

4 Ways To Know You're Dating a 'Man-Boy', Not a Man



By David Wygant

So you've met this great man who seems like a lot of fun, but you can't help having doubts. "God, I hope that this guy is a man and not the dreaded man-boy," you think to yourself. You know how man-boys are: they're the guys who show up on dates, dressed a little on the boyish side. Maybe he wore jeans that were a tad outdated. Maybe he sported a pair of running shoes on his feet. Or perhaps he actually wore a ball cap on a lunch date. It's always fun at first, but if you overlook it, you'll find that a month into the relationship, he's still drinking with buddies every Saturday night instead of spending time being romantic with you. No one wants to end up there, so here are some ways to tell you're dating a man-boy:

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1. He has roommates past the age of 30: Any man over 30 who still lives with a roommate is simply afraid to give up his college lifestyle. He still likes the idea of living in a mini-fraternity: even without all of his friends, he still has a brotherhood of at least one. He might say he's just saving money, but it's more likely that he doesn't want to grow up, which will keep him from important parts of adult life like commitment.

2. He's a mama's boy: This guy's the worst, but luckily he'll expose himself immediately. Even on the first or second date, he'll tell you that he spoke to his mom about you. Whoa! Put the brakes on, man-boy, we don't even know each other yet. Throughout your partnership, he'll be constantly seeking validation and approval from his mother. Keep a look out for men like this: they'll constantly be comparing you to their mothers, and you'll never be able to measure up.

3. He doesn't have a plan: A true man-boy will lack focus in many ways. Does your beau always tell you about the things he wants to do, but never actually does them? Does he have any specific ambitions? If he still seems confused about his career and life path by age 30, it's pretty likely that he's a man-boy: not the sort of guy with whom you want to connect. Find a man who at least has a game plan, and you'll find the relationship will go much better.

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4. He still wants to be a weekend warrior: The fourth and final thing about man-boys is that they can never give up a weekend night. They're constantly drinking with their fellow man-boy buds. Sure, a man-boy will set dates with you, but even then he'll wind up talking about his friend Jim's barbeque. Or worse, he's talking about a man-boy's favorite pastime: the strip club. This guy can never give up his plans,

which rarely involve you. If he can't skip watching the game for a night with you, he's not worth your time.

You deserve to meet a manly man—a man who's ready to break away from the pack and get to know you on a deeper level. Avoid the man-boy and pursue the real man.

David Wygant is an internationally-renowned dating and relationship coach, author of the new book [Naked and speaker](#). Through his boot camps, personal coaching and his [website](#), his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.

The Real Reason He Didn't Call You Back





By David Wygant

So you went out on a great date, or what you assumed was a great date. You did everything right. You were flirting. You wore the right outfit. The shirt was low-cut, but not too low-cut. The jeans fit nicely on you. You smelled great. You smiled. You told him you had a good time. You made yourself available, open and honest. When you got home, you called one of your friends. You told her what a great time you had and that you were eager to see him again.

The very next day, you expected the phone call. You thought to yourself, "I know he's going to call. He had a good time. He looked at me at the end. Everything seemed perfect."

But ... the day passed, and the phone never rang. You checked your e-mail that night thinking he might have emailed you—he didn't. The following day, you called your friends about it, reviewed the entire date, everything you said, trying to figure out what his reactions were, and maybe—just maybe—what you said or did that turned him off. You engaged the troops, and that was your first major mistake.

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Oh, I'm sure the conversation was good. You got to obsess for a week about why he didn't call back, because as a woman, you just need to know why he didn't call. You thought he had fun, and you start reviewing the date again, and again, and again.

You're obsessed. And why? You're obsessing over one date, one coffee, one drink, one dinner—that's all it was. So, he didn't call back. And you want to know the real reason why? He didn't feel like calling you back. He didn't like you the way you wanted to be liked. He made a choice. His choice was not to call you back. His choice was to move forward and to go find somebody else for whom he is better suited.

