because a friend of mine recently divorced earlier this year, and men are beating her door down.

All of her recent dates become sexual within the third date (way too fast for my taste) and the men do not take her to nice restaurants, but she is getting tons of attention.

On the other hand, she tells me that "no man is going to wait for you to be ready after a few months of dating, that's why they do not stick around."

The last man I date expected sex after our fourth date, but we had only known each other for 3 weeks.

I was not comfortable with that and expressed that I would like to get to know him better and he said good luck, and never called again.

She recently was taken to a fine dining restaurant by a man who she has been sleeping with and dating only on weeknights, last Thursday.

He usually just takes her to an out of the way bar but they almost always have sex. She sees the nice restaurant as a sign that he is getting more serious about her.

I see it as a ploy to ensure that she keeps giving up the goods.

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What should I do? Should I just give in to these men, although I am uncomfortable with that? Thanks.

Regards,

Michele (Nampa, ID)

=====

Hello Michele. Thanks for your excellent message--one that I'm sure lots of women can relate to.

To address your first question, I haven't personally seen a pattern of never-married women in their mid-30's *necessarily* getting fewer dates than their divorced counterparts.

While I can see the point that certain divorced guys may find divorced women easier to relate to, being divorced certainly tends to involve "politics" (e.g. dealing with exes, child custody battles, financial hardship, etc.) that a woman such as yourself would be unfettered by.

Men in your social milieu who have never been married themselves would no doubt be attracted to that, as would plenty of divorced men also who are ready for a *break* from drama rather than adding to it.

Now let's talk about the concept of comparing YOUR dating life to YOUR FRIEND'S dating life.

Ultimately, the type (and QUALITY) of the men you are attracting will ALWAYS be more important than the circumstances influencing the QUANTITY of men you are dating.

And apart from your previous marital histories, you simply must consider the differences between your dating STRATEGY and your friend's.

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You have made it perfectly clear to guys that you are not interested in casual sexual relationships. That's YOUR DECISION, as your friend's respective decisions in that regard are HERS.

Yes, there are plenty of men out there who are looking for a fling.

Amazingly, and perhaps ironically, many of those SAME men are ALSO hoping to meet ONE GREAT WOMAN at some time in the future, but are settling for quick flings here and there as they "enjoy the ride" along the way.

Nowadays, many women actually feel the same way.

And that's their prerogative. What's important is that YOUR choices as far as how you conduct YOUR dating life are reflections of WHAT YOU WANT.

From there, you should not ever feel compelled to compromise.

Sure, my guess is that if you decided to partake in some casual sexual excitement of your own, you might have more guys hanging around...including the one who told you "no thanks" after you stood your ground after that fourth date.

But even as you feel just a bit envious of your friend because of her "popularity", bear in mind that she may not be on the road to meeting a man who will commit to her long-term.

Trips to nice restaurants aren't an accurate indicator of whether a man is "serious" or not. For example, some guys might spend money on women because they expect something in return.

On the other hand, when a guy IS serious about a woman he's generally all about spending time on weekends with her, notwithstanding a schedule that causes him to work on weekends, etc.

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Stand your ground if what you want is a man who will give you the kind of respect you deserve as a completely attractive woman on the inside and out, and who is as focused on finding a great long-term relationship as you are.

Those men REALLY, TRULY are out there...even if they aren't exactly the same ones who are beating your friend's door down.

My final thought for you is this: Is your friend making MORE of an EFFORT to meet men than you are? This could be a major factor.

For example, if she is online and you are not, then it's no wonder she's meeting far more men than you.

Online dating is a BONANZA for women. And I'll tell you what, being exactly 35 is about the perfect age for literally EVERY age group of guys to be wildly interested in you...younger, older and in-between.

Does that surprise you? If so, it's time to give online dating a try and see for yourself instead of taking my word for it!

Take heart, Michele. Stick to your guns regarding what you want, take an active role in meeting EXACTLY the kind of man you want, and YOU WILL be a very happy woman sooner than you think!

Have Fun,

Emily McKay

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What If He Looks At Other Women?

Dear Emily,

I really like your *Click With Him* program.

What is your advice about what I should say to my fiancé who looks back at other women, checking them out after they have passed?

He never flirts with other women or makes eye contact with them in a flirting way, or appears to try to let them know he is looking at them.

I told him that it hurts me. He said the other women don't mean anything to him.

He remembered for a while but then went back to it after a month went by. He's extremely sacrificing for me in other ways.

Sandra (Louisville, KY)

=====

Sandra,

Thank you for writing me. And congratulations on your engagement!

I understand how you feel. But without really knowing you or your fiancé very well, I can only give some ideas as to what may be going on.

For starters, I'm going to assume that you are doing your best to look great and that you have not let yourself go in style, fitness and/or personality departments.

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I have been in a relationship in the past with a man who was very blatant about looking at women. And yes it hurt me too.

I felt as if I did everything possible to be an attractive woman--inside and out. As such, I believed I did not deserve that kind of disrespect. Then again, who does?

The bottom line is he wanted a woman with a huge chest and who was tall like a model. I'm only 5'1" and at that time I was a size "A".

One time he actually went so far as to follow a woman at the grocery store with his mouth hung open...literally.

In his defense she was in shorts that showed her butt cheeks and a top that showed her mid section and most of her breasts. Everyone noticed her...men and women alike. LOL

Long story short, if your fiancé is brazen enough to habitually gawk at other women in your very presence, don't plan on his behavior changing.

It's one of those things you either choose to put up with or find someone who considers you more desirable than other women.

Now you know by now that I don't ever, ever recommend "settling" for less in a man than you want.

Let's face it, though--it's unreasonable to expect to cure a man of looking at any other woman...ever.

But the fact remains: If he has not "settled" for you and esteems you above other women he will indeed respect you enough not to openly lust after other babes...either in your presence or when the two of you are apart.

