

DIVORCED MEN OVER 45— LEARN HOW TO AVOID THE 5 MAJOR MISTAKES

That Make You **“UN-DATABLE”**



AND *DISCOVER THE SIMPLE STEPS* THAT MAKE
YOU THE ONE SHE WANTS TO BE WITH



ART McDERMOTT CSCS CISSN

Divorced Men Over 45, Learn How To Avoid The 5 Major Mistakes That Make You “Un-Datable”

And Discover The Simple Steps That Make YOU The One She Wants To Be With

Introduction

As I write this, the Covid-19 is changing how we all interact with each other.

In the vast majority of cases, the virus is putting a hard stop on your ability to meet new women and start relationships.

Currently, if you meet someone through a dating site, the exchange is stopping there. Texting and messaging are as far as the “relationship” will go for the time being.

I’m suggesting that this may be a good thing.

I’m not saying you should pull your profile, but you now have a window of opportunity to change everything and “upgrade” who you will be with once this is all over.

This makes your profile, health and mindset more important than ever...so maybe updating your profile with the information here AND putting a plan in place for your own “mini-transformation” isn’t such a bad idea!

****See the Bonus at the end of this doc on how to upgrade your profile****

Actually, for a lot of guys, this stoppage in the action is the best thing that could have happened...(as much as a worldwide pandemic can be a good thing.)

I’ve been advocating putting the brakes on your dating well before Covid-19 with all of my clients.

I promise you this, for the guys that follow the recommendations on this Guide, “dating up” will be a very real thing.

This is all about putting the best version of you out there, stopping the frustration of mismatches, and avoiding first date debacles.

When you do this right, you become what’s called a “**picker**”...meaning you get to pick rather than waiting for women to do the picking.

Definitely a good thing!

Since everything needs to have a “term” these days, the next term is “**high-value**” when talking about the type of woman you want to attract.

(This sounds a bit more sophisticated than “hot chick with her shit together”)

You’ll meet women more in line with that image you have in your head...the one you can’t wait to take home AND be able to talk to after.

Once this worldwide challenge is over and we all emerge from our various states of isolation, things will quickly go back to the way they were...but if you’re struggling with meeting high-value women, this may be the last thing you want.

It’s all about what you’re putting out there...

Here’s the plan:

Let’s stop...

Take inventory of ourselves...

Make whatever “repairs” necessary...

And take control of our narrative when it comes to dating after divorce.

In short, NOW is the time to put you, your health and your mindset in a position to “date up” and put an end to the swipe left.

Is this a “Dating Comeback” for divorced men?

It could be one, of sorts...

When you’re finally ready to date and to do it correctly, it can feel like a comeback.

At one point you were settled.

You were married.

Now that’s in the past and it’s time to get back out there.

That sounds to me like the ingredients of a comeback.

And who doesn’t love a comeback!

Who is this “5 Major Mistakes” Guide intended for?

Research tells me that my fellow divorced colleagues who fall into one of these categories:

The Newbie.

Your divorce has just become final and you’re brand new to the dating scene and maybe you’re not sure where to start.

It may not feel like it right now, but believe it or not, you’re in the best position possible.

Depending upon the length of your marriage, you’ll quickly discover that it’s a whole different ball game out there!

All the rules you used to go by back when you were dating are different now. Even if you have a few extra pounds, it didn't matter, you were settled.

And then everything blew up!

If you're a little put off by this, you should be.

If you're a little intimidated, that's normal.

This means you're smart.

A lot of guys jump right into the dating scene after their divorce and completely mess things up. And then they wonder why they're meeting the women they are.

We will explore how NOT to do this inside and take a deep dive into how you transform yourself physically and mentally so the world sees your "A" game!

The Head Scratcher.

You're no rookie.

You've been dating for a while but not attracting the type of woman you prefer, or worse, not getting much of a response.

Of course, you know exactly what the problem is. There may be a painfully obvious issue(s) you need to address--having "a few extra pounds" is the most common one we hear.

You'll discover that making these changes is LOT easier than you think it is.

The guys who fit into this category are usually comfortable with how they look on paper.

You have a solid job.

You can carry on a conversation.

But still...crickets.

Sure, there's an occasional spark, but overall...eh.

You're at a loss as to why you're not connecting with women. Things go "okay" but never progress anywhere.

You're frustrated, but you're in a better position than you think because once you pin down the "WHY" of your interactions, you'll be good to go!

I'm hopeful the checklist inside can provide a clue to that answer.

The Self-Saboteur.

You've been dating for a while, you're confident with yourself...maybe even cocky.

