



How to Be The One

by
Roy Sheppard





Centre Publishing,
Croft House, Clapton, Radstock, Bath
Somerset, BA3 4EB England.
Tel: 00 +44 (0) 1761 414541
Fax: 00 +44 (0) 1761 412615
Email: info@BeTheOneBook.com
Web: www.BeTheOneBook.com

Roy Sheppard has asserted his rights under the Copyright, Designs and Patents Act 1988, to be identified as the author of this work.

Copyright © 2010 Roy Sheppard

First published in 2010 in the UK

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher.



A catalogue record of this book is available from the British Library.



Paperback: ISBN 978-1901 534-139

Cover photograph © iStockPhotos.com/Irochka_T
Book design by Antony Parselle

All trademarks and copyrights acknowledged.

This book is provided as information only. Although every precaution has been taken in its preparation, the publisher and author assumes no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information contained herein.

Neither the author nor the publisher are qualified to give advice on legal or financial matters. Readers are reminded always to consult with appropriate professional advisers on all such matters.

Printed and bound in England





Thank you department

Single and married men and women from all over the world have helped me to develop many of the ideas I put forward in this book. Their invaluable insights, suggestions and a huge amount of encouragement are greatly appreciated.

This virtual team has been dotted around the UK, France, Germany, Russia, Hong Kong, the United States and Canada. What has struck me time and again is how everybody regardless of age, background, education or culture seems to share the same relationship issues and challenges. We all do the best we can. All relationships are hard. The best ones are harder still.

The following people have helped make this a better book. Thank you.

Toni Bailey, Martin Baldwin, Mark Bendle, Stephanie Bennett, Claire Cheung, Fiona David, Nicky Fussell, Emma Gordon-Stables, Kerry Hale, Henry Harrington, Sally Helvey, Evgeny Lebedev, Rezwan Malik, Melissa Wadams & Vivienne Man at MoneyMadeClear.org.uk, Alexandra Massey, Shay and Margaret McConnon, Paul McGee, Anna Milone, Chris Moon MBE, Rebecca Murch, Antony Parselle, Allan and Barbara Pease, Deb Robertson, Bryan Sergeant, Glyn, Jill, Mike and Julie Sheppard, Pam and John Simonett, Paul Slater, Hilary Strickland, Caroline Talbott and Sarala Wadhvani.

Particular thanks to Nita Saini who has been such a star. Her contribution and insights have been incredibly valuable. And my dear friend Trish Bertram for our very long conversations about everything in this book and so much more. As ever, a massive thank you to Joe Robertson for his skills as an editor, his contributions, corrections and for his friendship.

John Gommies for his immense wisdom, stimulating conversation and support over the years. When it comes to being an outstanding mentor - he's 'The One'.

Finally, Richard Carlson PhD, for his outstanding and inspirational work. Following his untimely death in 2006, he has been sorely missed.





Contents

Preface

Chapter 1 - Flying Solo

Have you had 'The Moment' yet? How 21st century 'supply and demand' will affect the world's singles population. And what this will mean to you. How we are all being judged. The 'Next' Generation. Internet dating. Auditions for Intimacy. How ready do you want to be?


Chapter 2 - Project YOU

'Hot and Spicy' food for thought. Shopping for The One. Do you have what it takes to Be The One? Or to stay with The One you have in your life right now?



Chapter 3 - From 'Me' to 'We'

Friendship. Why game playing doesn't work and how it hurts you. The role of personal responsibility. From Me Me Me to being part of an Us.



Chapter 4 - Your Emotional Core



Introducing your Emotional Core. Why it's so important and how a well-developed Emotional Core will help you. How 'imploding' or 'exploding' always weakens you.

Chapter 5 - Full Esteem Ahead

Your Reservoir of Suffering and 'Inner Critic'. Taking back control. Practical ways to boost your self-esteem. Daily Stop and Start Reminders to improve self-esteem.

Chapter 6 - Attitude

How it's so easy to spot a bad attitude, except when it's our own. Starring in your own talk show. Toxic and tonic types. Welcome to Wally World. My family 'shame'. Daily Stop and Start Reminders to improve attitude.





Chapter 7 - Unhappiness Uncovered

Part 1 of the Happiness Emotional Core component. Why it's so important to understand unhappiness (and unhappy people). What unhappy people do. Assessing your current happiness level. Meet the 'Hyper-Happys'. Why it's impossible to be unhappy and loving at the same time. Daily Stop and Start Reminders to reduce unhappiness.

Chapter 8 - Happiness

Part 2 of the Happiness Emotional Core component. Your 'Happiness Heartbeat'. Practical, simple and easy-to-adopt strategies to develop permanent happiness habits. Daily Stop and Start Reminders to improve happiness.

Chapter 9 - Kindness & Compassion

Why kindness is so uncool. What is kindness exactly? Are kind people 'weak' or 'strong'? How to be kinder to self and others. The potential penalties and risks of being 'too' kind. Daily Stop and Start Reminders to improve your kindness & compassion.



Chapter 10 - Intimacy

Sex, lust and passion. True and fake intimacy. Barriers to intimacy. Strategies to manage arguing, blaming and intimate conflict. Understanding and accepting different personality types. Improving compatibility. Daily Stop and Start Reminders to improve true intimacy.



Chapter 11 - TLC - Trust, Love & Commitment

The two sides of trust. The myths of love. Romantic, obsessive and parasitic love. True love. 'Commitment Lite' v. the real thing. Daily Stop and Start Reminders to improve trust, love and commitment.

Chapter 12 - And Finally... pages -

Appendix 1

Personal Contract and Promise

Appendix 2

How to Turn Off a Woman

Appendix 3

How to Turn Off a Man