Appreciation of female beauty is one thing, and in a perfect world a man and a woman who are partners can still acknowledge that there are indeed attractive people on Earth besides the two of them.

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But let's take a look at it from another possible angle before closing the book on this discussion.

The truth is, some women are the jealous type--no matter what a man does.

Some men live in fear that if a pretty woman walks by even if he does not look that his wife or girlfriend will get very upset.

A man in this situation can never win. Unfortunately this kind of behavior from a woman will drive a man away...usually sooner than later.

It's hard to live a life where you are always being accused of cheating or looking at women when you are innocent.

With that said, remember all men will look to some degree. Scot indeed notices women, but he does not get whiplash doing so. And he does not look at the women in a way that openly indicates that he wants them sexually.

If he had seen the woman my ex and I had saw at the grocery store, Scot would have noticed her but he would not have been drooling over her.

Scot always lets me know how much he loves me. He also tells and shows me how much he finds me to be the most attractive woman to him.

As such, I feel safe and secure with him. He does not make me feel like less of a woman.

But you can't get this kind of feeling from a man naturally by ruling over him with an iron fist. You've got to be the woman of his dreams...and by doing so you deserve what you want in a man.

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My first suggestion would be to determine if you might be just feeling jealous. Is your expectation in fact for your fiancé to never look at women at all?

If so, this can be rectified because this is something you have ultimate control over. Believe you are the kind of woman your fiancé really wants...and in doing so empower him to remain attracted to and committed to you forever.

Notwithstanding that, if your fiancé has a legitimately uncontrollable habit of undressing every woman who passes with his eyes, my next suggestion is to determine to what degree is your fiancé is causing you to feel uneasy and why is he doing it?

In that case, definitely have a talk with him. There has got to be communication.

My guess is that he already knows his actions are both disrespectful and hurtful to you. If he cannot curb his appetite for the smörgåsbord of women elsewhere, he may very well not be ready for a committed relationship with you.

A little honesty can go a long way here...and that's exactly what the two of you need right now.

I wish you both the best. Any time two people who have been living single lives come together there are always bumps in the road to iron out. The trick is to make sure those issues are indeed resolved before it's too late to turn back.

Have Fun,

Emily McKay

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Should You Have “The Talk” With Him?

Dear Emily:

I've been seeing this guy since February. The end of April I went out to a club with my girlfriend and he was there with another girl! I was so upset, but I kept my cool and pretended he wasn't there!

Two weeks went by when he finally called. I answered the call he proceeded to tell me that he was sorry, and that he didn't do it on purpose. He also informs me that I shouldn't have been upset with him because we never established a relationship.

He told me that he really likes me and wants to hang out and get to know me better.

Since then we've been hanging out a lot more! We've been on lots of dates like a trip to Miami, movies, dinners, clubs, even grocery shopping!

The issues that I have are that I'm a flight attendant and he's a party promoter. So we both stay busy. We see each other once maybe twice a week. I would like to spend more quality time, but I don't want to seem too needy.

I'm tired of implementing the "Rules"! Not calling him and letting him call me. Pretending not to care so much, when I really do.

Wanting to ask where our relationship is headed.

Should I ask where it's going, or continue to be stuck in a rut?

I feel a great connection but when or will he ask for a commitment?!

I don't want to scare him off!

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Help!

Ariel (Orlando, FL)

=====

Hello Ariel,

This is a great question that is on so many women's minds. How do we have "The Talk" about where the relationship is heading?

Some women wonder if it's even necessary to have "The Talk" at all.

Rest assured that OHHH YES...it's VERY necessary!

First, lets talk about when you should have "The Talk".

1. If you have been dating for more than 3 to 6 months regularly in person. E-mails and phone calls do not count as dating.
2. Preferably before you start sleeping together. If you have slept together then anytime after that is more than appropriate.

Next, let's talk about how to get the details in order. That way, you can minimized potential distractions and/or frustrations:

1. Choose a quiet private place to talk.

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2. Make sure you are in the right frame of mind to be able to engage in as calm and reasonable a discussion as possible. When feelings are involved it is hard to talk sometimes.

3. Make sure the timing is good for the both of you. There shouldn't be any real time constraints.

I know you might very well be nervous when it comes time, but no matter what empower yourself with the notion that staying stuck in a "rut" is no way to live!

Believe me, I understand the fear of talking about moving the relationship forward. You maybe worried that he will get scared off and never talk to you again.

So I challenge you to think about WHY it is important to you to move the relationship forward.

Doing so will help your resolve in making sure "The Talk" actually happens.

Do you want be exclusive and feel safe that there is no one else in his life?

Are you looking forward to getting married and perhaps having kids?

Who of us wants to spend unnecessary time with someone who will never commit to us, if that's our goal?

There is nothing wrong with wanting any of those things.

Avoiding "The Talk" serves no real productive purpose.

If YOU are avoiding it then it's to keep from scaring him off. If HE is avoiding it then it's to keeping you from leaving.

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If you want to get on the fast track to "settling", then feel free to continue avoiding "The Talk".

But if you want more out of your relationship, then have "The Talk" with him.

So what exactly gets said during "The Talk"?

I'm glad you asked!

Write down your what you want to say. Bring your notes with you just in case you get distracted and forget some of the important things to talk about.

Ask him what he would like out of an ideal relationship.

Ask what vision he has for himself a year from now. Note here that I did not say for the two of you. You want him to be free to answer honestly and from the heart.

Then, state what you want out of life and your view of an idea relationship.

When I was single I would let the men I liked know that I don't date anyone for more than a year with out the prospect of marriage.

I would also share with them my beliefs about relationships.

I happen to believe that when a man knows he has the woman of his dreams he will usually realize it within a year.

Then ask him his thoughts on the matter. What is holding him back from being able to commit to an exclusive relationship in general and/or with you specifically?

Can whatever it is be resolved, or not? Was there simply a misunderstanding somewhere along the way? Are the differences between you too great for there to be any long-term potential?

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Have two or three outcomes in mind along with your actions that follow logically.

