

short. Much as I wanted true my own happily ever after, thought about it, pined for it and fervently wished for it, I spent a significant amount of time focusing my attention on love not working out. I listened to friends talk about problems with their partners and thought that was all there was to their relationship. I watched entertainment news shows that reported the marriage woes of any celeb who drew breath. I zeroed in on stories that focused on romance being a risky business or on the joys of being single.

No wonder I was stuck. I was cancelling myself out. My **LOVE** neurons didn't stand a chance. Sure I spent time thinking about how much I wanted love but I spent more time thinking about the woes of love, and I'd been doing it for years. Wow! The things I'd done in the beginning to make me feel better about my single status, beliefs that had initially given me solace, were reinforcing my solitude and holding me there. What it came down to was, at some point I'd tipped my internal balance and all of my focus onto being and feeling single. My predominant thoughts about relationships were either negative or fearful. The love zone of my brain was not in great shape, a fact that, up until now, I'd been completely oblivious to.

I was most definitely not playing for Team Love.

Are you playing for Team Love?

'OMG there's a Team Love? Where do I sign up?' If you're not playing for Team Love there is an invisible barrier standing between you and the relationship of your dreams. This barrier is made up of the negative conscious – and subconscious thoughts

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and beliefs you have about sharing your life with someone. And if you want to unsingle yourself, those beliefs need to change. How? **By flipping the switch on your thoughts, turning down the volume on the negative and amping up the positive love input in your life.**

Ten signs you're not playing for Team Love

'Negative about love? Who? Me?' Think this doesn't apply to you and that you're super positive about love and matters of the heart? You might be surprised.

1. **You've wanted a serious relationship for a while now and it hasn't materialised.**
2. **You hear about a celeb love scandal and immediately jump online to read every detail. You follow it. You talk about it. You almost take it personally and think about how you would feel if it was you.**
3. **Someone you know breaks up on Facebook and you want to know all the specifics. It makes you feel better about being single or about your own relationship woes.**
4. **You're drawn to books, articles, movies, programs and songs that focus on train crash relationships, or on being alone, lonely, heartbroken or unappreciated.**
5. **When you read or hear about happy couples, it makes you feel slightly sick. You feel a horrible mixture of envy and longing and as if that sort of love is a million miles away for you.**
6. **You torment yourself by remaining FB "friends" with an ex who has moved on and avidly monitor his newsfeed, trying to discern what every syllable means.**

7. You think about your singleness a lot, and worry that you'll never meet anyone. Your anxiety over your single status is starting to affect the rest of your life and your general happiness.
- 8.. You believe that love, for whatever reason, doesn't work out for you and wonder underneath it all (not that you'd ever admit this to anyone else) if perhaps you're destined to be alone.
9. You focus on any tiny imperfection you might have, physical or otherwise, and think it makes you ineligible for true love. You put up with sub-standard relationships because you don't think you deserve better.
10. You say to yourself or other people that all men are _____ (insert negative label), while simultaneously wanting Prince Charming to come along and transform your life.

See what I mean? Surprise!

Wanting love while thinking and behaving in this way is equivalent to eating fried food 24/7 to prepare for a summer at the beach. It's backwards. It's upside down, it's inside out. And it makes no sense. Sure, the romantic hiccups of others or the perceived faults of the opposite sex can make you feel better initially when your love life is tanking or completely non-existent. But concentrating on this sort of thing is self-sabotage. You're literally sculpting your brain for dissatisfying relationships, and nobody wants that.

So how do you get those positive love neurons humming and find a relationship that makes you smile instead of frown and skip instead of slouch? It's time to get up close and personal with neuroscience, or more specifically neuroplasticity.

Retraining your brain for love

Neuroplasticity is brain sculpting, no surgery required. Don't worry, the only tricky thing about it is remembering how to spell it. The brilliant thing about neuroplasticity is when you change what you think about and concentrate on, your brain gets on board immediately. Stop thinking about someone who broke your heart or worrying about being alone, and the pathways in your brain that associate love with pain begin to wither. Start thinking about happiness and great relationships, and your love neurons will begin building the framework for happily ever after in the love zone of your brain.

If you want to move your mind into the love zone and keep it there, neuroplasticity is about to become your best friend. Change what you give your attention to and you change your brain. I changed my brain, and as a result transformed my life and my relationships. When you see it like this, you can understand why constantly focusing on or rehashing failed romances isn't doing you any favours. If you want your own personal happily ever after you have to start to give your attention to love being brilliant and a place to have needs met. In my experience, it can be as simple and straightforward as that.

Signing up for the team

Keen to get on board the love train? Wondering where to begin? Right here.

The great thing about doing the *Unsingle* steps is you will begin to feel better straightaway. Your mind and your brain start to calm down and so do you. The immediate benefits are a sense of relief and a feeling of (finally) being on the right track romance-wise, which is the perfect starting point from which to invite true love into your life.

You have everything you need to be happy in love. Every single thing. You just need to flip the switch and retrain your brain for love.

