How to Get Priceless Soulmate LOVE Without Dating BURNOUT!

By Diana Kirschner, Ph.D.
Digital dating can lead to complete BURNOUT! Even though an estimated 200 million singles globally now use digital dating services each month. Which means your dating choices are now almost unlimited. BUT most people do NOT know how to harness this love bonanza. Because of this, they feel like they are endlessly spinning their wheels and, sadly, getting nowhere. It is super draining and frustrating. There is tremendous competition, right off the bat. Ghosting, where matches abruptly disappear on you without warning is common. Men lie in their profiles and turn out to be absolute

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DUDs when you meet them. Online you see the same old unsuitable guys over and over again.

Bottom Line: There just seem to be NO good guys AT ALL in your age-range. Or in your area. I know!

But, hold on, I want you to know this: You can avoid almost all these issues and come out ahead!
I am not kidding—I have seen it time after time with our coaching clients! In fact, like them, you can have the time of your life dating up a storm, meet great guys and finally find the one!

Just take this in for one minute:

Your chances of finding real soulmate love have never been better!
And I am going to show you how it’s done!

Let’s get started with THE must-have steps to get priceless soulmate LOVE without dating BURNOUT!!!
STEP #1 LOWER YOUR EXPECTATIONS!

Yes, you read that right! To prevent burn out and frustration you need to do one thing: Lower your expectations. This may sound like I am contradicting what I said about the great guys being out there. But I’m not.

Remember, this is a numbers game. You’ll probably need to sort through many guys quickly in order to find the good matches. Many of the men will simply disappear, as they are also sorting quickly. Ghosting is common. Remember, on apps, 49% who message a match and seem interested never even get a response.

At this point I really want you to avoid suffering by EXPECTING NOTHING. Then when the good ones come along and stick around you will be pleasantly surprised. Have only very short first dates in coffee shop. If the guy is a DUD Leave after 20 minutes or so to avoid wasting your time or feeling discouraged.

Please write down this statement and post where you can see it out of the corner of your eye:

I am playfully looking at guys and they are playfully looking at me.
I EXPECT NOTHING.

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SUCCESS STORY TO INSPIRE YOU “I trusted Diana’s wisdom and faithfully followed her dating program with expert advice that supported my unique situation. Believe it or not, I found true love in three months! And after four and a half years of marriage, my husband and I still pinch ourselves every day to make sure that it’s not a dream!” Midge Woolsey

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STEP #2 Remember that dating success takes time!

You wouldn’t expect to be at a high level of career success overnight. It takes time to build your resume, go to job interviews and find the right people to work with. Well, similarly, love takes time too! Have a longer window of perspective when it comes to finding love. Imagine that the universe is setting you up for success beyond your wildest dreams!!!! (It is). So, with every date or relationship that does not work out, you are that much closer to the happy end goal. The rainbow is in the sky and leading to the pot of gold in the future for you!

Patience is the name of the game here. Patience rules!!!!

Please write down the following affirmations. Journal about them. And post them where you can see them regularly out of the corner of your eye.

With every day I am closer to soulmate love that is just right for me, coming fully to me in Divine right time.

❤️Love takes time!

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How to Recover from Dating Burnout Step #3  Get that Your Burnout comes from Your Beliefs, NOT Realities (Even when the current realities do NOT seem promising!)

Burnout almost ALWAYS comes from destructive, pessimistic and negative beliefs about dating and love. I CANNOT stress this enough! Psychologists point out that we are aware of many of our beliefs. But others lurk just underneath the surface of your mind. It’s these hidden beliefs that tend to shape the most important parts of your life, without you being truly aware that they are doing so.

And when it comes to dating, if you have beliefs based on fear, scarcity, abuse, past disappointments and loss, they make up a force that can depress and stress you out. And put up a complete roadblock to your love journey. These include negative, false and delimiting beliefs about men, yourself, love and intimate relationships. I call these the silent Self-Sabotaging beliefs.

