

Real Men Revealed Interview with Bobbi Palmer

Bobbi Palmer: *The Dating and Relationship Coach for Women over 40*

Bobbi: Hey everybody, good evening. Hello. Welcome to Grownup Girls Night Out. We're going to start. Sorry we're a few minutes late. We're going to start really quickly with doing a technology check to make sure that you can all hear me and that everything's working perfectly. Yes, Nancy? So Nancy, my producer, is going to help me with this. So what I need to do is I need you to say hi. I need you to say hello. Let me know where you are, where you live, and let me know what you see when you look out the window. Let me know what's going on there. Just give me a quick chat. And the way you do that is in the box to the right of your picture. You've got a chat area, and you can go in and where it says "type to chat with other participants." Yeah, is that what it says for you too?

Nancy: It just says chat.

Bobbi: Uh, chat, go ahead and say hey. Good, audio good, thank you. Because, you know, we've done this before and I've gone about five minutes only to learn nobody can hear me. Okay, anyone else? Let me know if things are going okay. Where are you? Whatcha doing? All right, we're good. Thank you very, very much.

So welcome to Grownup Girls Night Out. I'm Bobbi Palmer, the Dating and Relationship Coach for Women Over 40. Date



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Like a Grownup is my website of course, and I hope you all kind of hang out there. At least once a week, we have a new blog post there. And then every day we do Daily Doses. Every day we change it up and we give you a different tip every single day. So I hope you're spending some time on the website. And by the way, you're kind of the first to know this, but within I'm going to say about a month, my website's going to be completely redone. It's going to be awesome. I can't wait; it's going to be beautiful. And there's going to be all kinds of new stuff for you, and it's really going to be great. So let's do a few logistics and we'll bring the guys on. You guys probably don't want to hear me. You probably want to talk to the guys. So that's what we're going to do.

So our first man of the evening—here's our first man of the evening, because he has been bugging me. Like we've been out of town, right, for a couple weeks. And so my cat, at least this one, has been attached to me like glue, so he will be joining us. I can't stop it. He's just relentless.

Okay, as you saw, if you want to just chat and say hi, and just kind of share what's going on and go ahead and use that chat box. If you want to ask a question—so if you have a specific question that you want to ask and want answered by me and/or by the guys, then please use the question section

below. That question section is for very specifically I want to ask a question. And then Nancy will go ahead and she'll manage those questions. I need to let you know—many of you emailed questions in tonight, which is so cool and thank you so much for that. And those are the ones that we're going to answer first for the most part, so we're going to do our best to get to everybody's questions. Whatever we don't get to, you will see a blog post, you will see an article about that in the future if we don't get to your question. But if you have a question, use that question box. The other thing is—what else do I need to tell them about logistics? Oh, if you have any kind of technical problem, then our handy technician—you can go ahead and in chat you can write a chat to GGNO Tech. GGNO—Grownup Girls Night Out—Tech—T-e-c-h. And he will respond and he will chat with you, and he will help you with any problems that you're having. Okay?

So this cat's just going to drive me insane.

Nancy: So have a sip of wine.

Bobbi: That's right, have a sip of wine. So I hope you're home and on your couch and in your jammies and comfortable, because we are in for a wild ride tonight. So let's get started, yes?

Okay so first thing we want to do is I'm going to bring the guys on. We have three men for you tonight who are incredibly generous. These guys are just doing this as a favor to us, right? I don't pay them. I don't promise them girlfriends. They do it because they love women and they love to help, and so I just want to say how grateful I am to you guys before I bring you on. We've got a man in his forties. We've got a man in his fifties. We've got a man in his seventies. This is just a really great opportunity to hear straight from them. And then just to let you know too, if you're ever challenged with getting men's attention, with making real connections with them, with getting second, third dates and so forth, if any of you are experiencing those challenges, which you know I know you are—I talk to you all the time, and I've been there—then I want to make sure—the guys are great and we're going to have them on for quite some time. But I want to make sure you stay till the end, because at the end tonight I'm going to tell you about my How To Be a Hot, Happy, Classy Mid-Life Man Magnet live workshop. I am going to give you tons and tons of tips and techniques at this workshop. And these are things that are going to help you be the woman that the men you like are attracted to. Not every man. The men you want are going to be attracted to you, and that's what I'm going to teach you at

this workshop. So that way when you meet a man you like, you're going to know what to do with him. So stay tuned for that at the end of the webcast tonight. All right, are you ready? We're going to start with John.

Okay, so let's go ahead and bring John on. Now this technology is a little loopy, so let's all pray to the technology god. Yes. Hey John.

John: Hi, Bobbi, how are you?

Bobbi: Good, how are you? Thanks for being here.

John: My pleasure.

Bobbi: Good job on that by the way. He is cute, isn't he? The first comment—John, very cute.

John: That's nice, thanks.

Bobbi: So let me introduce you and give you your introduction really quickly. And then we're going to go ahead and introduce the other guys. So John is a web designer. He actually does some work for me, which is awesome. His website is called websitesbycreation.com. Websitesbycreation.com. In case any of you need a web designer. John is fiftyish, and he's actually currently living with his girlfriend. But he has many, many,

many years of dating. That's how he said it. I have many, many, many years of dating experience in all different ways and have just really great insights. And again, thank you for being here John. Welcome.

John: My pleasure.

Bobbi: And I might get your speaker up just a little bit.

