



# Love Factually: 10 Proven Steps from I Wish to I Do

*Duana Welch*

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## **Love Factually: 10 Proven Steps from I Wish to I Do** Duana Welch

After a break-up Little Debbies, chocolate, and the charity of friends could not console, Dr. Duana Welch had the epiphany that transformed the way she lived her love life, leading to verifiable, objective answers to her questions—and yours. The only fact-based book to take men and women from before-you-meet until you commit, Love Factually blends heart, soul--and evidence. In a genre long on opinion and short on proof, Love Factually puts all the evidence in your corner for the most important and daunting task of our lives: finding and keeping The One.

## **Love Factually: 10 Proven Steps from I Wish to I Do Details**

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## Quỳnh Hằng says

Cuốn sách này rất cần cho tất cả mọi người, bất kể chúng ta có người yêu, có người yêu, có chúng, đã li dị, hay không muốn có người yêu thì chúng ta. Tại sao à? Vì họ không bao giờ là thật. Trang bị trước khi cần thì, họ hiểu yêu là gì, yêu sao cho đúng cách, hiểu giá trị của bản thân và hiểu mình muốn trong một mối quan hệ là gì, làm cách nào để đạt được điều đó, tâm lý 2 giới khi yêu, v.v. Duana Welch không viết lan man mà chia rõ ràng thành 10 bước, trong từng bước tác giả dẫn dắt theo đúng trình tự cần thiết và tất nhiên, có những ví dụ chỉ thật sự là vậy nên chúng ta phải đọc kỹ và hiểu, với vô vàn tình huống khác nhau trong tình yêu. Sau khi đọc xong cuốn sách và tìm hiểu thì mình thấy quan trọng của tác giả từng bước và những lời khuyên của bản thân các tác giả hay nhà tâm lý tình yêu khác. Đó là hiểu mình thấy khá vui và yên tâm khi gặp được cuốn sách này, trong một lần lướt fb tình cờ thấy ảnh hay hay nên lướt xem :3 Càng đọc sách và tìm hiểu thì mình càng thấy là cái gì cũng cần phải học, kể cả tình yêu. Một tình yêu đẹp sẽ dẫn đến một gia đình hạnh phúc, yêu thì, tôn trọng lẫn nhau và yêu trước sinh ra con cái sẽ thật sự hạnh phúc vì họ có cha mẹ chúng, nên nghĩ về việc góp phần xây dựng một xã hội tốt đẹp hơn khi hiểu và hiểu hơn nữa nên yêu trước có khi thật, trở thành những người đàn ông biết tôn trọng phụ nữ và yêu thì gia đình. Bên cạnh đó là người phải hiểu rõ được giá trị của bản thân, biết yêu thì bản thân và cả xã hội đúng trong tình yêu (hay kể cả khi tình yêu chưa đến). Một gia đình hạnh phúc rất quan trọng bởi vì nó sẽ bắt đầu những việc tốt, những việc gia đình không hạnh phúc, ... và những yêu cầu phải chấp nhận khi và trải qua điều đó suốt tuế thì và cuộc đời của chúng. Những trải nghiệm với gia đình sẽ ảnh hưởng gián tiếp và không những tâm lý, quan trọng và hành xử của yêu cầu sau này. Vì thế mình nghĩ thay vì cứ mãi mãi thì "theo tự nhiên, theo cảm xúc" thì nên tự trang bị trước khi cần thì, không chỉ vì công việc mà còn vì tình cảm. Tình yêu đóng một vai trò cực kỳ quan trọng với bản thân mọi người cũng như thế này và cả xã hội trong từng ngày. Đây là một trong những cuốn sách mình cực kỳ thích vì nhìn về tâm lý, tình yêu, giúp thay đổi bản thân mình rất nhiều. Mình thấy sẽ mong là cuốn sách này sẽ đến được với nhiều bạn trẻ.