For example:

If he can't envision embarking upon an exclusive relationship with you right now or in the very near future then your action would be to let him know first that you are glad he was honest with you.

But the truth is that you have a different goal in mind for yourself and as much as you like or love him you must move on.

If he is unsure of things, you may want to give him time to think about his goals and what he wants out of life. That way he will be able to process what life would be potentially like with or without you are in that picture or not.

Who knows? He may have been wanting to move the relationship forward but was worried that you didn't. Having found that you are on the same page, your plan of action could be to stay with him as long as the relationship keeps moving forward in a reasonable way.

I wish you all the real happiness life has to offer.

Have Fun,

Emily McKay

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Will You Push Him Away If You Pursue Him?

Hi Emily,

Just writing to ask your advice.

I went on a trip a month ago and this guy approached me and started chatting, and after that kept coming to see me during my trip until we ended up spending all our time together.

It was strange, as I had gone for reasons other than to meet someone.

In fact I was still healing from a relationship with another guy who wasn't right for me in the end.

But as I got to know this guy the more I realized that he ticked every one of my boxes that I would be looking for in a man. We even look a bit like each other.

The people I was traveling with kept saying things like 'meant to be' which although I kind of was wondering, was off-putting as I had only just met him and made it a bit awkward and pressure filled.

When we got back he came to see me twice within one week (he lives two hour drive away)

My parents and brothers met him and all were saying 'this is the one'. Now this should make me happy but I feel strangely pressured, and that you can't go to Z without starting at ABC.

Anyway I went up to stay with him (he lives in the country) last weekend, and it went well, though he gave me too much wine and I was hung over next day (not good plan as I know he needs to see best of me).

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This coupled with the pressure I strangely feel made things a little uncomfortable and I knew he wasn't seeing the best of me.

Well he sensed this and said as I left, "Well let's be friends and then see how it goes, maybe friends who kiss."

I said friends don't kiss!

He is a very busy guy, so said he doesn't know if he can take anything else on at the moment, but is deeply attracted to me and wants to see me.

I actually think it's because he wasn't seeing the best of me. when I'm good I'm good. And he's a genuine and loving guy.

Well I felt a bit peeved, as he was the one running after me before then.

I guess what I need is to take a chill pill, but deep down I know that there really are not many guys like that--devout, attractive, etc.

So how do I take the pressure off? And how do I get back to the point where he is running after me?

I can be extremely cool, but thing is I'm only likely to see him, once every 10 days and don't want those days to be built up with pressure beforehand. I mean I am cool but it's just a little tricky.

Thanks Emily for listening. It's not that I want to rush into something, but I want to find the right balance and as I am 35 now, I want to move things along but in a positive healthy balanced way.

Hope you're doing great - you're an inspiration to me!

God Bless,

Melissa

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=====

Hello Melissa,

I am so happy you wrote me. You are always welcome to ask me anything. I love to be of help.

Wow, your story is a great example of how attraction works.

Let me explain what I mean.

At the very beginning, you weren't interested in meeting someone on your trip, particularly. Therefore, you came across as perfectly natural as opposed to needy or clingy.

With your natural charm and femininity you succeeded at attracting an apparently great man without even trying!

And I'm sure you WANTED to feel the "warm fuzzies" for him, but that wasn't happening at first.

Melissa, you have a great head on your shoulders. That is why you felt uncomfortable about having a relationship with this man.

Anytime you feel pressured and/or awkward, it's time to find out why.

In your case you pretty much figured it out.

You cannot get to Z without starting with A, B and C.

For starters, I'm not convinced from the sound of your letter that you were feeling it for him to begin with.

Sure, he ticked off the checkboxes, but you were still feeling that awkward feeling about what was going on. That's never a good sign.

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So then, fast forward to being back from your trip and in a COMPLETELY DIFFERENT environment when interacting with him-- either on the phone or in person.

The "fantasy setting" of the trip is way in the rear view mirror, right?

Well, in your mind you're now coming to grips with the fact that maybe you WOULD like to have someone new in your life, and perhaps it's him.

But how about him? He may be have experienced something different upon returning home.

Having returned to "the grind" of daily life, which you mentioned was busy for him, he may also have a very different feeling about pursuing a relationship with you.

Now, you mentioned the possibility that having had a bit too much to drink could have been a negative for him.

First I would like to know, did he push the wine on you? Was he trying to get you drink? If the answer is yes then there's a larger issue at play here.

He may have had bad motives. This is a huge red flag and moving on would be best.

But if the answer is no, then I would not worry about it.

Everyone make mistakes. And when attraction is really clicking, those little mess-ups really don't matter.

Let's face it, despite what you read in the women's magazines under "dating disasters", the TRUTH is that very, very few guys would fail to ask for a second date simply because you spilled coffee, had a hair out of place or yes--even got a little tipsy.

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What's more, he had already met you and interacted with you in this case...so that makes it all the more unlikely that an extra drink derailed things for you.

So I think something COMPLETELY DIFFERENT cooled his flame here.

I think that he may have been able to feel that you now wanted a "relationship" more than he did.

This turned the tables, and made YOU into the "pursuer" as you figured.

Human nature is that the one who is BEING pursued has the options and can tend to feel that someone who is pursuing hard may not be in his or her "league".

I would dare say this is ESPECIALLY true when it comes to guys when they're being PURSUED by women.

And yes...the balance can absolutely, positively shift, especially at the front end of a relationship when a man and a woman are getting to know each other better.

So now your new guy friend claims he is "too busy" for you, which is basically the same as telling you that he does not see you as priority.

How do we get him to become attracted to you again?

Well first, I think it's good news he's still attracted to you enough to kiss you.

Let's just make sure that the part about "seeing how things go" isn't an excuse designed to keep your relationship at a purely physical level, since that doesn't appear to be what you want.

And here's a hint: Telling him "friends don't kiss" was a great start.