Let’s look more closely at these core beliefs that are carried from your past into your present (and future) as expectations. Expectations of what’s possible in terms of meeting someone great, expectations for what’s possible for you, expectations about what dating should be like.

Because these expectations are often negative and generate fear, they kill off any of the vitality or joy of what is going on right now, preventing you from seeing any interesting guys who are right in front of you! And when you are with a match, because you are not really present it’s difficult

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to experience this relationship as it is currently unfolding; and not as an extension of previous disappointments and failures.

This heavy baggage from the past gets dragged into your present and leaves you worried and pessimistic about dating. Instead of being open to opportunities that are happening now, you are lost in a swirl of knee-jerk pessimistic, demoralizing self-talk that leads nowhere. This is the core issue you need to deal with in order to change your dating experience into a positive journey that leads to intriguing possibilities, my love!
How to Recover from Dating Burnout Step #4
Identify the Self-Sabotaging Beliefs that Ruin Your Dating Life!

There are four of them. Read through these below and jot down which ones ring true for you.

**Self-Sabotaging Belief #1  There are no good men (how many times have you or your girlfriends said this?)**

Other variations on this theme:

- All men are jerks.
- All men are babies.
- All men are cheaters.
- All men are liars.
- All men let you down in the end
- All the good ones are taken.
- All the available men have defects or are too old
- All the available men are losers

If you simply pay attention to what women say, you will hear a great deal of single man-bashing.

The most prevalent self-sabotaging belief, “There are no good men” stops women from meeting guys who might not fit their usual type, but nonetheless are great matches. It usually surfaces as a dead-end dating pattern I call, “Not-Perfect-I’ll-Pass” where every single contender is perceived as having a fatal flaw.

As Lori Gottlieb describes in her excellent book, *Marry Him: The Case for Settling for Mr. Good Enough* women can be picky, picky, picky when it comes to their suitors. This means that they practice what I call the Laws of Repulsion. They are on their high horses judging. This guy is too paunchy, this one

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used the wrong table fork and that one has hands that are too small. Other deal breakers: bad taste in music, a cheesy sense of humor, loves me too much, is too predictable, too bald, too old, too young or even too good-looking. Believe me, I’ve heard it all. One perfectly intelligent and accomplished gal recently told me that she could tell just by hearing a guy’s name that he was the wrong one for her.

This type of Self-Sabotaging belief truly makes a woman an expert in getting rid of “great guys,” “good guys,” “bad guys” and everything in between. The negative judgments spewing from this self-sabotaging belief are based on superficial characteristics or traits. Now get this: these traits have nothing to do with the qualities that make for a partner who can provide lasting love and happiness. The most important variables that study after study have shown that lead to happy relationships and marriages are the guy’s (and your) character virtues, especially empathy, concern for others and a willingness to grow. That willingness to grow means a guy could become an almost perfect prince for you!

SUCCESS STORY TO INSPIRE YOU I’m writing this in my 60s. I had been independent for 12 years ... and I waited and waited.... for love. Rejecting one guy after another. Then, I started coaching... and I shifted my attitude. And I met him. OH MY GOD!!!! MR. WONDERFUL CAME INTO MY LIFE!!! I am deeply happy at home with my new soul mate. Many many thanks to you! ~Liz in Sarasota
**Self-Sabotaging Belief #2  I will never have lasting love because something’s wrong with me.**

Other variations on this theme:

- I can’t trust my instincts, choices or judgment.
- I am unlovable.
- I am too old.
- I am too fat.
- I am not attractive to men.
- I am too successful.
- I am not successful.
- I have kids that get in the way.
- I have nothing to offer.
- I’m damaged goods
- I don’t know what’s wrong with me.

This Self-Sabotaging belief tends to create fears of being rejected. A woman might be self-deprecating, where she puts herself down jokingly to guard against the rejection that she knows is coming. She might say: “I’m a great person to fall for; I’ve got six kids and live in a rented shoe. Not really. But I do have teenagers that drive me crazy and our place is so tiny…” Or she may withhold information about her past or lie about her debt.