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## Benjamin Sigrist says

Heard this author on the Art of Manliness podcast and though I am happily married, I have a close family member who is struggling with dating, so I thought I would pick it up for them and ended up reading it myself. Nice quick read with many applicable takeaways. I liked how she used scientific papers to reference all her facts. It would have been nice to have a few more details about the studies but that would have probably made it less readable. I would definitely recommend this to anyone who is dating.

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## H in DC says

I hadn't dated in almost 2 decades (since my early 20s) after my divorce and found the game had changed. I went online, catalog-style, to look for a partner. It was a wonderful way to meet lots of people but that wasn't the biggest challenge. Meeting men was easy. Having a connection \*work\*, however, was another story. I kept reading signals wrong and bludgeoned my way through the process quite a few times, getting attached to the wrong people and picking up the pieces of my worn shattered heart so often I nearly gave up on the process altogether. Until this book. Everything the author wrote is like the culmination of the 5 years of

counseling and 20 self-help books I devoured after my divorce in one neat little package: hers was the only book I needed to read.

I really liked how the book starts with the most important aspect -- attachment style (not only is it important to find the right person but also BE the right person)-- this is far too neglected in most relationship advice but the power of attachment style should not be underestimated.

The author also explains the neurochemicals and evolutionary development underpinning our behavior in such a clear way that suddenly everything makes sense: why men who pay for dates are more successful at dating, why women who "play hard to get" are magnetic (but hint: don't PLAY hard to get, actually BE selective; reasons why this works are rooted in our biology), and every step (as promised) from finding and meeting potential partners all the way to having a successful, committed relationship.

I also really appreciated that the author included her own experiences because it gave the book a very kind and conversational tone. It can feel intimidating to read love advice because it usually comes from someone who is seen as an expert and by design, whoever is seeking advice has already failed. It's shameful to admit how many mistakes we've made, and by sharing, Duana Welch made the advice accessible and imbued so much more hope than any of the other books I read. I couldn't put it down. Thank you, thank you...

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### **Tiffany says**

This book is so insightful, intelligent, and warmhearted--I wish I'd had it when I was dating! Filled with accessible, personal stories as well as solid science, the book shows you not only how to look for love, but how to find it--and how to handle it when love goes away. Really a one-stop shop for singles. I was (and am) a die-hard fan of HE'S JUST NOT THAT INTO YOU, which changed my life with its no-punches-pulled look at what dating should look like when you've found a healthy relationship. Welch takes that book a step further, stripping back the curtain on the mystery of love with fastidious, fact-based research, all in a voice that's fun, fond, and factual. Anyone looking to find love--and until we do, that's all of us, if we're honest--would significantly increase their chances of it by reading this book.

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### **Sarina Akins says**

Beautiful, must read book. A helpful reminder of what is really important and how to keep and find someone who is important to you.

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### **Freddy says**

A lot of information about human evolution and certain tendencies of each sex, the way we attract a partner and how to keep them. A step by step guide for relationships and mating.

The writing of the book was too girly for my taste although tolerable.

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## **Heather Christensen says**

This is an interesting book of suggestions. Good food for thought. It would probably grate on a true feminist and I can easily see why this would result in negative reviews. I feel it encourages us to follow our past social norms, rather than create new norms but I guess in part understanding those norms leads also to change which this book also does in a comprehensive way. It's also a book that will date significantly through time as it meets only the current social problems of dating in my view. A good social science discussion of dating either way and recommended if you're single and dating for men or women.

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## **James Horrigan says**

I found Love Factually to be empowering in the sense that it reinforces one's belief that they can and will attract a compatible mate with enough effort devoted to the task. Mainly, I realized that in order to partner with someone who puts me at my best, I'm required to do the same by helping them to be at their best in return.

In reading Love Factually I was brought to realize that what I desire in an intimate partner is a direct reflection of what I must be able to provide in return. The part that really stuck for me was that like attracts like, and everything we foresee in a preferred mate reflect the traits that we have to offer.