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Because you're right on target: Taking a deep breath and RELAXING is a fantastic idea. Like you said "take a chill pill".

Realize there are lots of men who are great and many will meet your standards. If this guy liked you, there WILL be others out there who feel the same way.

So act as if you will be fine with or without him--and believe it. You will be fine either way.

Exercise your options to meet and date other men. After all you are not dating this guy exclusively yet anyway.

If you have been calling him, back off and let him do the calling for a while. It's funny how many men will indeed call after not hearing from you in the manner they're used to

If he calls wanting to see you, go out with him and enjoy his company. Make sure you aren't compromising your schedule to do so.

All of this will help take the pressure off so that you can feel free to relax and show off your wonderful self...just like you did at the very beginning!

Keep me posted on how things are going. Don't give up. Stay active in your search for your Mr. Right!

Have Fun,

Emily McKay

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Is Your Man Not Interested In You...Or Any OTHER Woman Either?

Hello there,

I have been reading your emails and want to let you know your are awesome, you provide us (ladies) with extremely wonderful information when we need it the most.

My dilemma is that I have been dating this guy for close to eight months.

I am almost ready to tell him that the only way I'll continue going out with him is if things are going somewhere and if he is not seeing someone else because I don't want to waste my precious time.

I don't like that when we are having dinner or at the movies he keeps answering text messages to I don't know who (this happens even when he is driving).

He says he really wants to get to know me better but sometimes his actions tell me different.

When we are waiting for our dinner at a restaurant he transports himself somewhere else like if he is hypnotized (I feel ignored).

He tends to get easily irritated and something that is starting to annoy me is that sometimes he stutters which makes it hard to communicate (but this is only sometimes, its kind of weird).

He is hardly affectionate and hardly hugs me or holds my hand.

The other day we where cuddling at my apartment, I started to kiss him and he responded but when things were getting a little

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passionate he stopped kissing me, closed his eyes and nodded his head like saying "no".

I felt rejected and confused.

I am confused; I don't really know what he wants.

He gives me mixed signals, the other day he invited me to a family party at his parents' house, there I met everyone in the family including grandma.

I believe he might have someone else. Someone that gives him what I don't (I have not slept with him yet).

It would be nice to know what the heck is going on his head. Sometimes he tells me he cannot be himself when he is with me (I try to be as cool as I can but still he thinks the same).

Please, please give me some advice.

Love,

Maureen (Portland, OR)

=====

Hello Maureen and thanks for writing.

The story you shared is one that I'm sure a lot of women can relate to.

Simply put, he confuses you. The messages are mixed, and the forecast for the future is cloudy--at best.

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A lot of times I get e-mails from women like you who wonder what their man is thinking, and want to "get inside his head" a bit to see what's going on.

The bottom line is this: If you have NO IDEA what he's thinking, then he probably ISN'T thinking "This woman is the love of my life and I want to be with her forever".

It's more likely that he's thinking about an EXIT STRATEGY.

Think about it yourself.

After eight months, why shouldn't you know whether or not the two of you have some sort of future together?

And after so much water under the bridge, shouldn't you at least be able to spend time with him without having to second-guess what's going on when he picks up his cell phone?

And surely...if a guy is ATTRACTED to you, wouldn't he at least want to be affectionate towards you in some way?

But he's not pulling the plug on his own, which could mean he is more willing to stay in a dead-end relationship than to "hurt your feelings".

I know, I know...you'd just rather hear the truth if that's the case instead of having to guess.

Unfortunately, that doesn't change the pandemic fear that some men have of making women cry. They think they're being "nice", but they're only postponing the inevitable.

But in this specific case of yours, there are other possibilities at play that potentially complicate the matter.

For example, based on his reaction to your attempt to escalate physical interaction with him, he may be very self-conscious about the concept of having sex...at all.

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Some men are ashamed of themselves physically and this literally paralyzes them.

I realize this is not exactly in line with everything you've ever heard about men being 'all about sex", but it's a very real phenomenon for a certain cross section of men.

But my guess, based on his detachment from you elsewhere, is that this is not really what's going on.

There is actually one other distinct possibility that may sound preposterous but must not be discounted.

I hope you are sitting down for this.

He may not be into you...or ANY OTHER WOMAN, for that matter.

That's right: Perhaps your man is gay and has not come out of the closet yet.

Seriously, many times gay men want to give the appearance of "straightness" and therefore date women.

I have heard of real examples of this from many readers and even seen this sort of thing happen in relationships people close to me have had.

The result is invariably heartbreak for women who find themselves in this position...and it can be humiliating on top of all else.

His lack of desire for physical affection despite the eight-month relationship, the secrecy of his other interactions, and the subtle indication that "he cannot be himself with you" all point to the possibility that this may be exactly what's going on in your case.

The fact that he made it a point to a family party with all of his relatives there at once only serves to validate my instincts here.

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In many ways, the appearance at that party could have been the entire purpose of his relationship with you, instead of vice-versa.

How's that for a sobering thought?

So to recap, he is either not interested in you and knows not how to end things, is horribly ashamed sexually, or isn't interested in ANY women at all.

It's finally time for an honest conversation between you two. I'm sure if you ask him if he's actually gay you'd get his attention...whether he is or not.

Ultimately, though, you know what?

I'm not sure getting a resolution to what's going on on his side will do anything more for you than assuage your curiosity.

What stands out most from your e-mail is that you didn't say ONE NICE THING about this guy.

That tells me that you already feel you're "settling" if you stay with him.

My best recommendation is to meet some other guys who inspire you a lot more than this one.

Have Fun,

Emily McKay

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Should You Take Back An Ex-Boyfriend?

Hi Emily:

I broke up with my boyfriend of almost two years. He has been trying to get back together, however I realize that he is very controlling.

That is the main reason I broke up with him. Yet somehow I am NOT getting over him.

All my girlfriends have told me to quit taking his calls, or reading his texts, but of course I give in and do just that.