Some women may push a man away altogether even though the initial courtship has gone well while others will tolerate only so much closeness and if the guy starts showing real interest and commitment will react by rejecting him for no apparent reason.

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On the other hand, I’ve known women who, saddled with this self-sabotaging belief, have put up with a distant and unsatisfying relationship or even one where they were physically or verbally abused. This insidious belief, _there is something wrong with me_, has to go!

Repeat after me:

❤️ _There is nothing wrong with me!_ ❤️

And there isn’t!

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SUCCESS STORY TO INSPIRE YOU

You can find love whether you’re a size 4 or 16! I was overweight and a “yo-yo” dieter for over 30 years. I felt fat and unattractive. I asked Dr. Diana for an expert dating coach, followed Dr. Diana’s dating tips, met an amazing man online and was successful in finding love. We are now happily married after a beautiful 2–year courtship. This could happen to you.  ~Dr. Donna Goldstein

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Self-Sabotaging Belief #3 Love is too difficult.

Other variations on this theme:

- The price for love is too high
- It’s too painful.
- It could be angry, explosive, dangerous
- I’m too hard for a man to handle.
- I’ll have to tip toe around in my relationship.
- I’ll never get what I really want.
- I’ve seen what people go through and they end up miserable anyway.
- Love is suffering
- You can never recover from a break-up

This Self-Sabotaging belief tends to fuel fears of being damaged or damaging your partner. It is common when there has been anger and verbal or physical abuse in your upbringing or if you have an explosive temper yourself. The fear is that it is really not safe to be in a close intimate relationship—for you and/or for your partner. Sometimes this fear is unconscious and you can’t really understand why people would make remarks like “I have to walk on eggshells around you.” On a conscious level

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you are painfully aware that somehow or other you manage to break free of any relationship with a future in it. Here is an example from one of our coaching clients, who overcame this self-sabotaging belief.

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Lisa came for love coaching after a long history of relationships that lasted only three or four months, which puzzled her. She grew up with a verbally abusive single mother who could turn on a dime from being caring and nice to judgmental, harsh and punitive to the point of slapping her. Yet Lisa defended her mother’s love for her and tried to make her proud when she entered graduate school to study philosophy. During her coaching Lisa realized that she picked very passive, conflict-avoiding guys who were the opposite of her volatile mother.

Like her mom, Lisa would find fault with her boyfriends and “somehow” drive them away. She discovered that her Self-Sabotaging belief was that love is too dangerous. She got in touch with her pessimism and talked about how hopeless she felt about “being too hard to handle.” Most importantly, she learned how to control her anger. Her coach asked her to start making affirmations and to create the Love Intention, “I am in a loving relationship with a man who appreciates and handles me.” Lisa started a dating program of three, an empowering dating strategy where you see three men casually at the same time. This helped her meet more solid guys who were not afraid of her. Now she is having a great romance with one she describes as a “strong man.”

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Self-Sabotaging Belief #4 This is not it

Other variations on this theme:

- It’s not perfect.
- He’s not a prince.
- He’s not my soul mate.
- He doesn’t look like my type, which is (fill in the blank)
- He’s not good enough.
- There’s not enough chemistry.
- We’re not a good match.
- This does not match the image I had.
- I am not willing to settle for less than my perfect match.
- This is not what I expected love to be like (look like) (feel like).
- This is not the way it is supposed to be.

This Self-Sabotaging belief tends to create fears of settling for someone who is not perfect. You have a fantasy, a picture, a Technicolor version of the ideal relationship that is cobbled together based on childhood images, maybe fairy tales, romance movies and the like. And the reality of what is happening now in your dating life does not match that picture. There is a great deal of anxiety about trusting if a match is really good enough.

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Remember, he may not be the perfect prince, but he could grow to be an amazing partner for you!

