

C.S. Lewis & Co. Publicists

Dear Editor/Producer,

If you're a single woman looking for a lifelong partner, time is precious. If you want to have children, you have a biological deadline and a lot at stake in finding a suitable man. Even if you don't want kids, who wants to waste time on the journey toward a happy and lasting relationship?

Yet too many smart women spend months or even years dating men who are clearly wrong for them.

Ditching Mr. Wrong: How to End a Bad Relationship and Find Mr. Right (Next Stage Press, 2008), a new book by NICHOLAS ARETAKIS, is for them.

Based on interviews with hundreds of singles about relationships and the dating game, ***Ditching Mr. Wrong*** is a wake-up call for women who are ready to take a hard look at their relationships and get rid of boyfriends who will never be Mr. Right. Aretakis, a happily single serial dater until age 42, offers an invaluable male perspective on the many ways men manipulate their way into women's hearts.

Now married with two young daughters, Aretakis encourages women to empower themselves by ending relationships that are going nowhere or, worse, wreaking havoc on their lives. He offers practical tips and tools for making a clean, dignified break and starting over.

Readers will learn how to score their relationship with the *Dating Litmus Test*, a no-holds-barred evaluation of how compatible they are with their current boyfriends. They will learn the 20 different types of Mr. Wrong and what to do if they find themselves in love with one of them. If it's time to ditch their guy, Aretakis shows them how to move on, stronger and wiser than before.

Ditching Mr. Wrong is a dating guide with a simple and powerful message: The sooner you get Mr. Wrong out of your life, the sooner you'll find Mr. Right.

An entrepreneur and high-tech executive, Aretakis is a top-selling author and media-savvy personality whose national media credits are many, and include ABC and FOX television, AP, *Wall Street Journal*, *Fortune Magazine*, and many online venues, such as *CNN Money*, *MSNBC*, and *CareerBuilder.com*, among others.

Thank you for your time and consideration.

Warm Regards,

Cathy Lewis

How to Ditch Mr. Wrong

New book shows women a speedy way to get rid of bad partners and choose great ones instead.

You've been dating for years. Now you're in a relationship that seems to be stalling, but you can't let it go. You're just not sure you'll find anyone better, and you don't want to be alone.

Stop settling! That's the message of ***Ditching Mr. Wrong: How to End a Bad Relationship and Find Mr. Right*** (Next Stage Press, 2008). Author and entrepreneur NICHOLAS ARETAKIS, a former longtime bachelor, unveils the workings of the minds of men-on-the-make to show women how easy it is to spot a man who won't treat them the way they deserve.

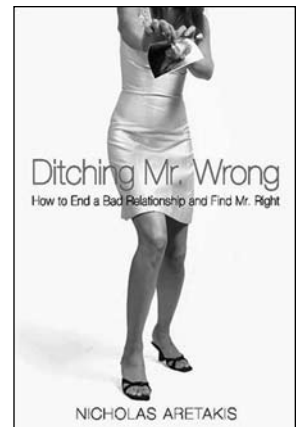
Ditching Mr. Wrong offers fun and useful tools such as the "The Dating Litmus Test," a thorough and objective way to find out if the man you're with is a potential Mr. Right, and the "Hot Prospect Background Check," a quick guide to vetting a guy before you get intimate with him.

Based on interviews with hundreds of women and dozens of men, Aretakis has compiled an entertaining and practical guide that includes quizzes, tips, checklists, and profiles of the 20 most common Mr. Wrongs women are bound to encounter, from The Mystery Man to Mr. Noncommittal.

In addition, readers learn:

- At-a-glance signs that a guy is a keeper or not—on the very first date!
- Top clues of trouble down the road, such as frequent job hopping, the inability to listen, too much generosity too soon, and no true friendships
- How to get rid of Mr. Wrong in 10 easy steps
- How to get back into the dating game
- Top 10 mistakes women make when choosing a mate

Today, young adults are putting off marriage, quite often into their late 20s, 30s, or beyond. Aretakis believes women, especially those who want children, have more at stake in expediting the dating game. The insights in ***Ditching Mr. Wrong*** will help them clear away the drama and disappointments of the single life to find the right partner more quickly.