John: How's that? Is that better?

Bobbi: Much better, thank you. Okay, next we're going to talk to David. And let's wait till he comes online. Might be a second. It's the technology thing. Yeah John, thank you for being here. It's really—especially sort of the way, you know, we had a little last minute thing going there. So I really appreciate it.

Nancy: Some of the women were disappointed to hear he's living with his girlfriend.

Bobbi: Did you hear that, John? You're probably not reading this. Some of the women were disappointed you're living with your girlfriend.

Nancy: We have a "drat" and a "darn."

Bobbi: A "drat" and a "darn." I love you guys; you ladies are awesome. I think it's a really great opportunity to talk to you

John, because while you are single—you know, you are single—it's really great to get—I'm looking forward to your perspective on, you know, from all the years that you were dating and sort of what made you—you have the perspective of what made you pick the woman you're with right now. So I think that's really, really helpful. So thank you. Are we ready for David?

Nancy: I am going to put him on screen right now.

Bobbi: Come on, David. Come on down.

David: Hi.

Bobbi: It's working. Yay.

David: How are you?

Bobbi: David, hey man.

David: Hey.

Bobbi: Say hi so we can make sure we can hear you okay.

David: Hi, can you hear me?

Bobbi: Oh yeah, awesome. So let me introduce you really quickly. David is an author. His latest book is a novel. And get this, this is a great title to his novel. Let me read it so I make sure

I get it: *How Far Would He Go: A Love Story Most Men Never Tell*. So *How Far Would He Go: A Love Story Most Men Would Never Tell*. It's currently in Kindle format on Amazon. So I recommend you get it, because David has—like John, he's just got some really, really great insights and articulates it in an amazing way. Well you'll see that. I'll stop talking about it and then let you guys see that. David's fortyish. He's never been married, he has no children, and he wants to get married, right? David?

David: Absolutely.

Bobbi: You might want to turn your speaker up a little bit too as well, if you don't mind. Okay, great. Welcome. I don't know if you were here—I'm so grateful for you to be here and thank you so much for your generosity. It's great for you to be here. And what about Norman, ladies?

Nancy: We're ready to roll, baby.

Bobbi: We're ready to roll. All right, three, two, one. Blast off.
Norman? I've done this before where everything blew up.

Norman: Here I am.

Bobbi: Okay, Norman's going to roll in. There you go. Hey Norman. I know it says Karen, but we'll tell you about that in a minute.

Okay, awesome. This is great. Okay, let me introduce Norman and then we will start asking some questions. So Norman is seventyish. Norman is actually, in his past life—well his previous life—air quotes—as we say. Norman is actually a really famous and accomplished musician with the doo wop band Norman Fox and the Rob Roys. And Norman Fox and the Rob Roys, you have to look them up. Their music is really, really cool. And he still performs today with the Rob Roys. And he's also an entrepreneur. Norman is a widower. He has two grown children and two amazing, cute grandchildren. And Norman is actually dating one of my incredibly wonderful previous clients, Karen. So Karen was a client of mine, and she met Norman on eHarmony and now they're a thing and we double date, which is really fun. So welcome Norman, and thank you for being here. And Norman just ran the LA marathon. I wanted to brag for you on that one.

Norman: Thank you so much. I appreciate it.

Bobbi: Okay, let's get rolling. I got questions for you. Let's get rolling. Okay so here's how this is going to work. I'm going to ask a question and then I'm going to—I'll ask which one of you to answer. That way we won't all step on each other. So here's the first question. The first question is how is dating and relationships at this age different than what it was when you

were younger? Right, so how is dating and having relationships now in your forties, fifties, seventies—how is it different than when you were much younger? What’s different? So Norman, would you go ahead and start us off?

Norman: Well, I’m much older than these other two fellows that you have on your show. And I was married for many years. I was married for about forty-three years, and my wife passed away about four and a half years ago. When you’re very young, and you date and you fall in love or you think you fall in love, it’s a whole different experience than when you are mature and when you do it, when you fall in love the second time, and you appreciate more the aesthetic values of everything when you’re at this age. Because you’ve learned a lot, you’ve been through life, you’ve had trials and tribulations. You’ve had many different types of experiences. And so it’s much different for me. You cherish it more. And you’re much more attuned to the other person’s feelings and not only in the early days when I was younger, I think I was much more attuned to my own feelings. So I find that it’s certainly much better now, and it’s like drinking fine wine. As it ages, it gets better.

Bobbi: Nice, indeed. Thanks, Norman. Love that, thank you. How about you, John? What's different now in your romantic life than when you were younger?

John: You're asking me?

Bobbi: Yeah. Please.

John: What's different now in my romantic life than when I was younger—

Bobbi: How are you different or how is the experience different for you as an older man—a little older man.

John: Well you know it's interesting, because in one way there's a lot less pressure, and in another way there's a lot more pressure. Because when you're—I'm fifty. My girlfriend is forty-two. And I dated a lot—a lot. And it's hard to date sometimes women in their forties and older because it was my experience that a lot of them wanted instant relationship. And I couldn't—there was no—dating was tough because dating is you get to know someone. Let's see if we click. It's not just add water and bang you're in a relationship. You have to really see, get to know each other, is this going to work? The older I got, the less pressure I put on myself because I made every mistake you can make. Dated every wrong woman for

me. And then I knew what I wanted. So for me there was less pressure, but I found some women were just really—they're like let's go, I have a body clock, I want kids. Or I have children, are you going to be a good stepfather possibly to my kids? Do you have the kind of job that's going to support the lifestyle I have presently? Or maybe they're looking to move up. So it was very interesting. It was very interesting.