Here is a case example:

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Twenty-nine-year-old LeAnn was a statuesque dancer and former model. She had dated many men before she came for love mentor coaching. Her complaint: each of the guys had some kind of flaw that made him less desirable. This one was too rich and full of himself; the next was too sensitive and overly attentive. The newest match was slightly shorter than she was. Her Self-Sabotaging belief was “It is not perfect.”

As her coach worked on LeAnn’s beliefs and co-created a vision of a happy fulfilling love relationship, she let go of her perfectionism. She was then able to be in the here-and-now with the guys she was dating instead of always being in her head, sitting in judgment. LeAnn learned to relax and just appreciate her dates. She started having more fun and finding out what was under the surface with each guy she met who had some promise. As a result, LeAnn is now in a committed relationship with a guy she truly deeply loves (even though he’s not perfect☺.)
How to Recover from Dating Burnout Step # 5
Journal About Each of Your Self-Sabotaging Beliefs

For each Self-Sabotaging belief you identified, do the following:

Write down the Self-Sabotaging belief at the top of a sheet of paper. Draw a line down the center of it. At the top of the left side write, NOT TRUE BECAUSE and at the top of the right side, write TRUE BECAUSE. Say the belief over and over. After each time that you say it, alternate writing down reasons why the statement is not true in the left column and reasons why it is true on the right side. Continue this process until you find that your belief is shifting and you can add more positive statements.

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Sally, one of our coaching clients, did this exercise as follows. She wrote her self-sabotaging belief at the top of a sheet of paper: **I will never have love because I’m too fat.** She alternated saying the sentence aloud and then jotting down her **NOT TRUE BECAUSE** and **TRUE BECAUSE** reactions.

Here are a few of the responses she wrote down in her left and right columns.

*I will never have love because I’m too fat.*

<table>
<thead>
<tr>
<th>Not True Because</th>
<th>True Because</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are plenty of heavy women who get married.</td>
<td>Men like thin women.</td>
</tr>
<tr>
<td>There are guys who like a handful to love.</td>
<td>Everyone is obsessed with weight and being</td>
</tr>
<tr>
<td></td>
<td>thin.</td>
</tr>
<tr>
<td>I have had serious relationships before when I was heavier.</td>
<td>Thin equals beauty in this culture.</td>
</tr>
<tr>
<td>My aunt is very overweight and has a great marriage.</td>
<td>I have cellulite, too.</td>
</tr>
<tr>
<td>I am sexy and full of love!</td>
<td></td>
</tr>
<tr>
<td>Men feel very at ease and flirt with me.</td>
<td></td>
</tr>
<tr>
<td>I am zaftig and gorgeous.</td>
<td></td>
</tr>
<tr>
<td>I am like Queen Latifah!</td>
<td></td>
</tr>
</tbody>
</table>

After you do the exercise read over the responses that you wrote. Interesting, aren’t they?

Now that you are beginning to shift your belief, finish the exercise by writing out a positive affirmation that speaks to you and post it where you will see it each day. After Sally completed her entries, she felt...
her belief shifting to the **NOT TRUE** column. She then wrote down the affirmation, *I am a sexy passionate woman who radiates lots of love!* Sally posted this affirmation in her closet where she could see it and think about it several times each day. When she did, she felt less anxious about her body and having sex with her boyfriend, Gary. After one passionate encounter, he started talking about having kids together, which was her dream coming true.

Make sure that after you do this exercise you create an affirmation like the one below.