The good news is that if women take control of their relationships, if they assess their compatibility with a man early and often, if they take the time to learn how to spot Mr. Wrong, they can exponentially improve their chances of finding Mr. Right.

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About the Author

NICHOLAS ARETAKIS is an entrepreneur, a high-tech veteran, and the author of ***Ditching Mr. Wrong: How to End a Bad Relationship and Find Mr. Right*** (Next Stage Press, 2008). He was a jet-setting bachelor until the age of 42, when he met and married Ms. Right. After he settled down, one question about the dating scene he'd left behind nagged at him: Why do so many great gals settle for men who aren't right for them?

So he began talking to women and thinking about his observations of men he knew from his social circle, business contacts, college days, and time on the singles circuit. Their stories became the foundation for ***Ditching Mr. Wrong***, a book he dedicates to "the millions of women each year searching for Mr. Right."

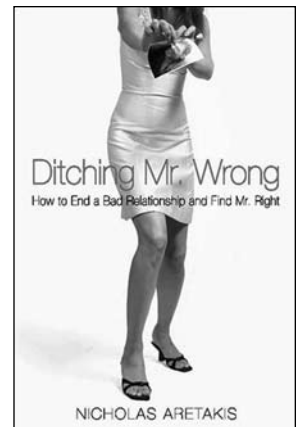
Aretakis, 46, received advanced degrees in mathematics at Hobart and William Smith College and electrical engineering at Columbia University. He started his career in sales and marketing in the high-tech industry, and then moved on to become a senior executive at ESS Technology, Inc., and GlobeSpan, Inc. He became a Silicon Valley millionaire by age 30. His analytical skills, ambition, and managerial savvy came in handy for writing ***Ditching Mr. Wrong***. Aretakis firmly believes that "most problems, when viewed objectively, have effective solutions."

Aretakis is author of the top-selling book ***No More Ramen: The 20-Something's Real World Survival Guide*** (www.NoMoreRamenOnline.com). He has a family-run business that offers humane solutions for walking your dog (www.ezleash.com). He is also a member of the ASU Technology Investor Forum, providing access to angel funding and mentorship to fledgling companies in Arizona.

Aretakis continues to share his insights on dating and relationships at www.DitchingMrWrong.com, an interactive website community geared toward women searching for Mr. Right.

A seasoned media pro, Aretakis has appeared on ABC, FOX, and Comcast News; been interviewed by the Associated Press, *Wall Street Journal*, *Washington Post*, *New York Post*, *Los Angeles Times*, *Boston Globe*, and *Arizona Republic*; and has been featured in *Fortune Magazine*, *CNN Money*, *MSN*, *MSNBC*, and at *Yahoo*, *AOL*, *CareerBuilder.com*, and *Monster*, among others.

Aretakis and his wife, Ginger, live in Scottsdale, Arizona, and Saratoga Springs, New York, with their two young daughters, Ella and Sophia, and two Jack Russell terriers.



Some men have told me I'm betraying The Secret Handshake, that covert knowledge about guys that's supposed to stay between guys. Some men have told me what I'm doing isn't fair to single guys on the prowl.

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Segment Ideas / Interview Topics

How to Screen a Man on the First Date

Learn how to spot Mr. Wrong—before it's too late.

First impressions can be very revealing. Aretakis says you can use the first time you go out with a man as the *résumé date*, a chance to determine whether you should spend more time with him or politely decline a second date. Learn:

- The minimum standards of behavior you should expect on a first date
- What personal information you need to know ASAP
- How to figure out your top relationship “deal breakers”—qualities you can’t tolerate
- How to get “character references” about your date
- How to treat a first date like a job interview
- Rudeness and other first-date red flags

How to Figure Out if You're With the Right Guy

Find out if your steady boyfriend has potential to be The One.

