

ASK COACH YVONNE EZINE

Yvonne Chase, "The Single Woman's Cheerleader"

<http://www.Availableandhappy.com>

Your guide to, "Living the life you love, Attracting the Love of your Life and Keeping the Love you find!"

IN THIS ISSUE:

1. Welcome
2. Ask Coach Yvonne: How Many Men Can I Date?
3. Think about It
4. Reading Room: Better Single Than Sorry
5. About Coach Yvonne
6. What Is My Mission
7. Invite Coach Yvonne to Speak

1. WELCOME

Hello readers,

How are you?

I've had numerous conversations recently about dating and living single and I've noticed that many of us are enduring instead of enjoying what could be one of the best times of our life. Most of us can't wait until our days of living single end and we are doing everything we can to speed it up. Because our lives are not full, some of us will take anybody just to have somebody. Many of us think that marriage will be the answer to all of our single woes. We're caving in to pressure from family, well meaning friends, society and even our gynecologist who remind women my age thirty-eight and up that we need to get married soon if we want to have healthy children. While I respect my gynecologist's genuine concern and medical expertise, the buck stops there because she knows zero about God's timing or his plans for my life. I'm concerned when I see women as I've seen of late, meeting and entering into instant relationships without taking the time to get to know. This month's book selection has a lot to say to you if you are that woman pining because she is single.

Before I go, I want to say thanks to all of you who take the time to read the E-zine and send your comments. It does my heart good to know that I am able to inspire and incite change.

Happy reading!

Coach Yvonne
The Single Woman's Cheerleader

2. ASK COACH YVONNE

Q: Is it OK to date two men at the same time?



A: Absolutely! Until one of your dates asks for an exclusive relationship, you don't owe either of them an explanation. Remember, a date is simply an outing, an opportunity to meet someone new and have fun. It's not a relationship. You can date as many men as you have time for until you are ready to settle down and be exclusive. Dating is actually a great way to learn about the opposite sex, improve your social and communication skills all while becoming crystal clear about what you want/don't want in a partner/relationship. Be honest with yourself, be honest with your dates and have fun!

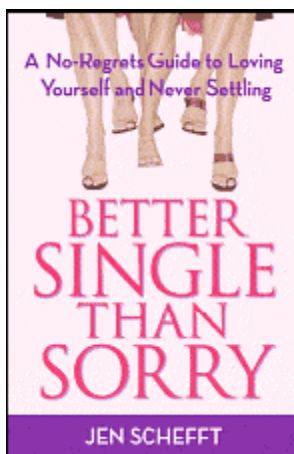
Happy dating to you!

3. **THINK ABOUT IT!**

"Consider how hard it is to change yourself and you'll understand what little chance you have in trying to change others." Unknown

"Relationships-of all kinds-are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost." Unknown

4. **READING ROOM: BETTER SINGLE THAN SORRY**



"Let's be honest. No woman really wants to be alone for the rest of her life. But does being alone mean you're doomed to be miserable forever? Definitely not! And does being single have to equal lonely? No way! You can have the best time of your life when you're single, but you wouldn't know that from our relationship obsessed society, where celebrity magazines devote the majority of their content to who's dating whom and the wedding industry is a \$100-billion business. Yet more than a third of marriages end in divorce, and countless other couples languish in unions that shouldn't have happened in the first place.

Don't become a statistic -- love yourself and never settle!"

5. **ABOUT COACH YVONNE**

Dating Coach Yvonne Chase affectionately known as "The Single Woman's Cheerleader" is creator of the life changing course, Stop Looking, Start Attracting. Browse its contents and reader reviews now at http://www.availableandhappy.com/sitedocs/classes_offered.htm

6. **WHAT IS MY MISSION?**

My **#1** mission is to create a movement of Available and Happy single women who celebrate living single. I want Christian single women all over the world to embrace living single, accept living single and take total advantage of this season in life. Our single years can provide unique opportunities that may not show up later in life. The time, energy, and material resources that we can devote to these opportunities - and the spontaneity and intensity with which we can do so - are typically much greater during our single years than they are after we marry and start families.

My **#2** mission is to bring the climbing divorce rate to a screeching halt by teaching single women dating and relationship skills via the STOP LOOKING - START ATTRACTING program. This program will help you become clear about who you are, what you want and how to get what you want in your life and relationship. The first step in making a love connection is being the best, happiest most fulfilled **YOU** that you can be. Remember, **1 Whole Person + 1 Whole Person = 1 Whole Union!**

7. **INVITE COACH YVONNE TO SPEAK**

Coach Yvonne is available to speak at your church, college campus, women's conference, singles group, human resources organization or other special event. She can speak on a variety of topics related to singles, couples, communication, dating, living single, improving work relations and so much more. Read what one organization had to say about Coach Yvonne:

"Yvonne is indeed a savvy single, high energy, polished professional and force to be reckoned with. She sets the atmosphere as an expert, taps into the need of the group and captivates her audience with her engaging presentation. To come in contact with Yvonne is to know and appreciate a strong Christian woman of faith who is living on purpose and utilizing her God given gifts, talents and abilities to impact and change the lives of single women all over the world. Yvonne has a powerful message that every single person needs to hear today!" Michelle Collins - Living Word Worship Center—Los Angeles, CA

"You did a great job on Wednesday. We loved your presentation. Your delivery made everyone in the room feel as though they were listening to their best girlfriend. You were funny, inviting and straight to the point. We look forward to working with you again very soon. " La' Tanya Martin - W.I.M.E.N

Send all inquiries to coachyvonne@availableandhappy.com or call (877) 7-RELATE (773-5283)

Copyright 2007, all rights reserved. You may NOT copy or distribute the Ask Coach Yvonne E-zine unless you get permission from Yvonne Chase. Contact her at: coachyvonne@availableandhappy.com or call (877) 7-RELATE (773-5283)