Now he is wanting to go out again - he'll take me to the nice restaurant he always refused to go to for two years.

I'm so confused and hurt. Please help?!

Corina (Council Bluffs, IA)

=====

Hello, Corina. I'm so glad you wrote me.

I'll tell you, there are a LOT of women who find themselves in a situation very similar to yours at one point or another in their lives.

To spell it out for you from the very beginning, I have to agree with your girlfriends on this one.

And to be honest, I'm not at all surprised that the feedback from your friends has been unanimous. You obviously have some great friends who care about you deeply.

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The difference between you and them, however, is an important one. YOU are the one whose EMOTIONS are involved.

It's natural to have some feelings after sharing part of your life with someone.

It's equally natural to focus on remembering the GOOD times rather than the BAD times.

Especially after a year's worth of water has passed under the bridge, it's hard to re-enact in your mind's eye exactly what it was that caused you to be so sure you wanted to break up when you ended the relationship.

Yet, I'm sure you didn't take the decision to break up lightly, did you?

That's the first factor that could be causing you to romanticize getting back together at this point in history.

But the more profound reason why you would even be considering the option of returning to a controlling man is a more objective one.

You don't have any other OPTIONS.

Think about it.

If you had a wonderful, caring man in your life who was masculine enough to excite you, would you even be giving your old flame a second thought?

Of course not!

Instead, you'd be going on fun adventures with your new guy...and likely forgetting completely about that fancy restaurant your ex DIDN'T take you to.

To further underscore this point, here's another thing to think about.

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Why would your ex suddenly be reappearing in your life a year later?

You got it...HE is currently lacking OPTIONS also.

If you ask me, the concept of the two of you getting back together is the PERFECT recipe for SETTLING.

So what to do?

Well, first make the right decision regarding your ex-controller...I mean, ex-boyfriend...and get an action plan for meeting better men than you've ever met before!

A great way to do that, especially if you are a busy single mom or have a demanding career, is to try ONLINE DATING.

Scot and I met online, and we'll be the first to tell you that you can find someone AMAZING on the dating site of your choice.

Really. It's the 21st century, and having an online profile these days is as natural as having a driver's license or a library card.

Give it a try!

Have Fun,

Emily McKay

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Is He Lying, Or Is He Just Losing Interest?

Hi Emily, Just want to say I love your newsletter and always learn so much from it.

I wanted to get your opinion on something. I've been dating this guy for about 2 months now. We have a lot in common and get along great.

The first few dates were nice and he brought up marriage and kids. He said he wanted to eventually marry again (he's been married before) and have a child soon (he has no children)...within a year since he is older.

He said he didn't want to be an old dad. This was music to my ears since I too want to get married and have a child.

Well based on this, we decided to go exclusive since I would only go exclusive with a man that wanted marriage and kids like I do.

However, for the last few weeks, this man has slowly but surely changed his story.

Now he says that marriage isn't necessary. That two people can commit to one another and love each other without marriage. That the piece of paper is false security and that it just creates more problems than it's worth.

He believes two people can build a life together without the need for marriage. Then he says that if he did decide to marry someone, he would have to date her for at least 3 years and that it takes that long to get to know someone and be sure.

I told him I disagreed.

He also says now that he isn't sure he wants to have kids.

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So now I find myself in an exclusive relationship with someone who doesn't share my timetable or my dream to marry and try to have a child.

I don't have three years to wait around for a man to marry me and then start a family. And even if I didn't want kids, I don't think it's necessary to date someone for that long before marriage.

I think if you know that person is THE ONE, you will know it in about 1 yr or so. Why drag it out and date for so long needlessly?

Do you think I am wrong or being unrealistic? Is 3 yrs necessary to truly know if the person is THE ONE?

Should I continue to date him exclusively knowing now what I know about him? Or should I break it off?

Thanks,

Annette (Bernalillo, NM)

=====

Hello Annette:

I am glad to hear from you. Your story brings to light some great points that are important to share with the rest of our girlfriends.

But first I wanted to let you know that your feelings are right on.

If you are spending three or more days a weeks together then one year of dating should be more than enough time to know if marriage is the right step for the both of you.

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Three years may make sense if you are very young (e.g. attending college) or in a long-distance relationship. But that's not your scenario.

Think about how easy it would be to waste 3 or more years on someone who many never have real intentions of marrying you!

But the bigger picture here is that this man is playing you.

Early in the dating process he told you exactly what he thought you wanted to hear: "I want to get married and have kids very soon." He probably believed that if he dangled "commitment" before you, you'd have sex with him.

It's kind of the guy version of a woman withholding sex until she's in a committed relationship, if you think about it.

When we're selfish, we tantalize with what our partner wants...but really only to get what we want.

When a man is sex-focused and a woman is longing to start a family then he may offer to start that family with her someday. But in the mean time he gets to fulfill his desire for sex.

The problem is after he has gratified his desires and received everything he can from you then he might become disinterested. The challenge is gone. The hunt is over.

The next step will be to drag out the relationship for years--or at least until he moves on to someone else.

All men aren't like this, of course. But here are a few red flags to watch out for in identifying those who are:

1. If a man is talking about marrying you within the first few dates or how he would love to father your kids, then be cautious. This could be a ploy...or he could be lonely and

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willing to attach himself to the first woman who will say "I do".

2. A sex-focused man could be constantly trying to pressure you into sleeping with him...
3. ...or he could act disinterested to cause you to make the first sexual advances. After all, we do want him to notice us sexually, and men know we want them to think we're attractive to them.

Always be careful about telling a man everything you're dreaming about--especially as it might possibly pertain to him. In other words don't be so quick to say "I want to get married and have kids soon".

If you'd like to, you can let your dates know that when the right man comes along marriage would be nice and that someday you will have kids.

Contrast that sentiment with dropping that desire squarely in his lap.

This takes the pressure off of him, therefore freeing him from thinking that you are trying to pin him down to a commitment. As a result, he may be more likely to be straightforward about his intentions.