You’ve been dating someone for months, maybe years. How do you sort through all your emotions and fears to assess if he’s the right lifelong partner for you? Aretakis discusses:

- How to take a hard look at who he is, not who he might be
- Why it’s essential not to overlook significant shortcomings
- Why you shouldn’t try to change your man
- How to know if there’s hope for the relationship to improve
- Why you shouldn’t be afraid to set your standards high
- How your age affects how long you should wait to find out whether he’s marriage material

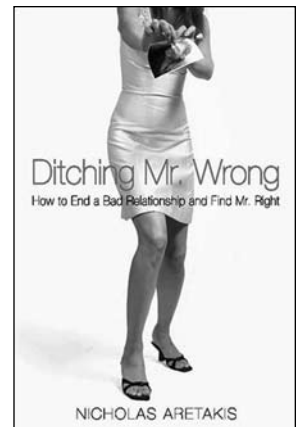
How to Get Rid of Mr. Wrong

Learn how to cut your ties with the wrong guy.

The writing is on the wall. You’re in a bad relationship, and you want out. Aretakis can detail the steps necessary to make the break. Find out:

- Why women have trouble leaving bad relationships
- How to stay positive and friendly during a breakup
- Why you need to stop having sex with your ex
- How to split up shared assets and property
- Why you shouldn’t flaunt a new relationship in front of your ex (even if he’s in one, too)
- How to forgive yourself for a failed relationship

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5 Signs a Man's Ready for Marriage

1. He's tired of playing the field and wants to settle down.
2. His career is stable.
3. He wants to have children.
4. He can afford it.
5. He's met his match, physically, intellectually, and emotionally.

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Dealing with a Mystery Man

How to determine if he's hiding something.

At first he's generous and accessible, seeing you often and springing for expensive dinners and concerts. But lately he has become evasive, saying he has "business functions." After all this time, you don't know very much about his life. If you're dating The Mystery Man, Aretakis says you should find out:

- How to spot the signs of a double life—another girlfriend or a hidden dubious profession
- What the quality of his relationships with friends and family can tell you about how he's likely to relate to *you*
- Why you should get suspicious if you're suddenly picking up the tab for everything
- Why certain professions, such as psychiatry and law enforcement, may require him to be discreet about work
- Why withholding crucial personal information until you're emotionally attached could be a warning sign

How to Resolve Conflicts with Your Man

Disagreements don't have to turn into World War III.

Even in the best of couples, arguments happen. Aretakis can discuss concrete strategies for resolving disputes. Learn:

- Why it's important to wait a few minutes before responding to something that upsets you
- How to tell whether your man is fighting dirty
- How to eliminate distractions when you talk about conflicts
- How men and women approach problem solving differently
- How to choose the right time to bring up difficult matters
- Why you should avoid working out conflicts in public
- Why some couples are more likely to argue than others (and why that's not necessarily a bad thing)

How to Get Back Into the Dating Game

You've learned how to spot Mr. Wrong. Now find Mr. Right.

You've made the break with Mr. Wrong, nursed your emotional wounds, and now it's time to start dating again. Aretakis discusses:

- Why reading the newspaper daily can help you attract men
- Top etiquette tips for first-time emails and telephone calls
- Why your close friends are one of your best assets as you re-enter the dating scene
- Why now is a great time to quit smoking, heavy drinking, and other bad habits
- Best places to meet a man
- How to give yourself a character makeover

10 Signs You're in an Abusive Relationship

1. He physically harms you, your children, or your pets.
2. He berates, insults, or intimidates you.
3. He tries to isolate you from friends and family.
4. He strongly discourages you from going to work, school, or social events.
5. He controls the finances so you have to ask him for money.
6. He forces you to have sex.
7. He blames you for his violent behavior or tells you that you deserve it.
8. He denies his abusive behavior or insists it's "no big deal."
9. He's obsessively possessive, often accusing you of being unfaithful.
10. He prevents you from calling the police or seeking medical care.

The Dating Litmus Test

For each question, answer as honestly as possible, assigning one of the following scores to each answer.

- 0 = Definitely no!
- 1 = Probably no
- 2 = Uncertain (or does not apply)
- 3 = Probably yes
- 4 = Definitely yes!