Bobbi: Thank you. Thanks, that's great. All right, David, how's it different for you than when you were in your twenties?

David: Oh, wow, it is significantly different. I would say when I was in my twenties, I was a lot more gung ho, I would say, with my heart. And as I've gotten older, you really learn how not to cast your pearls before swine, in a sense. And so you're a lot more careful and you take your time. And you want to make sure that the person has, you know, has your best interests at heart. And you do also want to—at least for me, I want to understand that, you know, who am I actually dealing with, in terms of, you know, what kind of character does this person have? And then as I've gotten older, you know, life circumstances have also changed. So it's like, you know, losing a father, you know, understanding that and how it kind of shifts your perspective of even life itself and how you date. And so now you're a lot more critical as far as which person

will be by my side and how do they handle other family members that they probably wouldn't get along with. It's a lot more—I would say it's a lot more serious in terms of who I date and what I want.

Bobbi: And would you say just real quickly—I get what you say about being more critical. And I know you don't mean that literally, like critical of people. But would you say your criteria has changed at all?

David: Yeah, thank you, that is a better word. The criteria is different. It is, you know, it's not just of course about the pretty face and that aspect of it. It is about what do they enjoy out of life? It's like what is it that they love? What is it about them that's a good fit for me? So it's more definitely looking for the long term rather than looking for something that's more short term.

Bobbi: Awesome, yeah. Okay, great. Okay, good, all right. Here's a question from somebody that emailed in. I'm fifty-three years old. Seems like guys my age are looking at ladies thirty-five to forty-five or even younger!! I don't want to date a man ten years older than myself because I'm quite physically fit. How do I overcome this obstacle of men my age wanting to date younger women and me wanting someone around my age?

So the question is, I think, two questions. One might be why the heck do men want younger women? And I'm not sure that's true, by the way. And two is how does a woman—how does a woman in her forties, fifties, sixties, is there any tip you can give her to attracting men her age? Maybe men who might be attracted to younger women. So John, I'm going to start with you. Any tips? Any insight into those other men?

John: Those other men—well to be blunt, everybody likes young and pretty. I mean, you know, let's just be honest. We're people—I mean women like to look at young, good-looking men. And I know a lot of women my age—I have a very, very dear friend of mine who's forty-five and her boyfriend is twenty-three. So I don't think it's just the guys who are doing it. I think it's true. I would say most men are going to look at a younger woman. You know it's tough. How do you find a guy who likes a woman your age? I don't think there's any magic. You just have to keep looking, and you have to weed out—you have to be very strict. Like no, no, no, no, no. Keep looking. Stay positive, and keep going forward. And stay really picky. Really I think that's all you can really do. I don't think there's any magic bean or any magic pill you can take to meet a guy who is going to like you for your age.

Bobbi: Yeah. It's kind of like just be who you are and the right guy will be attracted to it.

John: Yeah. Go out, meet people, do things, and eventually I think it'll happen, if you're open to it.

Bobbi: David, I know that you've dated women older and younger. You know, you are dating women of different ages. What is your take on this idea about—

David: You know I think it has more to do with—I mean for me, I like older women. They know what they want. And what John said earlier, too, it's also, you know, to me it's making sure that you're attracted to the person. So to me, it's definitely really seeing whether or not you have chemistry. And so to me that is the biggest thing. And I like to use the analogy of, you know, it's not my fault if someone is not attracted to me. You know, that person likes hot dogs and another person may like hamburger, and I'm a hamburger. You know what I mean? So I will not fault that person for that. They have that preference and they have the right to. You know, so it is definitely about being secure in just who you are and just knowing that you're enough, and then that person will show up, you know. So I agree with John. Just keep going out being yourself. That is the most important thing you can ever do is just be confident.

And so I think that's what's important. And chemistry can come in all different shapes and packages. You know what I mean? So I would say definitely be open.

Bobbi: I'm glad you said that. So when you say chemistry, you know, it's not just the twenty-eight-year-old hot chick that's getting the attention of all these men of all these different ages. Right? I mean it's different people are attracted—

David: You know for me, yeah I think like for me of course I have to be attracted to the person. However, I'm also looking for someone who is emotionally mature. You know what I mean? So you know that to me plays a bigger role, especially as you get older you have different wants. So it's not just about sex. It really is about connection, you know, so that to me is what becomes more important.

Bobbi: So now here is a good question. What does emotionally mature mean to you?

David: Emotionally what?

Bobbi: When you say emotionally mature, kind of what does that look like in real life?