But when you meet a woman you're interested in, the ones you feel 100% on par with, you get ghosted.

The harsh reality is that you likely brought this on yourself.

It's not them. It's you.

Either you're not reading them well or saying things that turn them off without even knowing it.

Maybe you don't think the few extra pounds aren't a problem, but she does. (A big belly is one of the primary reasons women run),

The good part is, all of this is easier to correct than you think!

I know this first hand! I found myself in this position and I'll tell you my story in a bit...

If you're in this category, you're incredibly close to finding exactly the type of woman you're looking for! Let's pinpoint the missing link and get this done!

I realize many of you won't fit into one of these clear-cut categories, it may be a blend of all three or something else entirely.

Everyone reading this is unique. Just use what works and toss the rest...

Who I am and why should you listen to me?

My name is Art McDermott.

I'm divorced.

I'm a guy.

I suppose these are the basic requirements to be writing this Checklist. But there should be a bit more right?

I've spent most of my adult life helping clients be the best version of themselves. I'm a certified nutritionist, certified strength and conditioning specialist and a certified Master Health and Wellness Coach.

I founded a little gem called the "Successful Aging Academy".

This started as a health and fitness program, but over time, it has evolved into much more. This was especially true after my divorce.

The work I did with clients drifted more and more into mindset, habit change and the psychological side of change and progress. Of course, weight loss and fitness are still a big part of the picture...but there's more.

If I have strengths, it comes in just a couple of small areas.

I help others pinpoint their "lynchpin". This may be better defined as the triggers and patterns that define their behavior.

This means nailing down, in concrete terms, the behaviors and tactics that get people back on track.

This works for mindset as easily as it works for weight loss.

This was refined over years of working with clients to figure out what their “big rock” was...the thing standing between where they are and where they want to be in the physical and mental sense...the thing or things that knocked them off track in the first place.

Oh, and I’m pretty darn good at helping people transform their bodies in a relatively short period...which massively boosts your desirability!

Yes, we’ll talk about that piece of it as well.

The one thing you need to know now is that transforming your body is the easy part.

Seriously. I’ll walk you through this personally.

Mindset change can be just as easy.

Think about this...

What if your brain is the only thing standing in your way and those “high-value” women we’re talking about?

If you’re reading this, I assume that TODAY...RIGHT NOW, is as good a time to make the proper changes as any.

Am I right?

Once we dive in, we’ll explain how you’ll have your choice of the high-value women you want to be with.

These observations—and a ton of research—are where this Guide comes from.

I need to pause and clarify something.

Who is this Guide NOT intended for?

- **If you’re completely unwilling to change and believe women have a duty to accept you just the way you are, this information probably can’t help you...(and good luck with that!).**

But, if you want to make a “dating comeback”, you need to be aware of what you’re putting out there and be willing to improve or change whatever obstacles stand between you and the type of woman you desire most.

- **This is NOT a document for women haters! If you’re so angry and bitter about your divorce that you can’t see straight or treat a woman with respect, you’re not ready to date yet.**

This Checklist will not help you. However, it will be invaluable when you’re ready.

I had some additional motivation in writing this Guide.

During my research, one thing became clear. The vast majority of people giving advice out there were women. Sure, it's fine to get a woman's point of view on things, but at the end of the day, she's not a male.

I wrote this from a male's perspective...blunt reality and all.

I found a lot of those women out there giving the advice to be really condescending.

I saw tons of articles coaching women on how to "deal with divorced men"...as if we were aliens who had to be molded and reshaped to be "normal" again.

They seem to forget it's a two-way street. But I digress...

The best we can do is to be self-aware and improve in those areas where we may be falling short. I believe the result will speak for itself.

Very few of us have friends who will hit us with a dose of reality. They don't want to hurt your feelings.

Unfortunately, that approach doesn't help you get you to move forward, does it?

I promise not to pull any punches.

I want to see you turn things around and be happy!

Finally, I keep talking about how it's possible to transform pretty easily.

"Yeah, but how long does it take?" is the question. Right?

I've always expressed it this way to clients:

Physically - You'll feel a change "internally" within 7-14 days. You'll get your first unsolicited compliment for someone within 30 days. You can completely change your world in 8 weeks.

I've seen it personally.

Mentally - Tony Robbins preaches that you can make mindset changes instantly. Perhaps. This can be true if you were already prepared to make that change.

Something new like this? Your mindset shift (meaning confidence, positive attitude, even charisma, and aura) can take place anywhere from 1 day to 21-30 days. It just takes a bit of coaching...

