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# Meeting Your Half-Orange: An Utterly Upbeat Guide To Using Dating Optimism To Find Your Perfect Match



## Synopsis

For women feeling disillusioned with the dating scene, Meeting Your Half-Orange is "the ultimate pep talk" (Harper's Bazaar) and result-oriented plan for finding the right match. Author Amy Spencer introduces the concept of "Dating Optimism," a set of powerful techniques firmly rooted in science and psychology that will attract one's "half-orange"--a sweet, perfect other half.

## Book Information

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## Customer Reviews

Harville Hendrix, Ph.D., author of *Keeping the Love You Find: A Personal Guide and Getting the Love You Want* "This is a book of hope helping those looking for their other half move from pessimism to hope and from fantasy to reality. A must read for singles looking for love." —*•*

Jillian Michaels, fitness trainer on NBC's *The Biggest Loser* and bestselling author of *Master Your Metabolism* "IF YOU'RE SINGLE, drop everything and read this book. It will completely change dating for you as you know it. I can work out your body, but Amy will get your love life in shape!" —*•*

Harper's Bazaar, February 2010 "Disillusioned by dating? Meeting Your Half-Orange is the ultimate pep talk." —*•*

Glamour, March 2010 "Tear up your old list for your ideal mate, says Amy Spencer, author of the new book Meeting Your Half-Orange. Forget the superficial musts . . . and focus on how you want to feel in the relationship." —*•*

Cosmopolitan U.K. , February 2010 "Meeting Your Half-Orange by Amy Spencer is a dating guide with a difference." —*•*

Laurie Sandell, author of *The Impostor's Daughter* "I could not put this book down. Amy Spencer cuts through the scrap heap of self-help literature with a guide to life that is so joyful — so utterly

helpful! — you can consolidate that library into one. Women and men looking for love, meet your new guru.

• Star magazine, February 8, 2010 — “Just in time for Valentine’s Day comes this upbeat book from relationship expert Amy Spencer. She thinks there’s a Mr. Right, or half-orange, for everyone, and the only way to find him is by being yourself. Sounds tasty!

• Actress Diane Farr, *Californication* and *Rescue Me* — “Where the heck was this book when I was single? It would have saved me years of frustration! I’ll be recommending *Meeting Your Half-Orange* to every single person I know.

• Joanna Bober, magazine editor — “I feel like Amy is absolutely hitting on every issue that spins around in the brain of a single woman, even the ones that I couldn’t explain to myself. This book is a gift to women.

• BookPage, February 2010 — “In *Meeting Your Half-Orange*, Amy Spencer helps singles harness the power of optimism to find their other halves. If your glass is empty . . . you may be the person who needs it most.

• Skirt! Boston, January 21, 2010 — “If you’re constantly looking for love, stop the search, and pick up Amy Spencer’s new dating guide *Meeting Your Half-Orange*. This optimistic and unique take on relationships and what we truly want in our other-halves is unlike your typical “go seek our Mr. Right” self-help book. Instead, Spencer advocates for establishing yourself as an individual and learning to accept yourself for who you are, rather than transforming to cater to the needs of a potential boyfriend.

• Sirens magazine, February 16, 2010 — “Snaps to Spencer for putting “upbeat” right there in the title. Nearly every other dating book screams at women with phrases such as “find love now!” or “stop making dumb mistakes!” This text — half memoir, half advice book — takes the perspective of an honest, encouraging friend who’s been there.

• --This text refers to an out of print or unavailable edition of this title.

Amy Spencer is a relationship expert who writes for *Glamour*, *Harper’s Bazaar*, *Page Six Magazine*, *Cosmopolitan*, *match.com*, and others, and was the host of the call-in advice show *Sex Files* on Sirius Satellite Radio’s Maxim channel. She lives in Venice, CA.

Update: In June 2012 I met my half orange while learning how to scuba dive...he was my instructor! He proposed on Valentine’s Day 2015, and we truly feel lucky to have found each other. I still think the advice in this book is among the best I have ever received! A friend of mine gave me some good advice that is line with the ideas in this book. It’s so simple, but so logical. So far, it’s worked for me in terms of friendships, and I am confident it will work for me in all my relationships: Make a list, and

