

GOLDEN BEACH RESIDENT *Barbara Black Goldfarb* AND HER BUSINESS PARTNER *Dr. Nancy*

FOUNDERS OF ELEGANT INTRODUCTIONS recently launched, *He Loves Me: The Matchmakers' Guide to Dating Again and Attracting the Man of Your Dreams'*

GB Living sat down with Barbara to get some additional insight on the book and share the scoop with our Golden Beach neighbors.

resident business update

GB Living: What inspired you to write the book?

Barbara: The book is based on Dr. Nancy's 35 years of clinical experience as a relationship psychologist and our nine years as matchmakers. We wanted to create a message that would empower women in love and life. The book is filled with our powerful time-tested matchmaking secrets helping women to meet, attract and engage the man of their dreams.

GB Living: What is your best advice for someone who is never married, divorced, or widowed just getting in the dating pool?

Barbara: The first step is to determine if you are relationship-ready. Have you made peace with your past relationships? Don't compare a new experience with your past. Begin to explore other ways of meeting new people through friends, community organizations (might be challenging during COVID), dating apps and sites, matchmakers. Are you interested in the arts, political organizations, sports, tennis, golf? Chances are you may meet someone who is interested in the same thing. Do a little research on what is available. Find your



comfort zone and follow your passion. Be true to yourself. Try new things...

GB Living: Any special dating tips?

Barbara: First date rules:

Prepare for the date physically, mentally, and emotionally. The goal is for you to feel calm and confident. Some of our clients like to meditate, do yoga, or work out prior to the date. Go wherever he chooses. The choice of restaurant is not all that important in the long run. Go with the flow. Go with a positive attitude and remember he is probably as nervous as you are. Bring your smile. Leave your judgments behind. Be authentic and appreciative.

Remember your core values are different than your superficial desires. Most important are his values. Is he kind, empathetic, family-oriented, honorable? Don't focus on height, money, status. It is a turnoff to him and a setup for failure. Men don't want to be seen as meal tickets no matter how much money they have. (No mention of asking if he owns or rents, what kind of car he drives or if he flies private.)

More tips

Remember bad habits are not the same as bad character. For example, not paying for the valet or walking you to the car are bad habits that can be correctable. Someone who is rude to the server at the restaurant is a red flag for bad character.

Try to make a list of five things that were good about the date. Be positive even if he is not your guy...

Do not get intimate physically until you are emotionally ready. We always tell our clients that being physical too soon changes the dynamics of the relationship and should be accompanied by the comfort and ease of an emotional relationship.

GB Living: What is the best advice for parents of single children?