Ten steps to finding true love

So how did I say goodbye to singledom and attract the love I wanted into my life? I developed my own ten steps to give my neural pathways an update and retrain my brain for love. When I started this journey I had no map. I was not a relationship expert and had no qualifications in the field. But the knowledge that the mind was incredibly powerful was not new to me. Through my work I met with bestselling authors in the personal development and mind-body-spirit genre and heard – on a daily basis – that for most of our issues and questions, the answer lies within. However until I learnt about neuroplasticity and the love zone within my brain, I didn't think this applied to matters of the heart. I believe I thought the song had it right: that I couldn't hurry love, that I had to wait and that it didn't come easy. The idea that perhaps I could hurry it, I didn't have to wait forever and that it might come easier than expected gave

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me the impetus to read everything I could on how our brains rewire themselves and find methods and processes to help it along its way. I looked to people as varied as Einstein, Shakti Gawain and Napoleon Hill for inspiration then I cut my own path and handed the process over to love. I decided to trust in it and trust in myself and what transpired is that which you will read about here.

The steps that follow transformed me from single and sick of it to meeting the love of my life within five months and being proposed to two weeks after that. Seven years later I'm happier than I've ever been with a husband who I cherish more every day. But I know if I hadn't decided to unsingle myself we would have never made the connection. I would still be sitting alone on my couch wondering what I was doing wrong.

In case you haven't guessed *Unsingle* is all about love and bringing it to you sooner rather than later. Following my ten steps you'll learn how to utilise Einstein's favourite mind tool to bring you the relationship of your dreams, and you'll be shown how to negotiate any bumps in the road along the way. So what are we waiting for? Here is a quick overview of the steps to get you started.

'Part 1: Moving your mind into the love zone' covers the first three steps. 'Step 1: Clearing the way' gets you to look at your environment in a new way. It explains how your environment affects you and how surrounding yourself with the wrong things can actually block love from coming to you. You are introduced to mental functioning and discover how your neural pathways are forged and maintained by what you think about, look at, focus on and believe in. Here you'll get the opportunity to modify your living space to support your new journey. 'Step 2: Finding treasure' is all about focus. It's about making something that

visually represents true love to you and putting your true love story on the map. You'll be creating a treasure map or treasure app in your choice of media filled with pictures, personal photos, words and phrases that evoke happily ever after to you. Creating it will help you begin to forge new neural pathways that support positive beliefs about love. Finally, in 'Step 3: Flipping the switch' – it's time to establish a daily routine and flip the switch on any negative thoughts about your singleness, using the power of your mind to your own advantage. You'll hear stories about people as diverse as Albert Einstein and Sara Blakely (the world's first female self-made billionaire) using their imagination to achieve their goals. You'll learn how to use this innate ability to help you achieve your goal – a love that lasts forever.

Next comes 'Part 2: Keeping your mind in the love zone' which will guide you through the next four steps. 'Step 4: Bumps in the road' provides you with a useful tool to get you through any difficult situations you may encounter on the way to unsingling yourself. It helps you avoid slipping back into your old way of thinking and undoing all the good work that your focus and attention on love has done, using the technique developed in the previous step and integrating it into your everyday life. The next step, 'Step 5: Negativity diet', is about reducing the volume of negative love input in your life and amping up the positive.

Following this comes 'Step 6: Minding the gap', where you'll learn about the yay! experiment, the singing grocer and why it's important to 'mind the gap'. We'll talk about clever ways to keep yourself feeling positive while you're waiting for true love to arrive in your life. 'Step 7: False starts' focuses on how to approach this final stage of unsingling. Because you've been doing such great work focusing on love, your increased

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happiness and confidence will often result in receiving extra attention from the opposite sex, so here you'll receive advice about negotiating the intricacies of dating along with help in recognising the difference between true love and false starts. You'll hear the story of 'The Wrong Man' and be introduced to the concepts of the thunderbolt and the slow burner.

Finally comes 'Part 3: Your true love relationship' covering the last three steps. 'Step 8: True love' kicks in once you've found your person and are no longer in the waiting room of love – yay! Congratulations. This step clears up a few common myths about true love and gives suggestions and advice on how to maintain the great relationship you've found. Once you're at 'Step 9: Socialising unsingle style' it's party time! Now that you have someone to share your life with, social events that include a 'plus one' are going to be a lot more fun. This chapter also offers helpful hints on how to integrate your unsingle status into the rest of your life, discussing the importance of discretion and how to approach time spent with friends who don't share your positive beliefs about love. In the final chapter, 'Step 10: Home is where the heart is', you've come full circle. You modified your living environment with great success at the start of your unsingle journey, so it's appropriate that we end our time together here. Sooner or later, moving in together will be part of your true love experience and your home is where the two of you rest and spend precious time together. You'll learn easy ways to create and maintain a harmonious living space that supports you as a couple.

So if it's time for you to start your unsingle, read on. Your love zone is waiting. Retraining your brain for love starts now!