David: Okay in real life, emotionally mature means to me that you're able to—first of all, you're self-aware. You're aware of your

feelings, and you're aware of someone else's feelings. And I kind of live by the rule when I date—it's called do no harm. Meaning that, you know, what's in the best interest for me and what's in the best interest for the other person? You know, and so it is not my responsibility to control their emotions in any way. They're responsible for that. However, you know, what is my intention and what's in, you know, what's in their best interest and what's in mine? So if I know it's not working out, and we have no chemistry, then I literally cut it off. Like recently I went on a date with a friend of mine I'd known for ten years. It was pretty funny because she said to me, she was like I don't know if I like you. I'm like, okay, let's just go out and see what happens. And the thing is I told her, I was like look, life is very simple to me. To me dating and liking somebody is very simple. I like you, you like me, and maybe we can get together and have a family. I mean it really is not complicated. And so I just let her know, I was like, look, don't worry about this date. You know, sweep it under a rug and we can still be friends. I'm fine with that. However, going forward, you know, just make sure that you know what you want. And it's okay if you have someone that's nice and there's no chemistry. You know, they're supposed to be nice. They don't get any extra credit for that. He's supposed to be nice. You know what I mean? It's like going to

a dealership and looking for a car that doesn't have any wheels. It's supposed to have wheels. You know, so that's my advice.

Bobbi: I love that. Thank you. Wow, you just said a mouthful. I have so much that I want to ask about that. I'll shelve my follow-up for now, but I'm going to come back to it. Thank you. And by the way, I'm looking a little bit at the comments, because I don't have my glasses on so it's blurry. But I did see "David, call me" there. I did see "David, call me." And here's the thing. I wonder if that woman, if she were face to face with you, if she would actually have the nerve to show that interest like she did on chat anonymously. Right? Just wondering. Okay—

David: You know, I think that—

Bobbi: Go ahead.

David: Oh no, I think it really is about putting yourself out there. You know, literally. I remember actually trying to talk to Halle Berry one time out of the blue, so. And for me it's about really putting yourself out there and being confident, and you know it doesn't matter whether the person said yes or no. You still approached them. At least you got your answer. You don't

have to think about it, you know? You just go and you approach. And yeah.

Bobbi: Isn't that confidence part of the emotional maturity that you're talking about?

David: I would say yes, because you're grounded in who you are. You're allowing yourself to actually be vulnerable. Meaning that to me vulnerability means that you're actually being strong. It's almost like—I compare it to a castle. You're able to let the gate down. People are able to come in. However, you're still fortified. You know, so yeah so to me it's huge. You got to be confident, you know, because if you're not it's like blood in the water for sharks, literally.

Bobbi: Yeah, that's so good. Hey thank you, David. Norman, I want to ask you, do you think—you know we've talked, you've done this before. So we've talked about this age thing about men want, you know, women thinking—Norman, the idea about this—I personally—I know there's men that are attracted to younger women. That's just a reality. But I know personally that it's a bit of a myth that all older men want all younger women. So do you mind sharing the ages of you and Karen?

Norman: Well, I'm seventy-three, and Karen is sixty-six. I don't believe that it's totally based on age. I think that that's not a fair

assessment to make. I think that people who are in their later years—I'm talking about people in their forties, fifties—who have had relationships and have been around, are looking for something different than the physical. I think they're looking for a mental connection. I think you've got to give yourself the kind of space and the kind of time to put in to find that mental connection. Because that's what it's all about. It's all about the mental connection. We all like to look nice and pretty and it's great, but if men are looking for a category of a younger woman per se, then really they're not worth going after for these women because that's just a very immature thing in my opinion.

Bobbi: Amen. Amen. Thank you. Okay, yeah, and statistically by the way, ladies, statistically men marry women within their age group. This idea—a lot of this older man, younger woman thing, a lot of it's the movies. A lot of it's the movies. In real life, it just doesn't happen quite that much.

Okay so I'm going to go on to the next question. After a first or second date—so we've been out with you on a couple dates—should we expect you to reach out first with a follow up communication? And if so, do you think it should usually be within a few days? So if you're really interested, should I expect you to call me within a few days? She says I'm polite

and usually will thank someone no matter what, but prefer if a guy makes the first move. So what about her calling you? Can she call you? Should she wait for you? What do you think, John?

John: For me, it's in my experience, if I'm interested in a woman, I'll call. I don't think there's anything wrong with a woman calling a man. When it's happened to me, it's incredibly flattering. Incredibly flattering. But I think if he's interested, he'll call. I just think that's just the way life is and the way guys are. If they want to see you, they'll move heaven and earth to see you. And if they don't want to see you, they will always be busy and I'm going out of town or I have something to do. And you know after you hear that twice, move on. Don't waste your time.

Bobbi: I love it. If they want to see you, they will move heaven and earth to see you. Perfect. I love that. It says it all. How about—okay. So I'm going to actually go to the next question. And we have some great questions, so I'm going to go to the next question. Thank you for that, John. What are the qualities in a woman that turn you on and make her a potential partner instead of just a friend or friend with benefits? So what quality in a woman, when you see it in a woman, makes the difference between her being somebody

you might consider as a partner versus hey she's hot I think I want to hop in bed with her. David, what do you think?

David: Are you asking me? I'm sorry.

Bobbi: Yeah, David.

David: Okay, you know for me it has a lot to do with chemistry. I mean honestly, it has a lot to do with that, the chemistry you have with a person. And I mean of course you have to be attracted to them. It's just I mean how your personalities match up, how do you, you know, emotionally how do you [distorted audio; unintelligible] you know what I mean? And at least to me it's about the chemistry aspect.

Bobbi: Is Norman laughing? So David, there's probably a lot of women you meet or you see that are attractive. So it's not—when you talk about chemistry, it's not just—I mean it may be, but is it just what they look like or is there more to them that's going to create that chemistry?

