

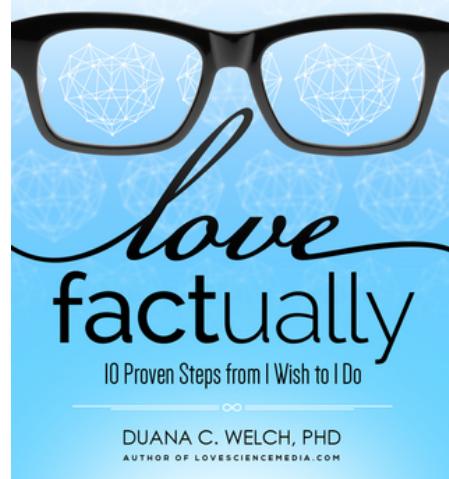
"If you are going to read any book about love—make it *Love Factually*."

-EHARMONY

"A must read for all those of us seeking a lasting love."

-DR. JOHN GOTTMAN,

AUTHOR OF THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK



## 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**

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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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## Qu?nh H??ng says

Cu?n sách này r?t c?n cho t?t c? m?i ng??i, b?t k? ch?a có ng??i yêu, có ng??i yêu, có ch?ng, ?ã li d?, hay kh?ng mu?n có ng??i yêu ?i ch?ng n?a. T?i sao à? Vì h?c kh?ng bao gi? là th?a. Trang b? tr??c ki?n th?c, ?? hi?u yêu là g?, yêu sao cho ?úng cách, hi?u giá tr? c?a b?n th?n và ?i?u m?nh mu?n trong m?t m?i quan h? là g?, làm cách n?o ?? ??t ???c ?i?u ?ó, t?m lý 2 gi?i khi yêu, v.v. Duana Welch kh?ng vi?t lan man mà chia r? ra th?nh 10 b??c, trong t?ng b??c t?c gi? d?n d?t theo ?úng l? tr?nh r?t c?n th?n và t? m?, có nh?ng v?i d? chi ti?t k? v? nh?ng c?p ??i ?ã nh? b? t? v?n, v?i v?n t?m hu?ng kh?c nhau trong t?m yêu. Sau k?i ??c m?t s? s?ch và t?m hi?u th? m?nh th?y quan ?i?m c?a t?c gi? t??ng ??ng v?i nh?ng l?i khuy?n c? b?n c?a c?c t?c gi? hay nh? t?m lý t?m yêu kh?c. ?ó là ?i?u m?nh th?y kh?a vui và y?n t?m khi g?p ???c cu?n s?ch này, trong m?t l?n l?t fb t?m c? th?y ?nh hay hay n?n l??m v? :3 Càng ??c s?ch và t?m hi?u nhi?u th? m?nh c?ng th?y là c?i g?i c?ng c?n ph?i h?c, k? c? t?m yêu. M?t t?m yêu ??p s? d?n ??n m?t gia ?inh h?nh ph?c, yêu th??ng, t?n tr?ng l?n nhau và ??a tr? ???c sinh ra c?ng s? ???c th?a h??ng ?i?u ?ó t? cha m? ch?ng, ??ng ngh?a v?i vi?c s? g?p ph?n x?y d?ng m?t x? h?i t?t ??p h?n khi nhi?u v?u h?n n?a nh?ng ??a tr? có ki?n th?c, tr? th?nh nh?ng ng??i ?àn ông bi?t t?n tr?ng ph? n? và yêu th??ng gia ?inh. B?n c?nh ?ó là ng??i ph? n? hi?u r?o ???c gi? tr? c?a b?n th?n, bi?t yêu th??ng b?n th?n và c? x? ?úng ??n trong t?m yêu (hay k? c? k?i t?m yêu ch?a ??n). M?t gia ?inh h?nh ph?c r?t quan tr?ng b?i vì n? s? b?t i? nh?ng v? b?o h?nh, nh?ng cu?c li d?, nh?ng gia ?inh kh?ng h?nh ph?c, ... và nh?ng ??a tr? ph?i ch?ng ki?n và tr?i qua ?i?u ?ó su?t tu?i th? và cu?c ??i c?a ch?ng. Nh?ng tr?i nghi?m v?i gia ?inh s? ?nh h??ng gián ti?p và kh?ng nh? ??n t?m lý, quan ?i?m và h?nh x? c?a ??a tr? sau n?y. Vì th? m?nh ngh? thay v?i c? ?? m?c m?i th? "theo t? n?i?n, theo c?m x?c" th? n?n t? tr?ng b? tr??c ki?n th?c, kh?ng ch? v? công vi?c mà c?n v? t?m c?m. T?m yêu ?óng m?t vai tr? c?c k? quan tr?ng ??i v?i b?n th?n m?i ng??i c?ng nh? th? h? sau n?y và c? x? h?i trong t??ng lai. ?ây là m?t trong nh?ng cu?n s?ch m?nh c?c k? th?ch v? l?nh v?c t?m lý, t?m yêu, gi?p thay ??i b?n th?n m?nh r?t nhi?u. M?nh th?c s? mong là cu?n s?ch này s? ??n ???c v?i nhi?u b?n ??c.

## 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.

## 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-haves 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 shows up and 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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