As I made my "list of must-halves and must not halves" in a foreseeable lover, I gained a greater appreciation of myself by noticing that the qualities I prefer in a mate are the same values and qualities I've worked hard to cultivate in myself. Love Factually endorsed that I accept myself as I am no matter how many failed attempts at love I've had in the past. There are many helpful and sound suggestions in Love Factually that speak differently to each individual, but not only is it a discovery of what you hope to find in a lover, it's also a journey of discovering who you'll be when your lasting love affair takes shape.

Eventually, I want a partner to recognize both my great qualities and my effort to improve my not so great qualities. Hence, I believe life is an ongoing process of improvement and I want a shotgun rider to accompany me in the excitement of making the most out of life's adventures. After reading Love Factually, I know where I expect my forever love to be outstanding is also where I must be outstanding to them as well.

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## **Mel says**

A MUST READ for anyone still dating or going back into dating.

The best dating book ever - I wish I had had this book 25 years ago - would have saved me tons of heartbreak and mind-f\*ckery.

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## **Sarah says**

Confession: I bought this book even though I am already married, because I had read some of the author's

articles (which were excellent), and this topic interested me. Not so much the "finding a mate" (as I am quite satisfied with mine and he is stuck with me), but rather the application of science to such a subjective endeavor. I like Duana's writing, and I wanted to like her book. I did like it. I liked it enough that I have so far purchased 3 copies. I believe the information contained herein is so very valuable that I wanted to share it with people that I love, who want and deserve to find love. Even for an old married person, it was very interesting and I experience several "ah-ha!" moments with regards to why men and women behave and REACT so differently to identical situations/events/treatment. My only complaint is that it was not published 10 years ago, when I could have helped so many of my friends and saved myself so many head-banging-against-the-wall moments!

I have recently read a few of the "less than positive" reviews of this book, each of them pretty passionate. Interestingly enough, the writers of these reviews seem to criticize some of the theories presented in the book because they believe them to be anti-feminist. The truth is, some human behavior IS sexist, and has deep biological roots. This book draws upon research and traces some of our chauvinist attitudes and archaic behavior back to our biological instincts. The author explains why this behavior persists, for example why men are motivated by jealousy and physical beauty, and I suppose this is offensive to egalitarian minded people, but it doesn't make it untrue. One of the underlying premises of the book is that neither men nor women are better/superior/more honorable, but simply driven by different in their motivations when seeking a mate. Regardless of whether you choose to act in a certain way, we are all better equipped to deal with the opposite sex when we understand their motivations.

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### **Melissa says**

Very interesting read. I don't agree with everything the author says, but she has some very, very good points.

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### **Nhu Phan says**

The book got more interesting from chapter 4 onward. I especially liked the touching story about the cancer girl at the last chapter.

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### **Jaime says**

Disclaimer: I won this book

Not only is this an enjoyable read - it is an informative one as well. I am not hunting for Mr. Right but if I was - I think this book would be extremely helpful. And I passed it on to someone who is single & I hope it helps her find what she is looking for (and I have little doubt if she follows the advice that she will).

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### **Kim says**

I devoured this book pretty quickly. I got through it in about three sittings, and I'm normally a slow reader. This is an especially good book for those who haven't read many dating/relationship books before. I've read

TONS of relationship books, and this distills some of the best advice into a single tome.

I particularly like that this book provides comfort and hope to those who are struggling. One of my favorite parts was towards the end, when she tells the story of her friend Bella, who despite a cancer diagnosis, persevered to find (and marry) the man of her dreams.

I also felt like I could trust her claims more than other authors because she backed much of it up with scientific facts/proof. Now I know why I automatically lost attraction to that guy who asked me to split the check on our first date. I also have a much better understanding of what playing hard-to-get means.

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### **Thomas Umstattd Jr. says**

I loved this book. Who says science can't be romantic. While I only officially cited this book once or twice the book overall has had as much of an influence on my thinking on this topic as any other recent book.

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