David: Yeah, thanks for the clarity. It has more to do to me with the emotional aspect of it. And just her background. I mean you know what are things that we either have in common and how do we really vibe off each other? You know what I mean? It's like are we ying and yang? I mean how does that really

work? You know I think that's the biggest thing. I don't think there's, like, to me, like this combination. I think it's more of you just feel your way through. To me it's like playing tennis. I hit the ball over, and if they hit the ball back that means we're playing. And I hit the ball faster, and if she hits the ball faster, then that means we keep playing until someone stops. So whenever I'm dating and getting to know someone and chemistry is building, I want to make sure that I'm not going too fast and I—because I have a tendency to get involved really quickly. So for me, it's best for me to actually take my time and really see what pace is this person going too. So you know, that, yeah.

Bobbi: Okay, cool. Hey I'm getting a flag from Nancy. Hang on, ladies. Okay, so the flag is we've got a ton of really, really good questions. Right? And we've made our way—we still have a couple that have been emailed in, yes? So if it's okay with you guys—and if you need to leave, I understand. But if it's okay with you and it's okay with the ladies, if we could go maybe till 7:45. That would really help us a huge amount. And again if you guys need to leave, let me know. But I'm wondering if that might be okay for you and those of you who are here participating. Because there's so much to do. Yes? Thank you, John. Love that. The visual's good.

David: I may have to take off. I have a 8:30.

Bobbi: Okay. Do whatever you can, David. Yeah you'll be done at 7:30. I just want to keep you guys on till 7:30 and then we're going to go a little bit longer. He has a hot date. Are you guys reading these comments, by the way? Norman, you have a huge fan club. They're talking about how hot you look.

Norman: How hot I am?

Bobbi: Yeah, well all of you.

Norman: I'm flattered. They know my girlfriend is in the same room with me?

Bobbi: I know, of course she is. Go ahead. Come on in and wave and say hi. Does she want to come say hi? Because the next question I'm going to ask is about her. So, Norman, what was it—if you could tell me kind of briefly, what was it about Karen that made you pick her, because I know that you weren't really looking, right? You weren't looking to fall in love again. What was it about her that made you change your mind?

Norman: Okay, I want to go back to the last commentary about chemistry, because I believe in it very, very profoundly. And I don't believe that you can analyze chemistry. I think that it's just there. You don't know what draws you to another

individual. It may be their eyes, it may be something physical, it certainly is something mental. It's two people that are on the same wavelength with one another, and it's hard to describe exactly what that is. And I wouldn't even try. But as far as Karen and I were concerned, I was very much drawn to her, and it was just another date, but I just was very much attracted to her in many different ways. And it was just wonderful. And that's all I can really say. You know, I don't want to overanalyze it, because I don't think that's the way to do it. It's just that I wanted to see her again, I called. And in terms of calling, I want to say that I think that a man should take the high road if he's interested and make the call because I think that that's what a woman wants. And that's really the only reason. Now if there is some interest and the man doesn't call for whatever reason—supposedly he's traveling, supposedly he could be somewhere else, and the woman feels that there's an attachment to him, then certainly she can make the call. I would never be offended by something like that and I probably would be flattered. So that's my—that's how I answer the question.

Bobbi: Cool, thank you. Okay, here's a sex question. Ready for the sex question? If it feels like a man is only interested in having sex with me—well I'm going to change it a little bit, because

the question is if it feels like a man is only interested in having sex with me, what can I do? And my answer to that is don't date him. Seriously, what you can do is not go out with him if that's all he's interested in. So I'm going to switch it around a little bit. Can you give these ladies tips about how to really tell when a man is interested? You talked about like if he's interested, he will move heaven and earth. So can you give them tips? John, I'm going to start with you. John, can you just quickly give us some tips about like what do we look for to know, hey, he's into me?

John: Wow that's a tough question. Every guy is different. I can just tell you my experience. That's all I can do. I guess if he's paying an inordinate amount of attention to you, if—wow, I really don't know how to answer that question.

Bobbi: You did.

John: Every guy is different. Yeah, I mean everybody's different. I just think you're just going to know. How can you tell? I don't know. A smile, following you around at a party, showing up at places unexpectedly that you happen to be, which I have done in the past. The woman I'm with now, I knew she liked to hang out in certain places, so when I was free, I'd make

sure I hung out there and run into her. You know, that worked.

Bobbi: Yeah and you know the showing up. Like you call them, you ask them out, right? You text them, you email them, whatever. You kind of show up. You're there.

John: Oh, never text. Never text. Be a man and pick up the phone. Don't text. Unless you're twelve, don't text.

Bobbi: I wish you could talk to every man out there, John, because I don't know what that texting thing is with guys, man.

John: That's crazy, crazy.

Bobbi: No texts, no texts. Yeah. David, how do you know when a guy's into you?

David: All right, so at least for myself, when I'm into a woman, you know, I make the time for her. You know what I mean? I don't go by these rules. If I enjoy your company and I want to be with you, then I make sure that I make the time. It's not a game. It's very simple to me. And if she's interested in me, then she'll make the time as well. You know what I mean? So and again I look at it as playing tennis or even jogging with someone. You know, it's like you just go at a certain pace, and when you're ready to go a little faster, that's what you do.

You know what I mean? And so it helps you be balanced, and it helps keep the relationship balanced.

Bobbi: Yeah. Just show up.

David: So yeah, and people make time for the things they want to make time for.