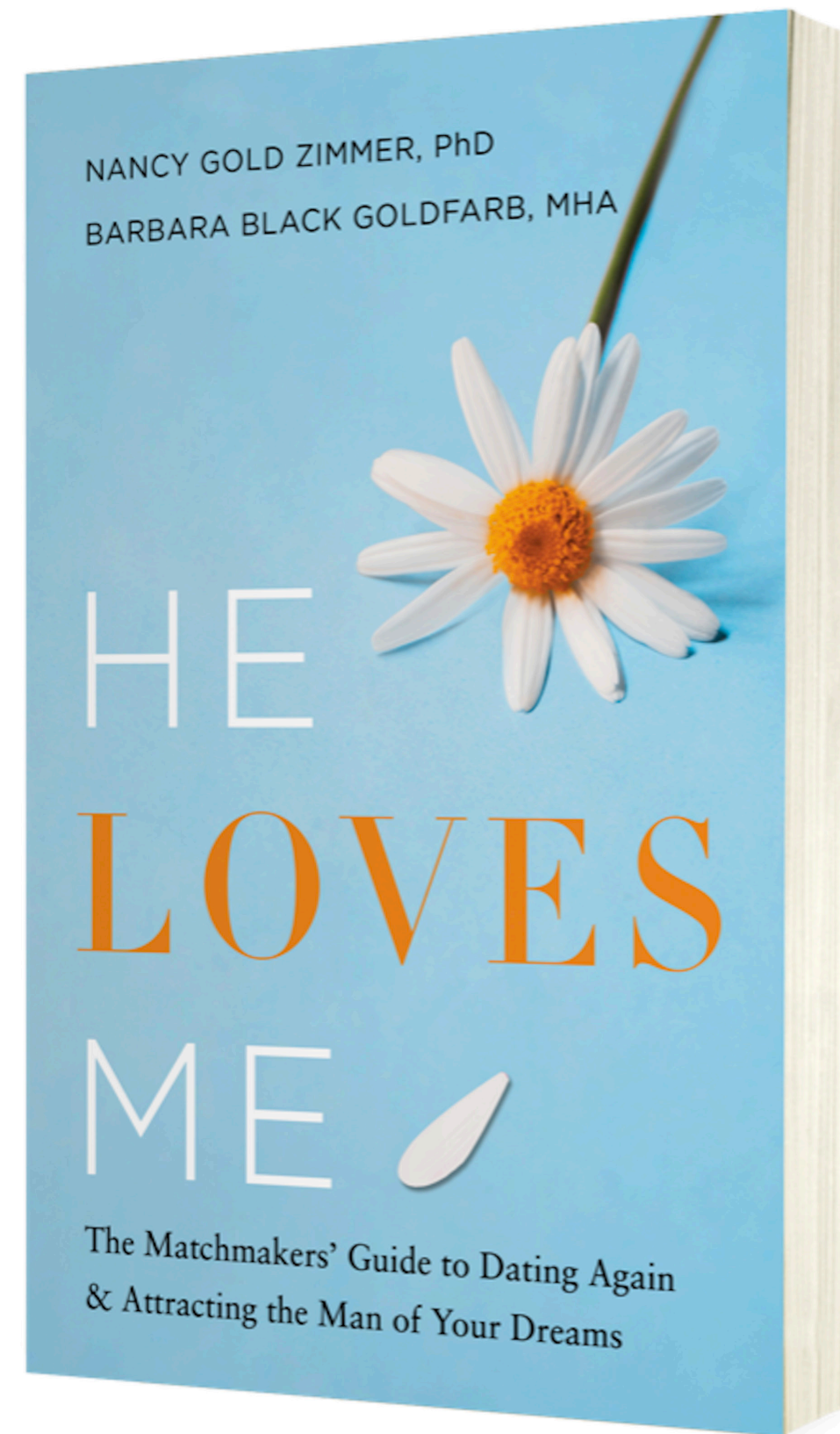
Barbara: I hate to say it but the best advice is to butt out which is easier said than done. Believe me as parents of unmarried sons, Dr. Nancy and I both know how hard that is! But even if you have to bite your tongue, it is critical to not pressure or judge your children about age, weight, religion. Don't impose your values on them. Be careful the way you ask questions or they may react against you. Try to be neutral. Ask open-ended questions if at all, such as "How are things going? Does she/he make you happy?" Our kids want us to back off... If we are not careful, we may push them away. It's important to let your children make their own choices.

So often in our practice, parents of our younger clients try to get involved and their children don't want their involvement. Our kids are well aware of what WE want and don't want. This is their journey and we have to allow them their space and freedom. After all, our main goal is for our children to be in a loving, happy, and stable relationship.

GB Living: What will this book teach me and is it only for women?

Barbara: The book teaches the reader how to be more open, appreciative, and set boundaries. We suggest being a better listener and finding out about the other person. After all, you know everything there is to know about you. Don't write people off quickly. Everyone is nervous on a first date so we tell people to go on at least three dates. Many of our clients say that are not sure after the first date but connect on the second or third date. Attraction can grow.

While we wrote "He Loves Me" for women many men have read it and learned a lot from the book.



Men are looking for the same things in a relationship ... gratitude, authenticity, kindness, shared values, appreciation, love of family - which are not gender-specific values...

GB Living: Where can we buy the book?

Barbara: Amazon and Barnes and Noble. Check out the matchmaker guide by visiting Matchmakersguide.com