

# Author Discovers New Outlook about Love by Going on '31 Dates in 31 Days'



By Erika Mionis

After several bad breakups, it can be difficult to stay positive. Long-time television producer, Tamara Duricka Johnson proves this in her new memoir, *31 Dates in 31 Days*, a heart-warming tale about Johnson's own experience with finding love. In celebration of her 31st birthday, the author decides to embark on a dating challenge to find romance by going on *31 dates in 31 days*. The last date culminates on Valentine's Day, and is marked with a second date with one of the 30 men. In this fun-filled memoir, Johnson puts her experience to paper and shares the lesson she learned along the way: if you want love, give it away.

Cupid had a chance to speak to Johnson about her project and book:

**When you started your project, did you expect to actually find love? Or were you doing it as a learning opportunity?**

No, I had no intention of finding love or faith that finding love with a carefully calculated project was even realistic. I was in an extremely cynical mode about men and was self-aware enough to realize that I needed to change. I wasn't sure exactly what I needed to change. All I knew was that I needed to change something. So I figured the project would help me get back to the basics of dating, beginning with first dates.

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**Were you surprised at how much news coverage your project received?**

Having been a news producer for so long, I could see the lure in a story like mine. I was nervous when the media began showing interest because the project began as a way to improve my poor dating skills and to get over my broken heart. It was a little embarrassing and humbling. But, by that time I had seen how much other people were gaining from my experience, so

I knew it was important to share my story.

**You had a fantastic attitude throughout the book. How important was optimism to your project?**

Optimism was essential. Around ten dates through, I had a girlfriend tell me that she wanted to hear a little more drama. I told her that this project wasn't about drama or gossip. I figured if people only wanted to hear the bad stuff about the guys I was going out with then they were missing the point.

**The book is very personal. Did you have any reservations about sharing the details?**

OF COURSE! This book basically feels like I've published my diary for everyone to see. It shares my vulnerabilities, my insecurities, my embarrassing stories. I had many reservations about sharing my personal details, but I figured if I were going to tell the whole story of what I learned then I needed to share the truth about where I'd been.

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**What inspired you to share your story?**

Once I started writing the blog, I received some really interesting feedback from people, and not just single women like me. I heard from men, married women, people who weren't in relationships, heterosexuals and homosexuals. I started to realize that this project was way bigger than I was – and affected more than just me and my 31 dates. As people shared their feedback, it helped me change my outlook on others and life. Not necessarily because I ended up finding love in one man, but because I ended up finding love everywhere. That's when I started to realize that this was a story that needed to be told.

Cupid would like to give a big thanks to author Tamara Duricka

Johnson for her time. Check out her new book on Amazon and for more information on Johnson, be sure to visit her website at [www.tamaradurickajohnson.com](http://www.tamaradurickajohnson.com).