You've done it to plenty of men in your life. You don't seem to obsess over not calling them back when you don't want to call them, or when you didn't want to see them again. In life, we have choices. Just because he wasn't interested doesn't mean that you're not a great, wonderful, fantastic, sexy, beautiful, incredible woman. It just means that he chose to go another direction. But when you go and you spend all this time and energy thinking about it, what you're doing is you're not allowing yourself to meet somebody else.

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Here's the deal: if he doesn't call back within 48 hours, forget about him. It doesn't mean you did anything wrong, so stop driving all your friends nuts. As a friend, it's so boring to hear you obsess over someone for two weeks.

When a client asks me why someone didn't call them back, I say, "Give me their number; I'll ask them." The time that you waste trying to figure out why he didn't call back is time wasted not meeting other men—not meeting men who want to be with you.

So, get out of your head. You've got 48 hours. If he doesn't

call you, move on. Live an abundant dating lifestyle instead of a crazed, lunatic lifestyle.

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David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating





By Daniela Agurcia

The “rules” of dating can be complicated, and most of the time, we can’t figure out what we’re doing wrong. Dating expert, David Wygant, wrote *Naked* to get rid of those “rules,” hoping that we could finally learn to love ourselves and be ourselves when entering the dating world. He successfully coaches both men and women in dating by analyzing their situations and helping them figure out what they’ve been doing wrong, so they can move forward and have a happier and more successful dating life. We had a chance to interview David about his book, and here’s what he had to say:

How would you say your book *Naked* is different from anything else you’ve written?

Most of the time, I write about how to meet someone and ways to be more aggressive in your dating life. This book is a lot different because I really strip people down from the inside out. Most women date like resume shoppers. They miss finding their needs, wants and desires because they’re constantly looking for the perfect picture or that romantic comedy

instead of really just embracing the beauty of how you feel in the presence of somebody. I decided to take it from the inside out so that you're able to have those checks and balances.

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What are some exercises or techniques you find most important that are mentioned in your book?

One is stripping yourself down to 100 percent naked to figure out what you want. Write down what you want and how you want to feel when you meet that special person. That way, when you do meet someone, you will immediately know if they're the right person because you're in tune with what you need to feel.

Another thing that is really important is get rid of the past, something I think a lot of people focus on when they're dating. A lot of women will meet a guy, and if he's confident, it'll remind them so much of a player they once dated. Because of these assumptions, they end up feeling like they're going to be used sexually or cheated on because they were cheated on in the past. I call these people past-ers.

If you're a past-er, you need to accept your past and embrace it. All of your lessons from the past are lessons that you needed to learn. If you didn't *learn* them, then you're just going to go repeat them with different men. That's the reason why you haven't been satisfied in a relationship. So it's about accepting the past and realizing the beauty of what's ahead of you.

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On your website, it says that you have discovered secrets from the universal human nature. Can you tell us what that means and what are some of those secrets?

Human nature is that we repeat the same things that we're

programmed to repeat. My relationships have all been wrong because of the programming I had as a kid. While I was growing up, my mother was not happy with my dad. She was pretty much miserable the whole marriage. So as a little kid, she used to tell me all the time, "You're going to have a beautiful relationship one day. I love you. You're going to meet your soul mate." When I was 17, I was broken up with by my high school sweetheart, and my mom looked at me and told me, "That's not your soul mate." Afterwards, every time a beautiful woman mentioned "soul mate" to me, it would trigger off my programming that told me, "This is my soul mate, this is a sign." All because my mother used to tell me to look for that sign. There are so many "signs" that we give meaning to, and I finally realized after a couple of bad marriages that this is my trigger point. I actually don't want to be with these women who present the sign. I actually want to be with a woman that I'm most current with. Once we recognize the pattern and learn to understand those things that have been programmed in us since birth, we're able to get real and grow.

What are the top three tips you can give single men and women when looking for a partner?