Bobbi: That's a good answer. I mean it sounds simple, but it's exactly how it is. Do you have a question you want to throw in?

Nancy: I am. I'm going to put it on the screen right now.

Bobbi: Nancy has like a burning question for you guys.

Nancy: Well, actually it's not Nancy.

Bobbi: Well it's not Nancy; someone else has a burning question for you.

Nancy: What do women do that makes you feel loved?

Norman: Oh, I didn't hear that, can you repeat that?

Bobbi: You bet. And I'll start with you, Norman. What do women do that makes you feel loved?

Norman: Wow.

Bobbi: And you can say anything you want to them.

David: You see all the squirming going on, right?

Bobbi: Anything you want, go for it. We're grownups here. Norman?

David: Okay so can I answer that question—oh, go ahead Norman.

Norman: You want me to go?

Bobbi: Yes, please.

Norman: There's a lot of different ways. They say things that make you feel that they care. They are concerned about a number of things that you do that you may be punishing yourself in some way or another. They really care. I mean it's hard to really explain the different ways, but boy there are plenty of ways. And you really feel them when it's real. And it certainly is a great question. I don't know if I can verbalize it. But it's really terrific. It feels good when it happens, but you know in a lot of different ways, in a lot of things that women say, in a lot of things that women feel for you, that they really care. And it's the greatest feeling that there is.

Bobbi: John, can you take a stab at it, what women do to make you feel loved.

John: Well, there are different kinds of people. There are some people who feel loved when people say things to them. There

are some people who like physical touch. There are some people who like things being done for them. I heard an expression once from a teacher who said it's a show-me planet. If you love me, show me. And so what my woman does to make me feel loved is every day, good morning handsome. That little thing to me just kills me every time. She goes out of her way to cook the things that I love. And she's constantly supportive. Whenever I'm doing something, she's there supporting me a thousand percent. Those three things, I mean you can't ask for anything more than that.

Bobbi: Yeah, that's really great. Oh my god, hey, I'm going to ask you real quick, David. But can you—Larry, if you want to chime in on this—I'm going to take a risk here. He's in technical. He's behind the scenes. If you want to use chat to let people know how you feel loved, you can do that. We might as well get one more guy in there. David, anything you want to add to that?

David: You know, I would say it's basically having PhD in the person that you love. You're paying attention to what they like, what they don't like, what motivates them. And you're learning them, you know? So when a woman gets me, it's like I know when you do that I know what that means. It's like what are you talking about? And you go a roundabout way of saying

okay you're right, this is how I'm really feeling, it's like that person really gets me, or they know before I even do something how I'm going to respond to something. You know what I mean? And it is to me the reassurance, and again, learning me, understanding how I tick and what makes me happy, you know what I mean? And also learning the five languages of love. I think that's really big. It's like once you really understand how you express love and how you give love, you know, it really helps you to understand how that person receives it.

Bobbi: That is a really good—ladies, if you haven't read the *Love Languages*, it is a really great book. Right? David's—yeah. John's shaking his head too. It's a really great book—*The Five Love Languages*. Thank you, yeah. There you go. Okay. Oh god I want more time. One more question.

Nancy: Everyone's asking for Karen to say hello.

Bobbi: Karen, you are being summoned. Is she still there, Norman?

Norman: She is. She's here. I'm putting her on.

Bobbi: They want to see you and say hi.

Karen: Oh my god, no I'm not prepared.

Norman: It's okay, you're fine.

Karen: Hi.

Bobbi: They wanted to meet you. David, John—Karen.

Karen: Hi.

Bobbi: They met on—they want to know where you met. You met on eHarmony, correct?

Karen: eHarmony. You know it's a great story, but Bobbi I'm not sure—I'm sorry, what?

Bobbi: Say that again, you kind of cut out.

Karen: No I was just, you know, it is a great story. Ladies, as I listen to all this, it's just totally that you have to believe that it's going to happen for you. I mean I think that's really the main message to all of this. That it will happen. You have to be focused and believe it. I've always believe that a person like Norman was out there for me. Because I've had different relationships through the years and after my divorce. So it's like it's pretty awesome to have that chemistry and to really get to know the man, and your love will take you to what the man needs. You will know that. You will know that by just listening to him and just being part of his life. I think that's

what I've learned through my experiences, you know, what Norman needs. And I want to give it to him because I deeply love him. That's it.

Bobbi: It's easier than we think, isn't it?

Karen: It's very easy. When I started working with Bobbi, it was like it's easy and I thought it hasn't been easy up to this. But after I met Norman, it certainly has been easy. It has been easy through the steps.

Bobbi: Wonderful, thank you. And thanks to both of you. Thanks sweetie. We have one more question for the guys, so. We have one more question, hang on. I know we're running late. Hi, ladies. So we're following up with a live GGNO after this, so we're starting to gather. It's always weird.

Norman: What happened? The sound went off. Where is she?

Bobbi: [Unintelligible; tape cut off.]

Nancy: You're back.

Norman: You're back, yes.

John: You went off screen.

Bobbi: Oh, okay. What is a classy, grownup way a woman can get a man's attention when she's interested? David, you want to start?

David: It's the universal language: "Hello." I mean it really is that simple. You know, if you're interested, it's okay to spark up a conversation, you know, if it's someone that you're interested in or you don't know. If you're standing in line at a coffee shop and the person's right in front of you, it's like you know something? That shirt looks really good on you. I like the color. I mean it really is that simple.