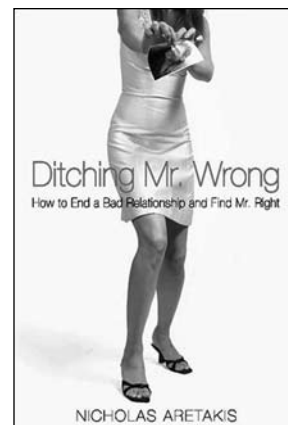
Add up your numbers, and see bottom for your final score. Remember, *you are not grading yourself*. Your final score will give you an indication of how your boyfriend ranks as a prospective life partner. It's helpful to take the test more than once (hide earlier results until *after* you have retaken the test to avoid biasing yourself). If you haven't known your partner for much longer than three months or 10 dates, you may not be able to answer some of the questions. If you are in the first weeks of a relationship, there are some questions that will (and should) remain uncertain, such as whether he wants to have children. Give him a "2" on the questions you can't answer yet, and take the test again in a few months to compare results.

A downloadable copy of the test is available at www.DitchingMrWrong.com.

Dating Litmus Test

1. Do you look forward to seeing him when you've been apart?
2. Do you find your partner entertaining and interesting?
3. Do you share similar interests, usually agreeing on how to spend time together?
4. Do you find more things to appreciate and respect in your partner as time goes on?
5. Do you have an enjoyable sex life, one that is satisfying physically and emotionally? Does it make you feel good to please him?
6. Are you physically, intellectually, and emotionally attracted to him?
7. Does he make you feel better about yourself? Has your confidence or self-esteem improved during your relationship?
8. Does he pay attention when you speak, and truly listen?
9. Is he considerate of your feelings and desires?
10. Do you trust him, rather than feeling the need to check up on him to make sure he's not being dishonest or cheating on you?
11. Can he be counted on to make the right decisions about his finances or professional life?

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Why do women have trouble realizing they're with Mr. Wrong? According to life coach Gretchen Sunderland, women make up their minds early in a romantic relationship and won't easily change their opinions or plans once they decide that they want to remain with or even marry a particular man.

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12. Do you have compatible long-term goals on major issues, such as career goals and where to live? Are you reasonably confident you can achieve these goals together?
13. Is he supportive emotionally and spiritually?
14. Will you be able to count on him in a time of personal crisis (illness, bereavement, job loss, financial despair)?
15. If you were ill or dying, would you entrust him to make medical decisions on your behalf and care for your children?
16. Does he give comparably or more than he takes from the relationship?
17. Can he get over his anger, frustration, or disappointment in a constructive way?
18. Is he polite, not just with you, but also with friends, family, colleagues, and strangers?
19. Does he take care of himself and encourage you to do the same? Is he a positive and healthy influence?
20. Do you agree on whether or not to have children, and how many?
21. If you do desire kids, do you agree on major child-rearing issues, such as education, faith, health care, and discipline? (If neither one of you wants children, score four points for this question and skip to question 22.)
22. Do you accept each other's strengths and weaknesses, without trying to (dramatically) change each other?
23. Does he make your life easier, rather than creating more work or complicating matters for you?
24. Can you tolerate his personal commitments and burdens, including children from a past relationship; obligations to relatives; a physical disability, mental disorder, or addiction; or an all-consuming career, job, faith, or hobby?
25. Is he a good person, viewed by yourself and others as someone with strong moral convictions and high character?

Final Score:

- | | |
|-----------------|---|
| 90 – 100 | Grade: A. Very good chance you're with the right guy. |
| 80 – 89 | Grade: B. Good prospects, requires work to reach ideal category. |
| 70 – 79 | Grade: C. Further work required. He barely passed. Give serious thought about whether he's worth the time, effort, and risk. |
| Below 70 | Grades: D and F. Move along! You're wasting valuable time. |

Love with an Older Man

If your man is considerably older, ask yourself:

- Will he be able to share the same activities with you once you hit 50 or so (tennis, travel, late nights, vigorous sex)?
- Does he have more in common with your parents than with you?
- Does he want to father children? Will he change diapers at 60? Coach youth soccer at 70?
- If he has kids, will it be awkward being a stepmother to someone nearly your age?
- Are there generational gaps that are starting to annoy you?
- Do you have the patience to take care of him as he ages?