make it detailed, of all the qualities you want in your soul-mate. Add all the qualities you definitely DON'T want in your soul-mate. Focus on how badly you want that person. Now, spend the next few days, weeks, months, or years BECOMING that person you have written down. That is the ONLY way you are ever going to truly love and respect yourself, and that is the only way you are ever going to find him or her. And no, you're not SO unique that there's no one out there who matches you. In fact, there are LOTS of people out there who do, and once you become the person you seek, those people are going to start walking into your life like magic. If you seem to attract negative people or unhealthy relationships, this will NEVER change unless you work on yourself. Like attracts like. This is a beautiful book that may seem dreamy but is actually pretty rational. Unless you're actively trying not to get involved with anyone or living in a cave, relationships are pretty much inevitable. And relationships are ALWAYS mirrors. They reflect you exactly. And if you're not living your best life and being your best self, then you're going to attract people you don't truly want to spend your life with, even though you might think you do; that's why you spend so much time agonizing over the way they DON'T measure up. If you wanted to spend your life with them, you'd be happy with them just the way they are. So why can't you just walk away when you know they are not what you want just the way they are? Because you're afraid you'll never find anyone else, so you'd rather anguish over trying to change them than just walk away and take the risk of finding someone new who does reflect your best self. If you want someone who is honest, then you have to be honest with yourself and others. If you want someone who is adventurous and doesn't just sit around playing video games all day, then you have to be adventurous. If you want someone who is generous and kind, then you have to start being generous and kind. If you want someone who loves you and respects you, then you are going to have to start loving and respecting yourself, which means taking care of your mind, body, and soul. Based on the assumption that relationships are inevitable, which they are, if you are being the person you want to be and living the life you want to live, you're going to attract a mirror sooner or later. And you may attract some guys or girls who don't mirror those qualities, but you won't have much patience for them once you understand and believe that YOU WILL ATTRACT your soul-mate. It's easier to ditch the bad apples once you realize that being alone temporarily is better than being stuck with the guy who is not for you. My only problem with this book was how the author presented quick courtships and marriages. Almost all of the examples had women meeting their half oranges and marrying them within months...with no follow-ups on how their marriages were 10 or 15 years down the line. If you read Tiger Woods Syndrome, you will learn that many men with serious issues are very good at adapting themselves to be exactly what you want in the beginning of a relationship, and they even believe themselves

because they're overwhelmed with feelings and attraction. However, they often end up living a double life of lies and affairs or they abandon you because they realize they weren't being themselves and that love and attraction wasn't enough to heal the hole in their soul. They keep repeating this pattern, and no matter much you love them, you will never be able to fix them; only therapy and a true desire to work on their issues can change them. Taking it slow weeds out the guys who are either conning you and only want sex or who have issues and are lying to themselves and are therefore unreliable in the long-run. Taking it slow allows you to really get to know someone and develop intimacy. I rushed into a quick engagement with a man who I thought was perfect for me but who ended up lying about everything. Needless to say, it was more painful than it had to be because I ignored the red flags and charged full steam ahead. Another book to read if you tend to get into bad relationships is *How to Spot a Dangerous Man Before you Get Involved* by Sandra Brown.

Despite some that say this book was stating the obvious, you would be surprised how many women go into the dating world ill-equipped. I wouldn't go so far as to say that I knew nothing about what I wanted in a man, but this book was a friendly reminder that being single wasn't a scarlet letter S worn on my sweater. I had just come out of a really bad relationship. Two people being together because they had no one else to be with. It was a disaster. I was also very young. I picked up this book after someone I know recommended it and in a way I sort of knew these things already but the author had a great way of explaining. I was single for a long while after reading this book and used tips I picked up from this book to guide me in finding my Mr. Right. It might not be for everyone but a lot of women out there are making those mistakes of settling with someone for all the wrong reasons. It's not about being picky, but it's about finding true happiness with yourself and knowing what you want. Once that happens, everything else will fall into place. I recommend this book for people (women, primarily) ages 17+.

I have already read this book a few times. I love her style of writing and her optimism throughout the book. I also love the ideas that she introduces throughout the book, such as "The Orange Buzz", taking an Orange breath, and creating a dream board for the relationship that you want, and not to settle for anything less than you deserve. Her main focus is on being happy with yourself and not to worry, because when the time comes, it will happen. Many dating books explore different places and ways of meeting the guy, and here she simply states that when the time is right, and in the right circumstances, it will happen. Don't rush it, just enjoy the process. I also love the stories of how her

friends and others met their husbands -- I found it so inspiring and uplifting :) I highly recommend!

i have a tendency to buy 99 cents self help books late at night when i'm bored. so i've bought and read a lot of them. i wouldn't call this book bad or good. like people are saying you can file it under laws of attraction. i think i first was introduced to this line of thinking with deepak chopra in high school. my problem is that this book gives the exact opposite advise of a lot of other books. for example. this book says don't do your hair or get dressed up nicely. you'll look desperate. men will hear your biological clock ticking from the next room over. the other books swear you absolutely must get your hair and nails done and you must look your best. this one also says never settle. wait until you find your perfect half. even if you're 36.5 and you meet a nice guy don't stop there, wait until you meet your absolute perfect match. meanwhile on the sidebar, there's an ad/suggestion for a book that makes the case for settling for mr good enough. guess i'll read that one next. anyway this book clarified nothing.

My friend suggested this book to me at just at the right time - as I was feeling a bit down about dating. She also warned me to take it with a grain of salt, as it often reads like a popular magazine, which it does. In any case, however, the general message is right, and I'm a big believe in the power of positive psychology. It got me to be extremely optimistic for several weeks, and it felt great. Recently, I've been a bit down... so I should probably read the book again! I do have to say, though, I wish she had chosen another title. Whenever I mention the book to others, they always get caught up on the "half-orange," which isn't a particularly great metaphor anyway!

Don't even think twice! If you are single and wanting to bring your "half orange" into your life, READ THIS BOOK! I met my soulmate before even finishing the book, and I have never, ever been happier.

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Meeting Your Half-Orange: An Utterly Upbeat Guide to Using Dating Optimism to Find Your Perfect Match  
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