Bobbi: Yes.

David: And if he's interested, he's going to respond well thank you, I like your color too. You know, so, there you go. You're already having a conversation. There's nothing complicated about it. It's basically just going up and approaching him. And I would say one more thing, and it's basically do not project. Do not project as far as how the conversation is going to go. Don't imagineer [sic] anything. Basically allow yourself to be in the moment and just get information. I think the problem is for most people is that they project. I have the number, I have to get children, and everything else. And it just leads to

disappointment. So what you should do, say hi, see what happens next.

Bobbi: That's so great. I mean—and John's shaking his head, and Norman's shaking his head. Yeah, it's just making that connection. And also, one thing I wanted to point out too—share information. Right? Talk about yourself. Be able to show who you are. Right?

Norman: Yes.

Bobbi: Let them see you.

Norman: Who you are is something special, and in order for you to project it, you've got to just be who you are. And it's simple, and it works, and it's great, great communication.

Bobbi: Yeah that's true. I mean you do have to have some skills, right, in order to communicate who you are and in order to have the confidence. David, we especially talked about this earlier. To have that confidence to put yourself out there like that and not let it get all in your head and get all crazy and worried about it.

David: Be unapologetic with yourself. Do not apologize for being you.

Norman: That's right.

Bobbi: I love it.

John: Here's something I think is really important.

Bobbi: Yeah, go ahead.

John: You're a lot of times—I know I used to approach women, oh god, I wonder if they're going to like me. Well you know what, maybe I won't like them. So I think a woman, when she approaches a guy, you paint the picture to see what it looks like. You don't know what it's going to look like yet. You may approach this guy and you realize, you know what, I'm not really that interested. And that takes all the pressure off. Just see what it is. You are enough. You are always enough.

David: I love that phrase. That's my favorite phrase.

Bobbi: Nancy and I are crying. Yeah, yeah, thank you. Oh we have to say goodbye. Really?

Nancy: We do, we do. We need to dish about them.

Bobbi: Oh that's right; we have to talk about you guys.

Nancy: So go now.

Bobbi: I'm so verklempt from you what you guys—seriously, thank you. You guys are awesome. And you are all really special,

but I also want everyone to know—all the women that are listening in here—that you are not the only three really generous, warm, loving, nice men out there who are looking for a real woman, right? I mean I happened to find you guys, but there's lots and lots of them out there.

David: Yeah there are a lot of men, to me, out there. I mean my friends, we're very similar. You know, and I'm pretty sure—because all find the same kind of [unintelligible], right? So there are a lot of guys out there who are just great men, you know. I think the question then becomes more about is it a good fit? You know what I mean?

Bobbi: Okay. Well you guys, I got to dump you. I got to say goodbye to you, because we need to talk about you. Everyone, the ladies are all saying thank you, thank you, thank you, very fun.

Norman: Thank you so much.

Bobbi: Good job picking you guys. I did a good job picking you. And seriously, I love you guys. You are amazing, and thank you. Go have fun tonight and talk to you soon.

Norman: Bye-bye.

John: Bye.

David: Hey Bobbi, I actually have something for the ladies that I actually put together. It's a book that I actually would love to get to them. And so what I'll do is I'll email you the site where they can actually fill out the information and then I'll email it to them. So and it's especially for today.

Bobbi: That's so cool. Thank you, David. That's really, really cool. And I love—you have a lot to teach us, so I really appreciate that.

David: All right, thanks. I'll email you the link, okay.

Bobbi: I'll send that on to everyone, thanks. Okay let's dish about these guys. I know we're running just a little bit late. We're just going to be about five more minutes, right? I hope you'll see—I'm just looking at the notes that you—yeah they're great, these are guys are really, really great. Here's the thing. I hope you see that they're just not too different than we are. They're not too different than we are. I mean obviously they want to be loved. They want to be understood. They want to know that you're real. They want you to have confidence and like yourself and show up just like they do. If they're interested, they'll show you they're interested. They'll be there. They'll show up. They'll call you. They'll hang out with you. They'll make plans with you. Right? They'll make time for

you. It's not that complicated, right? It's not that complicated. And they definitely talked a lot about just say hello. Just put yourself out there. Just be there. And if it works, it works. And if it doesn't, don't worry about it. Because the next guy—it could be a next guy or—and make sure that it's not about him liking you, it's about you liking him. Right? Don't worry about whether he likes you. Just go in there and open yourself up to the experience and see whether you like him, and then you'll know. But so this is great information. I hope you got a ton of good information from them and you know just a little bit more about men. Like you feel like you just know even more about men and understanding grownup men.

Because if you notice, these guys have grown up just like we have. Right? When I asked them a question about how it's different now than it was when they were younger, right, the things that they said are just like us. We appreciate things more deeply. We have more life experience. We have a better understanding of who we are and we're more open to getting to know the people. I mean they've grown up just like we have. So I'm sure some of it surprised you. And you know there's more to know, right? There's more to know. But here's what I want to ask you. What are you going to do with this information? What are you going to do with the information

and what you've learned tonight and what you're going to continue to learn about men from me? How are you going to take it and how are you going to implement it and how are you going to make it happen? Right? So it's easy for them to say oh just say hello. But I know from experience, yeah that's not always as easy as it sounds, right? It's simple, but it's not always easy.