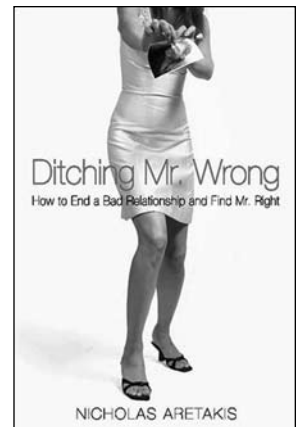
How Different Are You and Your Man?

Take this quiz to find out.

Complete each of the following statements by circling the answer that most closely fits. See flip side for scoring.

- 1) When I tell him about an upcoming social event with my circle of friends,
 - a) he eagerly writes it on his calendar or makes a “mental note of it.”
 - b) he asks if he can invite a few of his friends as well.
 - c) he gets jealous or hints at his disdain for the company I keep.
- 2) When he turns on the television,
 - a) I sit down and watch with him.
 - b) I join him sometimes, but it’s no big deal if I don’t.
 - c) we argue, and rarely agree on what to watch.
- 3) My partner supports my career
 - a) enthusiastically.
 - b) sometimes, though his career clearly comes first.
 - c) not much at all, because he doesn’t really understand or care about what I do.
- 4) My partner likes to eat
 - a) a similar diet to mine.
 - b) a variety of foods, and we enjoy sharing new dishes.
 - c) what I consider disgusting and inedible food.
- 5) When I read in bed, my partner
 - a) grabs a book and settles in beside me.
 - b) cruises the latest news on the Internet, sharing tidbits with me as he goes.
 - c) is upset that I’m not paying enough attention to him.
- 6) In the last major election (national, state, or local),
 - a) we supported the same candidate.
 - b) we respectfully agreed to disagree.
 - c) we stopped talking about politics, since our opposing views are upsetting.
- 7) We both have vacation time coming up. We
 - a) plan a week at a resort with some shared and several independent activities.
 - b) coordinate an exotic, adventurous, and affordable vacation together.
 - c) plan separate trips because the last time we vacationed together he was a drag.

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3 Tips for Avoiding Domestic Squabbles

1. If you can’t agree on dividing chores and can afford to hire a house cleaner or yard worker, do so.
2. Establish minimal standards, such as putting away perishables, rinsing toothpaste out of the sink, putting the toilet seat down, and taking off muddy shoes.
3. If he’s reluctant to take his turn shopping, give him a grocery list.

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Scoring:

- If most of your answers were “a,” you are *cozy compatibles*. You have plenty in common.
- If most of your answers were “b,” you are *spontaneous sweeties*. Your energy and spirit of adventure make mild differences seem insignificant.
- If most of your answers were “c,” you are *deleteriously different*. Are you with the right person? Take the Dating Litmus Test, at www.DitchingMr.Wrong.com, to see if your relationship is heading for a nosedive.

4 Reasons Women Don't Leave Bad Relationships

Fear: No one else will ever want me, and I don't want to be alone.

Arrogance: I can change him.

Sex: It's not going to be this good with anyone else.

Effort: I'd have to work too hard (lose weight, get a make-over, end addictions, rebuild social networks) to get a better one.

The Gender Divide

Some ways men and women see the world differently.

Ladies: Don't let these differences frustrate you. You can be perfectly compatible with a man who doesn't act or even think the same way you do all the time. Remember, you're not looking for a best girlfriend. You're looking for a male partner and, potentially, the father of your future children. W=Women, M=Men.

Returning Emails and Phone Calls:

W: delay so as not to appear overeager, following *The Rules*

M: whenever they want, or when convenient

TV Remote Sleep Timer:

W: don't usually know how to use or even locate

M: standard operating procedure after 10 p.m.