Of course we don't want to think the worst of the men we date. There are plenty of men who are actively looking for a wife with the hope of starting a family. Scot and I are always hearing from men like this, so we know they're out there.

So, then, knowing there are good men out there, how can we fine-tune our "fluff detector" when we come across a man who could be deceiving us so we don't waste our time with the ones who aren't?

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The key, as always, is if you notice inconsistencies check to see if he potentially lied to you or if he changed his mind about something.

Let's look specifically at the man you are currently dating:

1. I'm sure it was nice to hear the words "I want to get married soon, with in a year". But two months later he shares with you his core belief about dating and marriage, which is that couples should date for at least 3 years.

How can he get married with in a year if he believes that couples should date 3 or more years before doing so?

I change my mind about what shoes I'm going to wear but I don't change my mind about deeply grounded beliefs.

This man lied in the beginning about wanting to get married in the first place.

2. After previously expressing a desire to marry, he now says marriage isn't even necessary at all. He claims that two people can commit to one another and love each other without marriage.

If you hear this from a man one of two things is going on.

First, he could possibly be having a change of heart. He may be having second thoughts about whether you are the one or not but is afraid to let you go just yet.

He could be buying time, waiting for someone better to come along.

But ask if his ideas about marriage hold true regardless of who he meets. If so, then he lied in the beginning about wanting marriage.

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Be aware that most men will be excited about getting married if they believe they have found "The One".

3. Men and women usually know if they want kids or not, especially when the clock is ticking. He even made sure you were aware that he's getting older and wants to have a child soon.

And now there's another change in the story. He has informed you that he has no desire to have kids...at all

Again, clearly he has either experienced a very real change of heart, or he has simply demonstrated that he is a liar.

There is only one good thing about lies: The truth eventually comes out.

What we do with this information is up to us. We can try to keep our heads in the sand and pretend it isn't happening, keeping everything status quo.

We can continue to hope he will change and fulfill our dreams, even though that is very likely to never happen.

Or we can do something about it. And I think that's the better option...always.

Refuse to date any man who isn't "feeling it" for you anymore, but who doesn't have the backbone to break up with you. And especially refuse to continue dating any man who has proven to be deceitful.

Save a lot of time and heartache by continuing your quest for Mr. Right elsewhere. In doing so you will be much more likely to find a wonderful man who can't wait to marry you.

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Have Fun,

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Are Maternal Instincts Important To Men?

Dear Emily:

My name is Hope. I have a quick question. I forget whether it was Amy Waterman or yourself who gave the advice that men find femininity attractive, including motherly qualities.

The problem is having children is not a major goal for me. Unlike most women I'm not worried about my biological clock, although I am young so I don't need to worry so much about my biological clock.

Are the only quality men the one's who expect their wives to have children? Or vice versa...to be a quality woman must I want to have children?

Sincerely,

Hope (Montreal, Quebec)

=====

Hello Hope:

Alright! Now THERE'S a question I don't get asked every day. And it's a REALLY good one, isn't it?

Here's my take on it.

For starters, there's no doubt that masculine guys are attracted to feminine women. It's like a magnetic effect. So naturally, if you are into really manly guys, being that kind of woman will bring you great success.

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And I'd also say that having a strong maternal instinct, perhaps demonstrated by a love of children and/or caring for them, is decidedly NOT going to be a turn-OFF for most men, per se.

But having made the two points above, I want to clarify a few things that I think are VERY, VERY important to grasp.

First, having "motherhood qualities" is NOT necessarily *synonymous* with "femininity".

I think it's only one possible component of many possible ways for a woman to express herself in a manner that's attractive to MOTOS (Members Of The Opposite Sex).

Just like "chocolate" is really yummy, it's far from the ONLY delicious treat on Earth.

OK, maybe that's not the best analogy...but you get my point!

Next, I would say that most men ARE probably suspect of a woman who blatantly shows a strong *disdain* for children. That would probably be a "red flag".

Then again, though, aren't you just slightly suspect of GUYS who really dislike little ones, also?

BUT, finally, I don't at all believe that you HAVE to be all about filling the house with the pitter-patter of "little feet".

Honestly, I think whether that's important to a man in and of itself all comes down to PREFERENCE.

That's right, it's a matter of COMPATIBILITY.

If a man you meet would LOVE to have kids someday, and he sees you as a great potential mommy for his children, that's a REALLY GOOD thing.

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But hey, if he isn't so into having kids, then watching you get a little dreamy-eyed every time you see a little one in a cute Gymboree outfit might send him packing! LOL

But that's what makes the world go 'round. Some of us want kids, some of us don't.

The trick is for the right ones of us to FIND EACH OTHER.

So those of you who aren't about makin' babies just yet, definitely be 100% woman and appreciate a great guy when he deserves it...and rest assured you'll find him.

And hey...you won't have "mother" HIM either. "Appreciating" him and "mothering" him aren't exactly the same thing. And really...MOST guys really AREN'T looking for another "Mommy", I promise you.

And to you mamas (or someday-mamas) out there, there are TONS of guys who are ready to start a family and/or accept you along with the kids you already have.

It's true!

Each of us is unique, and that's part of what makes life so cool.

Have Fun,

Emily McKay

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Lots Of First Dates But No Second Dates...Why?

Dear Emily:

If you are really there and my email will be answered, please consider this.

I am a very attractive woman in my late 40's. I have been doing online dating for 2 months now and get lots of first meetings. Not very many 2nd dates (probably 2 out of the 30 men I have met) and not a relationship.

When I first went online dating this past April, the 3rd man I met, we were together 5 months. Now, not so good. I don't know why.

I meet all kinds of men from age 40-55. The ones I really like don't call me. The ones I don't, they call me.

I need help. This is exhausting.

I have 4 meetings with new men scheduled next week. I do not sleep with them, I don't act needy, I am very happy and have fun on these meetings, I flirt a bit, they all are attracted until I have to say goodnight.