Imagine that...putting out a brand-new version of you in about one month.

Completely doable!

With the preliminaries out of the way...let's dive into the Guide.

It's likely this will completely change who your next date will be with!

Mistake #1

“Love Bombing” aka Too Much, Too Soon

Description:

This one can be a major problem if you are a) just coming out of your divorce or b) just coming out of any long-term relationship.

I don't need to tell you that men are wired differently than women.

Very often we're looking for physical intimacy rather than a deeper connection.

Women do NOT see it this way.

This “wiring” disconnect means that men can come on VERY strong, very early.

On the other hand, many women can be very put off by this behavior and go running for the hills.

Have you seen this pattern?

Lots of texting...

Multiple dates in quick succession...

Pet names...

Becoming overly familiar...

Sending lots of emojis...

More than likely, you have sex a bit sooner than the woman would have preferred, but she consents because she's convinced you're all in.

Especially if you're flowing with confidence and feeling good about how you look...

Much of this can be explained by that little dopamine hit your brain gets when you see or think about texting someone new.

It's addictive...hence the problem.

Why does that happen so much? Because many women LIKE this approach. They crave the attention and affirmation they probably weren't getting previously. They enjoy expressions of caring IF they believe the guy is into them.

More often than not though, you lose interest for any number of reasons and drop the relationship as quickly as you dove in.

A complete flameout.

In this case, no one is happy.

I've experienced this personally and it's not a lot of fun.

The woman is hurt and you move on the next date...but you remain frustrated and unfulfilled.

Solution:

First of all, I'm NOT saying you shouldn't have sex. I enjoy it as much as anyone. This approach will lead to plenty of those connections (as long as the woman is not put off by the overkill).

However, if you're looking to avoid burnout, you'll need to hold off...especially if you believe this woman could be someone special.

It's been said that it takes men upwards of 90 days to be "all in" emotionally, but a woman can feel that connection much sooner.

This leads to unequal expectations.

IF your goal is something long term, keep "relationship" behaviors in check until you actually have a relationship.

Mistake #2

Oversharing on the First Date

Guilty.

Here's what happened to me...

I met a woman online who I thought was a great match. She owned her own business, she seemed intelligent and was very attractive. When I showed up at the bar for our first date, she looked better than her pictures.

I thought to myself, "This might be a solid match."

We were having a great conversation, finding out a bit of background...the usual.

However, during the conversation, I mentioned that, as part of my divorce settlement, some of my assets came to me in the form of "transitional alimony" as it's called.

Huge mistake.

Her tone changed and that was it.

No kiss goodnight.

No second date...not even a courtesy "Let's talk" as she walked to her car.

Ghosted.

I learned an important lesson: *Not spilling your guts about everything going on in your life is NOT lying.*

Never overshare on the first date!

Once she got to know me, my situation and who I am, she might have been fine with a male getting alimony. After all, this is 2020. But she didn't know me and a judgment was made....just like that. Done.

And here's the thing...

It's not our job to change how she thinks. If it's a problem for her, it's a problem for her.

Remember that you are a complete stranger to that woman across the table. She is there to vet you and decide if there will be a date #2.

You just have to deal with it.

But I forgot an important rule:

Women are under NO obligation to like you no matter how wonderful you think you are.

(You'll hear this theme again later)

Therefore, hold off on confessions, admissions, dark secrets, obsessions, weird fetishes, etc.

Guys are consistently coming out with off the wall things that when I was dating, as a conversation starter, I would often ask women what weird stuff they've heard guys say or ask.

Here are some examples of things men have said to women on date No. 1:

(NOTE: None of these were uttered by me!)

- Do you have large nipples? I hate large nipples.
- I didn't want to get divorced from my ex.
- So, I had a really bad year (first thing out of his mouth)
- Can I check out your feet?
- My dad just died.

The list goes on and on...

Seriously?

We need to put our best foot forward.

Solution:

Keep the conversation about her. Keep your details relatively surface.

A strong showing of manners and pleasant conversation will go much further.

Mistake #3

Talking about your ex.

If handled poorly, this is a HUGE problem and an even bigger turn-off!

They don't want to hear negativity! Why?

Poorly handled breakups with lingering emotions can be a major red flag...for both men and women.

That being said, this conversation is usually unavoidable. You can learn a lot about a person by knowing when their last relationship was (marriage or not) and how long ago it was.

Keep it positive and mature.

Never give the impression that you are:

- Not over her
- Still pissed off at her
- Still in love with her
- Carrying all kinds of anger and bitterness
- Going through heartache
- Living in the past
- Fixated on how great she was
- Still impressed by what a rockin' body she had

You get the idea...