Movies about sports, violence, westerns, or slapstick comedy:

W: remotely interested, never repeat viewing, prefer a magazine

M: will watch over and over, in part or entirety, reciting key parts

Retail Shopping:

W: for fun and bonding with friends, taking their time, browsing

M: out of necessity, typically alone, highly focused *speed shopping*

Dining Out:

W: will never finish all their food on their plate

M: will clean their plate, then take aim at their date's

Personal Grooming:

W: haircut, color, style, manicures, pedicures

M: haircut only when absolutely required

Online Dating:

W: love, companionship, long-term prospects

M: quick candidates, weekend date, short-term rewards

Dancing:

W: dance to the rhythm of the song

M: move to the voices in their head

Decorating abode:

W: monthly, quarterly, or spontaneously

M: move in and move out dates

Changing the sheets:

W: weekly or after having guests

M: after someone points out that the top and bottom sheet stick together

Purchasing:

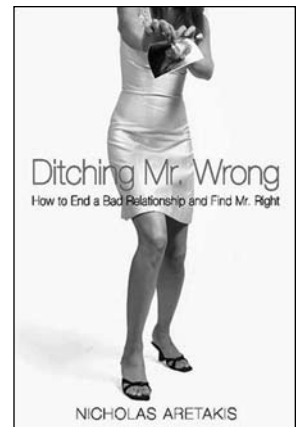
W: buy in bulk, thinking only of future requirements

M: buy as needed, thinking only of now

Decorative Pillows:

W: requisite for home décor

M: what are decorative pillows?



Feedback when a woman asks, "Does this dress make me look fat?":

W: thinks "yes," but says, "It's not flattering to your figure."

M: thinks "your *ass* makes you look fat," but states, "It looks okay."

Pillow Talk/Bedroom Manner/Carnal Activities:

W: foreplay, sex, talk, hopefully more sex

M: foreplay, sex, sleep, and uninterrupted sleep

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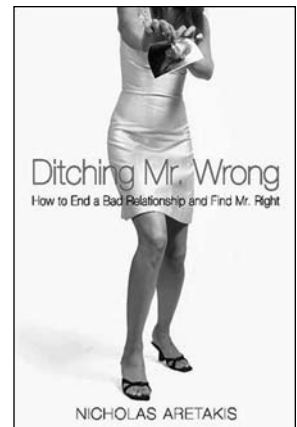
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Suggested Interview Questions

1. Why did you write *Ditching Mr. Wrong*?
2. You're a married man. What makes you think you can give women advice on their love lives?
3. How soon can women figure out whether a man is wrong for them?
4. Say you've been in a relationship for a couple of years, but you're not sure whether you're with the right person. How can you tell?
5. You detail 20 profiles of Mr. Wrong. Why is it important for women to recognize these different "types"?
6. Before you met your wife, were you a "Mr. Wrong" yourself?
7. You warn women of the risks of dating men who are much older than they are *and* men who are considerably younger. Can't love conquer the generation gap?
8. You don't necessarily buy the old wisdom that "opposites attract." Can you talk about that?
9. You encourage women to use discipline in their sex lives and not let themselves be too available for a guy. Why does the woman have to be the one to exert all the self-control?
10. A few Mr. Wrong profiles, such as The Mooch and The Mystery Man, describe guys who are likely to exploit women financially. Why do women let men take advantage of them this way?
11. Let's talk about Mr. Triathlete. What's wrong with a guy who used to be physically fit, but starts slacking off?
12. Mr. Heavy Baggage is a kind of guy with a really difficult past. How could this present challenges to having a successful relationship?
13. Why do women tend to stay too long in bad relationships?
14. What's your advice on breaking up with Mr. Wrong?
15. What are the most important things a woman should keep in mind when she starts dating again?



Signs He's Not Very Attentive

He doesn't notice:

- You've lost 10 pounds.
- You totally changed your hair length, style, or color.
- You're wearing a racy negligee.
- You bought new sheets or household décor.
- You now speak to him in a foreign language.

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