Thanks,

Trina (Edina, MN)

=====

Hello Trina:

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First and foremost...YES. I certainly am *really* here, and I'm more than happy to answer your terrific e-mail.

Wow...I really can relate to your frustration. Believe me, you are not the first woman who has ever wondered why second dates aren't happening. And I'm sure you won't be the last.

You haven't given me a lot of detail, but that's okay. That will allow me to share several different possibilities with you that may or may not be affecting YOU personally, but which others may be able to relate to.

But let's start off with the areas you DID give me some insight into.

First, you mentioned that you had met a great guy on your third date after getting online. This is often considered "beginner's luck", but there may be more to it.

Oftentimes, when women first start with online dating there's a rush of attention from guys for at least several days after posting their profile.

This can be exciting! Even getting a few e-mails from potentially interested guys can build self-esteem and anticipation of good things.

That translates into a radiant confidence on actual first dates that is tangible to guys.

Of course, such is very appealing. And that obviously means a greater likelihood of being asked out again.

As time goes on, however, we all tend to have fewer e-mails hitting our inboxes. Any drop in numbers there can be a let down, regardless of what you've been used to seeing.

And...after a few less-than-perfect dates, or a promising relationship that didn't turn out as planned, our excitement level towards meeting new guys can take a hit.

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All of this, of course, knocks us off our "game" a bit, doesn't it? As a result, we may not get as many second dates.

So keeping our energy level high and our attitude positive really can compel him to want to see you again.

Another thing you mentioned was potentially VERY significant.

You said that the guys you DON'T like tend to remain interested, whereas the guys you DO like do not.

Here is an area where both men and women often have a "sticking point".

It's easy for us to think that having someone we like actually LIKE US BACK would be "too good to be true".

Our mind plays tricks on us, telling us we don't deserve a great man and/or don't deserve to be happy.

And believe me, this mindset will SABOTAGE what might have been a very positive thing EVERY TIME.

Remember, someone we are attracted to is still a HUMAN BEING. He has every right to get to know the REAL, easy-going, socially present YOU as some guy you aren't interested in.

It's kind of humorous to read that last thought, isn't it? But when you think about it, that's kind of what goes on.

If we "clam up" out of a fear of "messing up" and/or protect ourselves from potential disappointment before there's even evidence it's coming...well, that can only HURT rather than help.

It's almost like we disqualify ourselves before he even registers his opinion on the matter!

Crazy, but true.

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Scot actually wrote to his guys not too long ago about this very subject. Did you know that guys sometimes feel REJECTED when a woman who actually LIKES them sabotages things because she feels he's "too good to be true"?

What are we DOING to ourselves???

Notwithstanding what I've already shared, here are a few more quick ideas that are major "second date killers".

They are all VERY common. Give these some thought to see if they ring a bell, although I don't necessarily see any evidence that these apply based on your letter.

1) Pushing To "Lock Him Down" Very Quickly

Have you ever had a guy try to have sex with you on the first date? (Well, duh...who hasn't, right?) Did you feel kind of pushed or even creeped out?

Well, that's EXACTLY how guys feel when we start talking about exclusivity or even marriage (!) on first dates.

2) Changing Your Look To Be Different From Your Pictures

You mentioned you are a very attractive woman. Even so, remember that different guys are attracted to different "types" of women.

So if you are a blonde in a sundress in your profile pictures, but have since gone brunette and show up for the first date in a business suit, you might not exactly resolve his expectations.

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Sure, you're looking great either way...but if you're not who he was expecting to meet, that might derail things. Everyone--man or woman--has a right to their own tastes and preferences.

Above and beyond that, appearing as expected generally inspires confidence in your date. It's as simple as that.

So definitely make sure your pics accurately depict who you are TODAY. By the way, having them be RECENT is a given.

3) Unintentional Sexual Innuendo In Your Profile

Actually, look closely to see if this one may indeed apply to you, Trina since you mentioned that guys seem attracted until you say "goodnight".

Quite often women include subtle phrases in their profile narratives that indicate to men that they'll be open to sexual activity early and often in a relationship.

Usually, gals are SHOCKED to find out that what they have written is being interpreted as such. So it's important to scan your profile for this sort of thing.

Examples include, "I'll try anything once", "I'm ready for a little fun", and "I'm with my small children all day, so I'm ready for some 'adult' time".

If you've got anything in your profile that can even remotely be taken as a sexual invitation--and that's not your style--be sure to get rid of it.

Please rest assured that not EVERY guy out there is so shallow as to only want to use you for sex on the first date.

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But if you are inviting the guys who ARE by sending unintentionally sexual messages in your profile, that will be EXACTLY who you'll have writing to you.

And of course, when you're not that kind of girl, they'll turn elsewhere.

I'm almost certain that one or more of the tips I've shared with you will turn things around for you. Please keep me posted!

Have Fun,

Emily McKay

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How Will He Get To Know The REAL You?

Dear Emily:

First of all, I want to thank you for the informative newsletter you put together that I have been enjoying for the past few weeks. It is really helpful.

I am just beginning a relationship with a man after being out of the dating game for some time (nothing tragic or dramatic happened, I just haven't dated anyone in a while).

It is clear to me that this guy likes me a lot, and I really admire him, too! I want to let him see more of who I am, though, and THAT is what I have been having trouble with in these early stages of our relationship.

He is a really funny guy, and I think the way he deals with his nervousness around me is by cracking jokes.

While I enjoy this, I feel like he may see me as some laughing bimbo because I never make clear to him my OWN opinions about things, I just laugh or say silly flirtatious things when I'm around him (because that's how I deal with my nervousness from being around him!)

Basically I was wondering if you could give me any tips on really letting who I am come to the fore while still enjoying his humor.

Thank you for all your work in this area!

Thanks,

Connie (Sparks, NV)

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=====

Hello Connie:

Thanks for writing. Your letter to me is just fantastic, and perfect to feature in this newsletter.