So what these guys said tonight is true based on my experience with middle-aged men across the board. That the sexy, attractive, quality men are looking for—the one quality they're looking for in a woman is a woman who can show up, be herself, and have confidence in who she is. Right? And a lot of it's about confidence and so there's—it's about liking yourself, it's about knowing about men, which helps. And it's also about having those sorts of basic skills to get their attention and to keep their attention.

So just to wrap up, remember I told you at the beginning of the evening—and I have this really cool gift for you, by the way. Remember I told you at the beginning of the night that I was going to share some information about how I can help you with really learning how to get a man's attention and feel great and make those connections so that you get that second date and that third date and you keep the man that you like.

So here it is. I've compiled everything I've learned about how to attract grownup men in a grownup way. And I'm going to share it all with you in a workshop Memorial weekend—May 25th and 26th. I put together this two-day workshop. It's called How To Be a Hot, Happy, Classy Mid-Life Man Magnet. How To Be a Hot, Happy, and Classy Mid-Life Man Magnet. And nobody knows about it. Just the ladies in the room and those of you on the webcast tonight. I'm not going to announce it till next week. So listen, in that workshop I'm going to spill so many tips and techniques. I've got guests that are going to work with me. I've got a stylist that's going to work with me. I've got an expert who's an intimacy expert that's going to work with us. And they are going to help you learn how to attract the men that you are interested in and that you like. Right?

So two days. You are going to leave with the confidence to walk up to that man, say hello, start a conversation, carry on a conversation, and do the things that are going to make him feel that chemistry that those guys have talked about all night. Right? I'm going to reveal so much stuff, and this is an active, energetic workshop where a ton of women are going to come. We're going to open up, we're going to practice, we're going to move, we're going to do body language. I'm

going to teach what you need to take charge, meet men, start having really wonderful romance, and eventually just find that guy you're going to fall in love with. So if you want to know about the workshop, Nancy's putting the link up there.

So in two days you're really going to get what you need to get out there and meet great men, have some fun, get more dates, and that's what you need, right? You need to get more dates, be able to connect on those dates, and eventually you're going to connect with a man who's going to be the one. That's really how it works. It's like Karen said, it's really pretty easy. We don't think it is.

So before you go, let me tell you who this is not for before we wrap up. This workshop is not for you if you—if the idea of dating makes you feel like you want to puke, if the idea of dating makes you not like men. If you don't love men, this workshop isn't for you. If you're not ready to fall in love or at least to have just a really great connection with a man, this workshop is not for you. And if you're not ready to date, it's not for you. But if you're ready to go out and meet men and make really great connections, this is going to be a really great, intimate weekend with a lot of powerful, accomplished women over 40, exclusively for women over 40, who want to learn how to easily attract smart, interesting, available

grownup men in a really classy, grownup way. Right? So again it's May 25th and 6th. That's Memorial weekend.

And I did it Memorial weekend—people are telling me that's crazy. When I was single, I never did anything Memorial weekend and my friends never did anything Memorial weekend. It was just three more days without a date, right? So we're doing it Memorial weekend so we can have a women's weekend. We can hang out with each other and have sort of a holiday weekend together. And it's not just for California—it's in the LA area, but it's not just for California women. It's worth flying into. It's going to be an amazing time together. So it will be by LA. So all the information is on our page, yes? Our special guests—Sybil Henry and Bonnie Gale—you all know because they've been on our GGNOs.

And last thing. I have not, like I said, given this information to anybody else. And because you're GGNO members and meet-up members, you know you always get everything first. So I'm offering you more than a \$100 discount off the price of the workshop. I'm keeping this small, so I've got ten spots right now for you if you're interested, if this is for you. If you want to learn this, you can finally like literally get out there and start like hanging out. Start going to places, start meeting men, start talking to men. The first ten of you are going to get

a \$100 discount off the workshop. And I'm not going to announce this till next week, but I've only got ten spots at that discount. So Nancy is giving you the information. Datelikeagrownup.com/man-magnet. Yes? Man-magnet. Did you test it?

Nancy: I have mash man magnet.

Bobbi: Let's make sure we have the right—
datelikeagrownup.com/training/man-magnet. Yep.
Datelikeagrownup.com/training/man-magnet—man-magnet.
Okay? So this is a call to action. If you want to know this stuff, if you want a \$100 off, get on the website. You can read all the details there and if this is for you, if you're ready to do it, meet guys like this, then come join us. It's going to be really awesome. Go ahead and grab your spot. Okay? All right, sorry we went late. As always, I want to thank you all for being here. You are amazing; I love you. You will get your information for next month. And if you have any questions, Nancy's going to stay on the call, on the webcast, for just a few minutes and answer any questions you have. I have a room full of incredibly gorgeous women waiting for me, and I'm going to go get more wine and we're going to party. So thank you—they're laughing. They know it's true. We have a ton of food. Did ya'll get food? Thank you. I'll see you guys

next month. I'll see you Memorial Day weekend, and I'll email you with David's gift offer as well. You're welcome, ladies. I'm looking at you. Pass a glass over here, yeah, okay, I will. Thanks ladies.

Nancy: Oh they want David's number.

Bobbi: They want—I know, he's hot. John's really—they're all really, I mean, and Norman? Norman's great. Okay I'm going to leave you to Nancy. Love to you all.