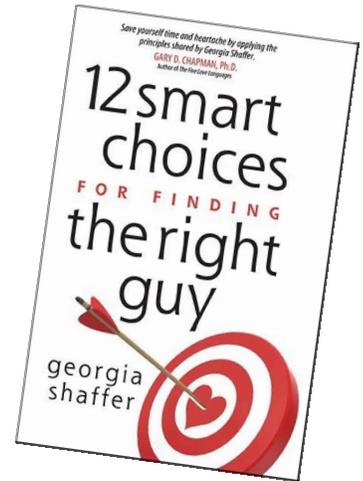


Blogger Toolkit for *12 Smart Choices for Finding the Right Guy*



Dear Blogger:

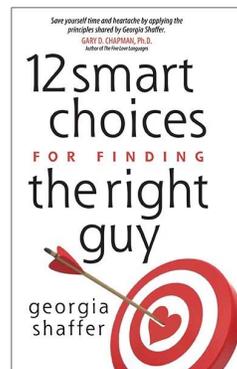
Thanks for your interest in telling your blog audience about *12 Smart Choices for Finding the Right Guy*! This web page contains helpful tools to make posting easier. Simply cut and paste whatever you like onto your blog.

Please tell Georgia that you are featuring her book by sending an email to: Georgia@GeorgiaShaffer.com. Be sure to include the date and URL of your post. She will make every attempt to visit your blog, post a comment, and offer a free copy of the book to one of your readers.

Images of Book Cover and Georgia
Short Description of How NOT to Date a Loser
Full Author Bio & Mini-Bio
Q & A with Georgia
Purchase links (Amazon, ChristianBook, BarnesandNoble, Website)
Link to Georgia's "Free Reader Resources"
Excerpt of First Chapter

For more information, visit: www.GeorgiaShaffer.com
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Short Description of *12 Smart Choices to Finding the Right Guy*

Are you frustrated with dating? Wondering how to find the right one? Christian psychologist and life coach Georgia Shaffer reveals how to avoid unhealthy people, build vibrant relationships, and find romance! These 12 smart choices will help you...

- pinpoint the qualities you want in a mate
- determine if someone has integrity and is trustworthy
- deepen your capacity to connect romantically
- minimize emotional reactions that can block intimacy
- create a social network that makes life satisfying right now

Whether you're dating or just getting ready to, you'll discover how to steer clear of unhealthy people and find emotionally and spiritually healthy people with great relationship potential.

Gary Chapman, Ph.D., author of *The Five Love Languages* writes, "Save yourself time and heartache by applying the principles shared by Georgia Shaffer."

Full Author Bio

Georgia Shaffer is a licensed psychologist in Pennsylvania and a certified life coach. For more than 15 years, she has enhanced people's lives by teaching them how to identify: "What needs to grow? What needs to go?" Georgia's warmth, wisdom, and no-nonsense personality will help you:

- Deepen your ability to understand and connect with others.
- Identify relational blind spots and avoid their destructive effects.
- Reduce feelings of vulnerability and neediness by confronting relational fears.
- Experience a stronger sense of God's comfort during times of uncertainty.

Georgia Shaffer, is an award-winning author of *12 Smart Choices for Finding the Right Guy*, *Avoiding the 12 Relationship Mistakes Women Make*, *Taking Out Your Emotional Trash* and *a Gift of Mourning Glories: Restoring Your Life after Loss*.

In 1989, after a recurrence of breast cancer, Georgia was given a 2% chance to be alive in 10 years. During the same time, she experienced the devastating loss of her job and her marriage. So, Georgia knows first-hand the struggles, setbacks, and skills needed to begin again. She also knows the joy that comes from living with passion and purpose.

Georgia's energetic style has resonated with listeners and viewers on national programs, such as *The 700 Club*, *Decision Today*, and Sky Angel's *A Time for Hope*. She has also provided expertise as a presenter on the American Association of Christian Counselors' video curriculum *Christian Coaching Volumes I and II*; *Fresh Start: Life After Divorce*; *Cancer: Seven Things You Can Do to Help*; and *Caring for Teens God's Way*.

When Georgia isn't writing, speaking, or counseling, she enjoys spending time with her son's family and deciding what needs to "grow" or "go" in her scenic garden. She resides just outside of Lancaster, Pennsylvania.

Rely on Georgia Shaffer to help you know: "What needs to grow and? What needs to go?"

Mini Bio

Georgia Shaffer is a licensed psychologist, life coach, and the author of *12 Smart Choices for Finding the Right Guy*. She writes and speaks frequently on the subjects of relationships, dating, grief, and rebuilding after loss. Georgia has more than 15 years experience helping people identify: "What needs to grow? What needs to go?" For more information, visit: www.GeorgiaShaffer.com.

Q & A with Georgia**Georgia, what led you to write *12 Smart Choices for Finding the Right Guy*?**

Unfortunately, like many readers, I've had my share of heartache. It all started many years ago when my marriage fell apart. During that difficult time as I attempted to rebuild my life, I realized there were certain skills that I needed to do singleness well and I set about learning how to intentionally grow in those areas.