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❤️ I find deeply fulfilling love beyond my wildest dreams in a very surprising way! ❤️

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How to Recover from Dating Burnout Step #6  Get Support from a Real-Life Fairy Godmother Who Knows the Road to Love

I grew up the unwanted fifth daughter in a family who only wanted and valued boys. I was not a wanted child and I had little self-esteem, was so totally shy, that I was socially mute and could not even speak to any new person. So, you can imagine how that played havoc with my dating and love life.
This is what put me on a quest to find and understand love. Along the way I got a Ph.D. in Clinical Psychology and really learned how soulmate love works! With the knowledge I gained, I have been able to create soulmate love with my sexy hubby that has lasted decades. By far the most important thing that ever happened to me in my love quest was getting a fairy godmother!! This was actually a male coach who could see my Diamond Self (my best self-identity) --could see all the gifts I brought into this world. A person who knew the road to love. Who got me to the ball, figuratively (and ultimately literally with my hubby!)

My secret sauce is that I had a fairy godmother come into my life! And that changed my life forever.

There truly are real-life fairy godmothers who see your Diamond Self, who believe in your potential to create great soulmate love in your life. These are informal or formal coaches who have successful love relationships themselves. They can give you support, advice and caring to help you avoid dating burnout. They know how to successfully navigate through the complicated maze of online and offline dating to meet great guys. And how to create a juicy, lasting love relationship!

And they believe in you!

You deserve one!

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It is so hard to go-it-alone in the dating world these days.

Swiping along, hoping to be chosen, dealing with all the DUDs, the ghosts and the zombies.

Great love coaching helps you avoid much of this suffering. It shifts your mindset from needing to have someone choose you to being “at choice.” You get to choose who is right for you, who is worthy of your love, your time, and your attention. This starts with helping you find and connect to great men.

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Check out how Leslie, one of our clients, had it raining men:

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“My first conversation with my Love coach changed my life! She gave me fun assignments that made me more comfortable with myself and men, and, to my total shock, men began smiling at me and flirting with me everywhere I went! It was incredible! My coach reworked my online dating profile. My inbox became flooded with guys and I met my stud on Match.com only 2 months into the program! We had our first date on Valentine's Day, became engaged in December, and will be married in May!”

~Leslie Charity

A Great Love Coach is like having your very own fairy godmother and wingman who:

♥ helps you zero in on hidden self-sabotage that is causing you to repeatedly select men who disappoint you, and what is preventing you from finding the right partner and why.
♥ saves you time and prevents the endless cycle of falling back into those disappointing habits that leave you alone and lonely.
♥ helps you fill your unmet needs for appreciation, validation, and nurturing, as well as needs for self-discipline and protective boundaries.
♥ helps you transcend the wounds of your past and optimize what is currently going on in your love life.
♥ teaches you where to meet successful loving men, how to use online dating sites and apps and what to do once you meet a great guy (which is sometimes very tricky!!!)
♥ Inspires you to envision and create the love future that meets the calling of your heart.

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“In a complimentary call with Dr. Diana’s coach I came up with my Diamond Self name, Cherished Empowered Goddess of Unconditional Joy and Love. I put it on my wall where I could see it every day and committed to become that person. I also wrote a list of everything I wanted in a man. The turning point for me was when I let go of “needing a man out of desperation” and started creating security from within. My Diamond Self name gave me courage to be my true courageous confident self, which attracted this wonderful man into my life—the man of my dreams! He literally got all yes’s on my list! We just got married! I’m feeling so blessed and I know you all can be your Diamond Selves!” -Stacia M, in LA

The great news is that I have handpicked and personally trained a group of outrageously great fairy Godmother coaches, like the one who helped Stacia. And I will buy your first session so you can see how this kind of work can change your life forever! So definitely click below to get your session.

Supplies are limited.
Conclusion

So, there you have my six most powerful steps to avoid dating burnout and create priceless soulmate love! They truly work, as you will soon see!!!

I am so proud of you for finishing this powerful eBook!!!! You rock!!!!

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Stay in touch with me and my super supportive tribe by joining our amazing private Facebook group, “The Love in 90 Days Community” here: https://www.facebook.com/groups/lovein90days.

Please let me know your questions and share your inspirational successes in that private group!

Wishing you the greatest love that fills your soul and rocks your world!

Xoxo Dr. Diana

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