After all, my goodness...how many of us as women have put ourselves through the exact same kind of self-torture you're going through right now?

When we meet a great guy, we want everything PERFECT, right?

We change our dress four times and look in the mirror four DOZEN times before going out with him, don't we?

And then, once we're sitting there in front of him we definitely want to do all the right things...and be sure to avoid (God forbid) doing ANY of the WRONG things.

But even when we KNOW the guy actually LIKES us, what do we do?

We STILL fret over whether we are portraying ourselves in the right way.

We want him to recognize our feminine greatness as soon as possible...all while trying our best not to commit some *faux pas* or another that he might consider a "deal breaker".

Well...based on what you've mentioned in your letter to me, here's some great news for you.

Your new guy friend almost for sure doesn't view you as a "bimbo".

In fact, he probably already considers you a woman of high character if not a total GENIUS.

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Why? Well, I promise you solemnly...there is NOTHING more powerful you can do in the early stage of dating than laugh at his jokes.

While we all seem to prefer men who don't come off as needy "approval seekers", the truth is that ALL men LOVE actually GETTING APPROVAL from women.

So YOU are doing A LOT right already, girlfriend! Laughing at his jokes is likely making a very POSITIVE impression on him.

In fact, let's focus on those positive things you've got going on. I've got two major points for you in that respect that I think will be helpful.

First, you talked about his jokes and your positive response to them as directly related to "nervousness".

While it's true that some people deal with uncomfortable, awkward situations by laughing (usually in some forced, unnatural way), I doubt that's what is going on here.

If he's cracking jokes, he's enjoying your company and especially enjoying the fact that you are ENTERTAINED.

Guys in general LOVE to have REAL, TANGIBLE EVIDENCE that the woman they are with is having a GREAT TIME.

When they have to guess whether or not you are enjoying yourself on a date with them, it vexes them terribly--often to the point where they don't even feel comfortable asking you out again.

So if anything, that give and take with the jokes and laughing is probably HELPING iron out the natural nervous energy between the two of you.

That's right...I said NATURAL nervous energy. It's not a BAD thing to be excited. The BUTTERFLIES are to be ENJOYED...and not to be mistaken for nervous FEAR that you're going to "mess up".

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And when you get right down to it, I do hope that the POSITIVE type of "nervous energy" is what you are feeling. After all...you know he LIKES YOU already, right?

Second, just like I'd love to see you kick back and enjoy his company without fear that you're coming off wrong, I'd encourage you also to REST ASSURED that there's PLENTY OF TIME for every exquisite facet of your feminine, human complexity in all of its glory to shine through.

All of the thoughts, opinions and dreams in your heart are manifold enough that it can and will take MUCH LONGER to express them than you two have been hanging out together.

And that's an understatement!

Right now, there's a lot of laughing and joking...and I hope that never ends for you two.

And believe me, I understand how you want him to see the depth of who you really are above and beyond that as soon as possible.

But this takes TIME. And trying to rush it can actually be counter-productive.

Guess what? There's probably some DEPTH to HIM also that you've not figured out yet. Won't it be fun to learn more and more about him over time...enjoying each new discovery as it unfolds?

And he'll enjoy getting to know more and more about who you are over time also. It sure beats "drinking from a fire hose" if you think about it.

Heck...Scot and I are STILL finding out new things about each other, and probably will continue to do so for the foreseeable future!

So by all means, enjoy the excitement of beginning a new relationship, and embrace the idea that there's PLENTY OF TIME to

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continue to get to know each other. After all, that's part of what makes life fun.

Have Fun,

Emily McKay

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Epilogue

I sincerely trust that you've not only enjoyed getting to know some of our interesting readers from all over the world, but that you've also gained plenty of insight that you can take with you to start having better relationships with men today.

Every day we hear from women just like you whose lives have been changed by the idea of deserving what they want and never, ever settling for less.

By being a strong yet feminine woman of great character, your grace and joy will shine brightly upon every man you meet.

And when you've become that irresistible, it's simply a matter of making smart choices and enjoying a wildly successful dating life!

From there, you have every right to expect that the greatest man you've ever imagined will come and sweep you off your feet. Will you be ready for him?

Rest assured I'll keep answering your letters as long as you keep on sending them to me. Remember, as always, if you have a question you'd like for me to address send it to me at emily@keystobliss.com.

In indeed read every single one of them. Maybe you'll see yours in a future edition of my Keys To Bliss newsletter.

Have Fun,



Emily McKay

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If you would like to take what you've learned in this book—or your dating life in general--a step further, coaching sessions are now available.

Get the personalized attention you need towards becoming one of the few who DESERVES what she WANTS, decides what that means in his life, and knows how to go about getting it. Drop a note to me at emily@keystobliss.com for more information.

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About The Author



Emily McKay is a dating coach and co-host of top-ranked podcasts X & Y On The Fly and Online Dating Profile Rating. Her friendly, engaging personality has earned her thousands of readers and listeners worldwide.

Having been a single mom who eventually found the man of her dreams, her passion is encouraging, empowering and equipping women to be feminine and confident in the dating world.

She and her husband (dating coach Scot McKay) met on Match.com, so Emily is particularly passionate about helping women find true love online.

The McKays reside in San Antonio, TX along with three children (David, Danielle and Scot Jr.), plus two hairless terriers called Cosmo and Gracie.

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About X & Y Communications

X & Y Communications LLC was founded in 2005.

Our organization exists entirely to help you become the best you can be when it comes to dating and relationships--without having to learn to do things the "hard way".

It doesn't matter if you are young or old, as yet unmarried, married, divorced or widowed. X & Y Communications can help you maximize your success in preparing for and eventually realizing the ultimate in relationships with a significant other.

True to what you've seen demonstrated in this book, we publish free newsletters containing straight talk about the most creative subjects, somehow encompassing character-based principles while being neither too shy nor too judgmental to hit the important things head on.

The stuff you've heard a million times isn't rehashed around here. Enjoy!

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