In short, don't let your past define your present!

If you're so angry at your ex that you can't see straight PLEASE don't waste anyone's precious time!
You're not ready to date again! Period.

And women will pick up on this in a heartbeat and find any excuse to get out of there.

That being said, you WILL score some points if you show that you've maturely handled a difficult divorce or a crazy ex.

Be sure to say things like, "Like every divorce, it was tough for a while, but I'm just happy it's in the past."

"My ex is a really good person, but we just grew apart. I wish her nothing but the best."

Take the high road and then change the topic.

Do you want to hear, "My ex-husband was the greatest lover in history and it's unlikely anyone could ever make me feel like that again."?

Duh...

Solution:

Leave ex's where they belong. In the past.

Mistake #4

Getting sexual too soon

This one is related to Mistake No. 1 but goes one step further...

Men are very visual. If we weren't, the human species would have died out eons ago...

As a result, many men think sending a "dick pic" is really hot and perfectly acceptable.

Wrong.

Sending a dick pic is not the 2020 way of showing your interest.

Stop.

Don't hit send on that!

Ever.

The number of women who want to receive a dick pic, rounded to the nearest whole number, is roughly zero.

If you follow the recommendations from the Successful Aging Academy and end up losing a bunch of weight and getting in great shape, you may be very eager to...well, show off.

Please resist that temptation!

Sexual behavior too soon is the No. 1 complaint women have about guys! And this doesn't just mean dick pics...

Here are some other no-no's:

- Sexual conversation on a first date
- Sexually laced texting before your first date
- Physical body part references
- Your preferred body type, especially if this doesn't match her!
- Your sexual likes and dislikes...prior to ever having sex
- Asking for nude pictures

Just go easy.

Also, if you've done a lot of dating, you'll know very quickly if there's sexual chemistry.

When I was younger and went through a particularly emotional breakup, I was eager to get back out there again and meet someone and feel that physical connection again.

A friend could see what was going on and said, "The first thing that goes through a guy's mind after a break up is 'Shit. I'm never going to get laid again. This sucks.' Art, do you think that's gonna be the case?"

Point taken.

No one wants to be left high and dry, but no worries. You'll get some again soon enough.

Mistake #5

Forgetting that she IS NOT obligated to like you!

If you've been texting back and forth with someone and believe everything is going great, never forget that your actual "debut" is still the first date.

No amount of clever texts or photo filters can take the place of that first face-to-face meeting.

Your physical appearance and presence are being judged for the first time in years.

If you've been married for a long time, you've learned to communicate in a certain way. It just worked. (Or maybe it didn't and that's why you're divorced now.) Either way, the way you communicated during the marriage rarely works with someone new.

No way.

Look at it as your chance to figure this out a bit better.

Keep in mind that 80% of your communication is NOT in the form of words. It's body language, charisma, confidence...the general aura you bring into a room.

How you dress...

How you treat others...

How you conduct yourself...

Your waistline & muscle mass...

The whole shebang.

In short, you may think you're the catch of the decade (and you may very well be)...she doesn't know that.

She has ZERO context about you.

Your communication and your opinion of yourself need to match the state of the relationship at that moment.

Tips:

- Lose the ego.

Never lead with your wallet. If you're wealthy, she'll figure that out soon enough. Avoid coming across like a show-off.

- Lose the belly.

“Dad bods” are NOT a real thing. By the way, we have a course that walks you through exactly how you can get this done in very short order. If you’re looking for a long-term relationship, being physically fit can change everything.

Blunt truth: No woman wants to see you naked with a belly hanging out.

The reality is, men physically break down earlier than women. Women outlive men.

I’ve heard more than one woman say that she has no desire to become a caregiver for someone late in life! It’s our job to make sure we’re not setting ourselves up to be burdens!

Only we can decide how the next few decades play out!

- Lose the attitude.

If you’re a misogynist, understand that these attitudes are looked upon and very “old school” these days and will SIGNIFICANTLY limit your prospects.

This stuff is especially tough if you were in a long-term marriage...I’m talking 15-20+ years.

Older guys can get very set in their ways. (Yes, I’ve been told this myself.)

If you’re looking for an upgrade, you’ll need to update your worldview and get out of your comfort zone.

Here’s another erroneous mindset: “Anyone I meet should accept (love) me for who I am.”

This is COMPLETE bullshit!

These beliefs are often held by an overweight or obese person who has no intention of putting in the effort to lose weight.