- 1) Be 100 percent present. Go out every single day, and people shop. Get off your Blackberrys and iPhones. Smile at someone you're attracted to, and push yourself out of your comfort zone. Look at some guy in the elevator instead of looking at the ground and say, "Hello." If you're at a café, sit down next to someone, and make yourself available.
- 2) When you go out on a date, stop going for the repeat cycle. If you went out on a date, and the guy didn't call you back, screw it! If he didn't call you back, he's not interested. Stop overanalyzing it with your friends. I don't want you beating yourself up to that point; it's ridiculous.
- 3) Accept where you are right now. Not in six months when you lose twenty pounds. Not in seven months when you get a

better job or get your hair done. You're a beautiful, evolved, amazing person right now. You're a work in progress, but it doesn't mean you can't be loved right now. That's what's important.

What is the number one mistake people make when starting to date someone?

They're in fantasy land. They don't look at what's really going on. They don't trust their gut instinct because they date from a need instead of dating from power. I look at it this way: I'm an incredible, amazing man, and if I'm not with somebody who feels the same way, then I'm with the wrong person. That's okay, because I believe there's an abundance of great people out there. Most people come up with excuses. For example, people who are in their forties say, "No man my own age will want to meet me." Well, if you think negatively and have that belief in the world, then you're 100 percent right. It's all in your belief system, and that's what I want to help people change. I mean, you have to be realistic; not everyone is going to want to date you. If some guy doesn't call you back, it's their choice, just like it's *your* choice to call someone back. Be realistic, and you're going to be fine.

To get more insight on dating, you can purchase David Wygant's new book Naked at Amazon. For more information on his practices, visit his website at www.DavidWygant.com.

Drew Barrymore Is Not My Type



By David Wygant

I get emails all the time asking me, "You live in Hollywood. You must meet famous people, right?" Let me tell you a little bit about the way I think about famous people.

I don't see them; I see dead people. Oops! That's the wrong movie. That's from "The Sixth Sense." I really don't see famous people. I mean, I do see them, but people have to point them out to me.

A few months ago when I was walking down the street with my black Labrador, Daphne, this cute blond was walking towards me with three other black dogs. She said, "Look at all the black dogs!"

I thought, 'Wow, she's observant. She is flirting with me.' So I said, "Look at those three dogs! Are they yours?" The cute blond said "No, I'm working at the rescue place today."

The blond was wearing a sweatshirt, tennis shoes and a pair of jeans. She had no makeup on, and she had her hair pulled back. She looked really cute. The voice sounded really familiar. The face looked familiar. The only thing missing was E.T. What I realized then was that I was standing face-to-face flirting with Drew Barrymore.

So, we started talking. We talked for about 10 minutes about dogs, about birthdays ... It was a random conversation. She was really friendly, really cute, and really flirtatious, but I just wasn't feeling it on my end. Now, granted, it would have been fun to hang out with Gertie from E.T. I'm sure she had some great stories to share!

So here was the end of our conversation:

Drew: What's your name?

DW: David. [Then playing dumb] What's your name?

Drew: Drew.

DW: Oh, I thought you looked familiar. It's nice meeting you, Drew.

Then, I walked away.

It doesn't matter to me whether a woman is a celebrity or not.

If I'm not feeling the chemistry on my part, I don't care who the woman is or what she does. I don't care if it's Drew Barrymore or Jennifer Aniston . . . well, maybe I'd care if it were Jennifer Aniston.

The publicity would have been great. I can see it now. Drew and I photographed by the paparazzi in Hawaii. Drew and I walking our dogs grabbing a couple Starbucks. I would finally make it into the "Stars Like Us" page in US Weekly.

Living here in L.A., I've had plenty of interaction with celebrities. I've flirted with Naomi Watts. I have chatted up Dennis Quaid in line at a coffee shop. I sat for 20

minutes with Michael Richards from *Seinfeld* and had a conversation. I've even had some fairly famous clients from the entertainment business. Honestly, they are all just people like you and me.