Today, I'm a relationship coach and licensed psychologist in PA with more than 18 years' experience. I've seen the poor choices singles sometimes make. I wrote *12 Smart Choices for Finding the Right Guy* to help women avoid the pain of unhealthy relationships. I also know what it feels like to be a concerned parent, watching your son or daughter wrestle with relationship choices, so *12 Smart Choices for Finding the Right Guy* can be a helpful resource for parents to give to their young adult daughters.

Can you share how to identify someone who is not capable of a healthy relationship?

For many reasons, certain people just aren't healthy individuals where they currently are. Maybe in 10 years they will be, but not now.

The wrong guy is someone who hurts others because he either lacks self-awareness or hasn't chosen to do the hard work needed to heal and grow. Let me give you some specifics:

- An unhealthy person blames others whereas healthy people take responsibility for their choices and mistakes.
- The wrong guy prefers to stay the same and doesn't see the need for change. Healthy people want to learn and grow.
- Unhealthy men avoid pain at all costs. Healthy people understand that pain is a part of living.

For those readers who are wondering how to identify if their current relationship is a healthy one, there is a free quiz available on the Resources page at www.GeorgiaShaffer.com.

You say singles today are more vulnerable to unhealthy people than ever before. Why?

A large part of our communication with others is *nonverbal*. By nonverbal I'm referring to the messages we communicate through our facial expressions, eye contact, and body language.

The problem is today if we only connect mostly with email, dating sites or on our phones, we can miss many clues that we would naturally pick up when talking face-to-face. One clue – like shifting of the eyes – alerts us that something isn't right.

In *12 Smart Choices for Finding the Right Guy*, I help readers pick up on these valuable clues – information you can only get in your face-to-face conversations or through Skype and FaceTime.

In chapters 3 and 4 you talk about understanding we all have blind spots and how that impacts our choices. How can someone see what they might be missing in someone they're dating?

Just like those visual blind spots we experience when driving a car, we all have relational blind spots – things we can't see but quite often other people in our lives do see. One blind spot, for example, is we might concentrate on a few traits we find attractive in someone – like good looks or a great job - but we may ignore the fact they are extremely jealous and controlling.

Therefore, as singles we need a willingness to be open to what our parents, friends or coworkers might see as a red flag in someone we're dating even if these cautions are things we have missed or felt were unimportant.

The best way to see what we may be missing is to do the following:

- Pray.
- Seek the advice of people who share your values and that you have learned to trust over time.
- Give yourself plenty of time to see the whole person – their strengths as well as their weaknesses.

You believe that identifying our values is extremely important in finding the relationships we really want. Can you explain what you mean?

One of the biggest mistakes singles make is that they settle too soon and for less than God's best. I've made this mistake, and I've learned how important it is to clarify my values before I get caught up in all the excitement of a romantic relationship. By values I'm referring to the things that are most important to us.

Several years ago I was seriously dating a man, and one night I realized that what was most important to me, my faith, wasn't one of his top five values. My top five values were faith, family, integrity, excellence, and beauty. However, his top five values were fun, food, knowledge, trust, family.

I'm not saying our lists have to be the identical because they don't. But the real question is ... are we compatible with the things we value most? In my case, we weren't.

For those of you who want to identify whether you are on the same page with the person you're dating, I have a free resource - **40 Make or Break Relationship Questions** – which helps you to clarify what's important to you. It's available to anyone who emails me at Georgia@GeorgiaShaffer.com.

In chapter 5 of *12 Smart Choices for Finding the Right Guy* you talk about the difficulties of connecting in an honest open way. What are some of the problems?

Some people have what I call "intimacy blockers" that hinder their ability to give or receive love. Some examples of intimacy blockers are refusing to discuss the elephant in the room, being afraid to express true feelings or refusing to hear the truth even when spoken in love. For instance, if you believe that it's important to avoid conflict at all costs then that's going to negatively impact your ability to connect with others. You will build up a lot of bitterness and resentment and you can't be yourself.

It's extremely important for each one of us that we recognize what our intimacy blockers are and work to overcome them so that we can deepen our ability to connect with others in meaningful ways. I have an article on intimacy blockers at www.GeorgiaShaffer.com under "Free Resources."

What would you say to singles who are in a relationship they know is not healthy? What do they need to know to avoid that trap?

It's critical to be aware that we are often driven by our fears, which feed feelings of desperation and neediness. We stay stuck in unhealthy relationships because we're afraid we'll never find someone to love us for whom we really are. We're afraid we'll die alone or especially in this economy, we're afraid we won't be able to take care of ourselves financially.

I did this. I dated "Mr. Maybe I Can Make it Work" because I too was afraid I'd never find anyone better. Rather than looking at my fears and understanding how to handle them, I allowed them to dictate my choices and then comforted myself with the thought that at least I had someone even when I knew this person wasn't the best for me. In chapter 2 of *12 Smart Choices for Finding the Right Guy* I help

singles identify their fears so that they aren't driven by them and pulled into the traps of others.

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Link to Georgia's "Free Reader Resources"

<http://www.georgiashaffer.com/wordpress/free-resources/>

Excerpt from First Chapter

<http://amzn.to/1zB08E5>