We all need to understand that no one HAS TO look beyond appearances to find out if there’s a great person in there just to appease political correctness.

#metoo #empowerment #acceptance #fatshaming: None of these mean a damn thing when trying to find a romantic match...

We’ll talk more about this in the Bonus section on Upgrading Your Profile, but let’s introduce this now.

Many people put outdated pictures into their profiles. They’re embarrassed by how they look now, but don’t want to change. This is completely unfair to the person who has made plans to meet you.

“Yeah, but once they get to know me...”

No.

You’re starting the relationship off with a lie.

I met one woman who chopped 10 years off the age she listed in her profile. This was quite clear when she showed up. She reasoned that “it shouldn’t matter”...blah, blah...

It does.

Date over.

You're a liar.

Men and women often put photos that were taken before they gained considerable weight.

Never do this.

No false advertising! People sometimes do this because they don't want to be alone and a friend told them "everyone does it"...

You're going to meet them eventually.

This is a big deal! Pun intended.

Are you height and weight proportional (HWP is the acronym)? If not, don't lie.

Don't list "fit", "lean" or "athletic" in your profile because you know that's what the desirable women are looking for.

They don't have to like you and they'll be less inclined to do so if you start things off with a lie or with an attitude that says they're lucky to be sitting next to you.

Never forget--women are not like regular people!

They have their thought processes and will not be conforming to your thought process any time soon.

****BONUS****

How To Create A Profile That Attracts “High Value” Women

NOTE: SAA provides a complete program on the vital first step

Step 1 - Photos :

Take your time. Make them truthful. Make them well-done.

Guys tend to snap a few selfies in their tee shirt and tell themselves that's good enough.

It's not.

This is the first time a woman will lay eyes on you. Use this to your advantage.

Here are some tips from the pros:

- Have someone else take the photos. Selfies are seldom flattering
- Make sure the lighting is favorable and natural
- Put on some fashionable clothing to show you're keeping yourself current
- Smile
- Avoid solo pet pictures. Put your dog or cat in the background to show how “pet friendly” if you are. Women like that
- Show yourself being social. Out and about with a mixed crowd
- **Show yourself being physically active! Women want to know they aren't getting a couch potato**
- Photos taken from a higher angle tend to be more flattering
- If there's anyone else in the photo, always black out their faces. Don't make them guess which one is you. ALWAYS block out children's faces. Women find it very creepy not to do this.
- Make the clearest and most flattering photo you main profile picture. You should ask someone else which one that is.
- Never post a picture with an ex! It doesn't matter if you look like Brad Pitt in that one picture. Don't do it...not even if you black out her face. No ex's in pictures ever.

Also, update your photos from time to time. This keeps your profile from becoming stale.

For example, on a dating app like Bumble, you have about ½ second to stop the swipe left and get them to take a look. If women are scanning some of the other sites and see the same old photos, you'll get glossed over pretty regularly.

The fact that many men don't take the time to upload good photos can work in your favor. If women see that you took some time here, you're already ahead of the game.

When you chat with a potential date, mention something like, "All my photos are from the last year." This should prompt them to verify the same. You should specify this in your profile as well.

Step 2 - Profile description:

Avoid restrictive conditions written in the negative. Lighthearted is always better!

It's ok to disqualify a candidate with a deal-breaker or two...

"Non-smokers only" or "No serial killers"

General rules:

- Politics. NEVER. This is highly divisive now. I just know that if I see a profile with some highly-charged political belief emphasized, I'm out. Who needs the drama?
- No Religion
- Use a confident tone. Few things are more attractive to women than confidence
- Preferences: This can be tough. Women are notorious for using minimum height as a condition for the men they want to meet. That being said, it's OK to make statements like: "I'm a fitness enthusiast and am looking for someone who embraces a fitness lifestyle."

NOTE: It's a disconnect if you insist that someone has a particular trait or live a certain lifestyle if you don't. Just sayin'...

- Just like the conversation on that first date, stick with the fun-loving essentials. Show a bit of humor...this can make up for more than a few flaws

"I have a job, a car and all my teeth!"

"I moved out of my parent's basement years ago."

An excessively long profile can come across as high-maintenance...and besides, no one is going to read it to the end anyway!

Clear and honest expectations in your profile help avoid many wasted evenings.

Again, if you've been on the dating scene for a while, updating your profile may be one way to dust things off and get on the radar again.

Finally, always check your grammar and have someone else read it BEFORE you publish it!

Good luck!



P.S. Be sure to find me on YouTube at "Divorced Men Dating" for ongoing information & support!