



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

Amy Spencer

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How would you like to have a wonderfully well-suited, kind, adoring half-orange who feels like a teammate, a partner in crime, a true other half? “Half-Orange” refers to the Spanish term *mi media naranja*, which describes one’s sweetheart, that perfect other half. What if you heard he or she would be coming along soon? Would you be relieved? Excited? Happy? Well those are the feelings that dating optimism can give you.

Rather than admonishing readers to make themselves more available, or turn dating into a full-time job, Spencer's program of dating optimism is a fun, results-oriented way to find a healthy happy relationship, based on brain science and psychology that can help you become a more positive dater. She'll guide you through sowing the orange seed of your ideal relationship and growing it to “fruit-ion.” In essence, by focusing positively about dating, you can actually change your brain, which changes everything from your body language to the way you perceive others and what you ultimately attract.

Meeting Your Half-Orange is the pep talk that puts finding true love back into your own hands. It will guide you toward becoming so focused on the relationship you want and so happy in your own skin, the right person will be naturally drawn straight to you. You’ve never read a dating guide like this before. But best of all, it will be the last one you’ll ever need.

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