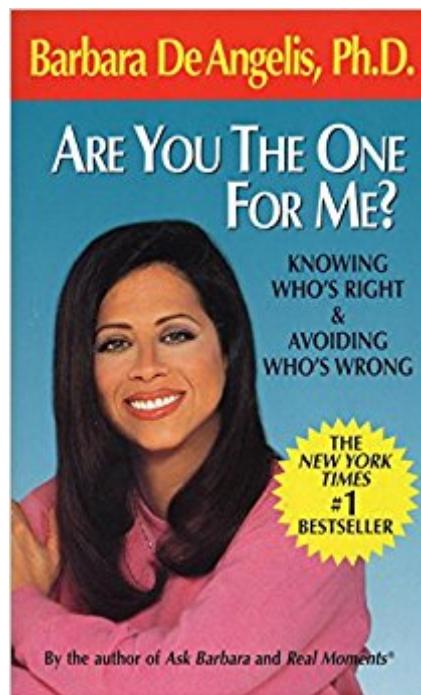


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# Are You The One For Me?: Knowing Who's Right And Avoiding Who's Wrong



## Synopsis

Finally--the book you've been waiting for to help you find and keep the right partner and make love last. Best-selling author and renowned relationship expert Barbara De Angelis reveals everything you need to know about compatibility and shows you how to create the fulfilling relationship you deserve whether you are-Married, and wondering if you could be happier.Single, and wondering how to avoid another wrong partner.In love, and wondering whether your partner is the right one for you.with powerful advice and groundbreaking techniques that have helped thousands of people transform their lives, Dr. De Angelis will show you the formula for creating love that lasts, and help you to understand yourself and the one you love as you never have before. Discover:How to avoid making the biggest mistakes in love.The six essential qualities to look for in a mate.How to spot fatal flaws in a partner.How to create the sexual chemistry you want.The compatibility formula to make your relationship work.

## Book Information

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## Customer Reviews

The bestselling author of *Secrets of Men Every Woman Should Know* (1990) and *How to Make Love All the Time* (1987) now dissects bad love choices. Quizzes, lists, and anecdotes render De Angelis's sensible material in easy-to-swallow morsels. Early on, readers are asked to make lists of past lovers' worst qualities and then to write a want ad for a partner, highlighting the common themes ("WANTED: Self-absorbed, damaged loser who has lots of potential and is doing nothing with it...."); and possible roots for these perverse attractions in the childhood family experience are then explored. Readers count off "the seven wrong reasons to be in a relationship" (from "sexual

hunger” to “emotional or spiritual emptiness”); “nine fatal flaws to watch out for in a partner” (addiction, control-freak tendencies, sexual dysfunction); seven compatibility time-bombs, etc. Although the majority of the text deals with negatives, going on the theory that recognizing self-destructive habits is the major step toward overcoming them, De Angelis comments briefly on the attitudes and flexibility necessary for change. Those unsure of whether to commit may value the elaborate self-test offered here, leading to a numerical assessment of compatibility. Given a tolerance for lists and comfort with an approach that precludes subtlety, readers with histories of unhappy relationships may gain insight from this solid, well-organized advice. -- Copyright ©1992, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

• Solid, well-organized advice. • “Kirkus --This text refers to an out of print or unavailable edition of this title.

The only reason it wouldn't do you any good, is if you don't have an open mind and you are not willing to look into yourself and better yourself. I had so many epiphany's while reading this book....I had to put it down every few pages to reflect....I learned so much about myself and why I date the same kind of guys, and why I keep trying to help out emotionally volatile people...and I am not even more than 100 pages into it! My therapist didn't even get this far with me (and I started seeing him solo after my ex and I broke up...we were seeing him together)....its ridiculous how quickly into the book I was able to identify my pattern.....and the first step to changing things, is to identify what needs to be changed, and why you do what you do. Now I can learn to recognize it before I do it. I cannot save my mother from her unhappiness. I could not help her when I was a child and she took her unhappiness out on us girls... And I cant save other people from their unhappiness....I cant change people, even if my actions are to help only. I AM TO NICE. Some people are going to wallow in their misery no matter what sunshine I bring into their lives. This is my journey, and I am in the process of changing that about me. And she is right....our childhoods do program our personalities, and its our choice to reprogram it. We can make who we are. I had always known my childhood affect my relationships....I just didnt know how....or what to do about it....I have read a few really good books about changing thoughts, which change emotions, which change actions....and this is by far my favorite one. I am far better of a person, and far more happy because of it. I have bought several copies and I hand them out...along with the book "Why men love bitches" I believe these are the kind of books and lessons that should be taught to every teenager. I would be far

more successful and self assured if that had been the case.

Over the years I've recommended this book to many clients struggling with relationship issues. It's the best relationship book I've found and now that I'm retired I've given a number of them away. I've given it only 4 stars instead of 5 due to the smaller size. As I age the print gets harder to read and a thick book like this is more difficult to handle than a larger one. I still highly recommend it. I suggest readers don't skip around but read it like a text book, page by page. Take the time to do the exercises presented at the beginning. We all get a map, or blueprint, from our parents guiding us to the same place they got to in life. Many don't want to Go there but don't have any other map. This is a different map.

This book is far better than the one written by her ex-husband, the book WOMEN ARE FROM VENUS, MEN ARE FROM MARS. One can be making the same stupid mistakes from failed relationship to failed relationship and wonder why there is not a relationship that will last. The book has a good first section requiring the reader to do a self-analysis and discover a repetitive pattern that may be keeping one from success in relationships. What works and does not work in dating another person is covered thoroughly by Barbara De Angelis. This book so helpful and useful, I gave a copy of it to a female friend who was going through a divorce. She read it and gave a copy of it to a friend of hers who was engaged to be married. This other friend followed the guidelines and wisdom presented in the book, and realized that she was in a toxic relationship, not one that would be successful, and called off her engagement and wedding. One more person who learned many things and will not end up in a divorce court. This book is great for helping one make better choices in relationships and fewer mistakes. It is not about how to fix the other person, but analyze and change me, the reader.

Im dating an amazing man that read this years ago and suggested it! Yep and its a great read if you are truly serious about the person you see, you can get the download which is what I did but you will want the paperback back as well otherwise making the charts is confusing the good thing is that the paperback is now in mass market, so it was 6 bucks but listen to it was fabulous so I have both

This book changed my life, not once but twice. If you know someone who has had disastrous relationships, or if you want to help the young (or not so young) people in your life avoid them, please do them and yourself a favor: get this book. Here's the trick though. You can't just read it, you

have to do her exercises. Trust me, they are life-changing. Guys, don't think this is just a chick book. It truly isn't. I know it isn't always a guy thing to do soul-searching like this, but you will benefit --- truly. I know lots of guys who have made horrific dating/marriage choices and I tell them to get this book and do the homework. Even if you're not ready for a relationship at all, this book is so worth absorbing. I think you could use it for friendships as well. A friend, ages ago, told me to read this and do the exercises and to this day, I send her bouquets of mental hugs. she ws so right. I met my wonderful spouse as a direct result of doing the exercises in this book. Highly recommended!

My therapist recommended this book and also recommended I date A LOT!! It was interesting to see the different traits play out as written in this book while dating various women. Thank you for helping me discover all the women I dated while reading this were not the ones for me!

This is a great book which has sharpened my understanding of relationships some 25 years ago. I came across it again recently, and looking back at my own experiences, I can say that I really believe that most of what she has to say is very much to the point. One aspect though: my wife points out that if you apply all her rules to the set of people you know, the set of folks that satisfy all of them may well turn out to be the empty set. So apply her wisdom with a grain of salt, and if necessary use a little more graciousness and forgiving than her strict tests allow. But surely, as far as your partner goes, choose wisely!

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