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Stand Up Doormat: A Relationship Survival Guide For "The Nice Guy": (Understanding Women, Love, Spirituality & Ourselves)

Gary DeJidas

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Tired of being taken advantage of ***for being too nice***?

You don't have to turn into a jerk, but you will have to change. It took me many years and tons of mistakes to figure out what I was doing wrong. Call "Stand Up, Doormat" an ***instruction manual for Nice Guys*** or whatever, just don't make the same stupid mistakes that I did. Please.

In this book you'll learn:

- **how to recognize when you're about to be hosed.**
- **to avoid patterns that leave you depleted & defeated.**
- **how to have a drama-free, awesome relationship for once and for all.**

Awesome Chicks want a "bad boy" about as badly as they want their next car to be a 1988 Corolla. Hot chicks wanting to date a jerk is a total myth. Every woman wants to date a nice guy. But no woman wants a doormat. Huge difference. Doormats equal no respect, and get walked all over.

CAST OF MY (FICTITIOUS) EX GIRLFRIENDS

- **THE HOT MESS**
- **THE ROLLER COASTER**
- **THE MOVING TARGET**
- **THE QUEEN BABY**
- **"EL DIABLO"**

After I finished writing this Nice Guy Relationship Survival Guide, a thought occurred to me. Most guys do not like to read. Being a guy myself, I know the difficulty in getting myself to read anything besides a restaurant menu. Even then I prefer numbered pictures. There are so many things I'd rather be doing, watching, taking apart, I mean fixing... instead of reading. Even reading this description while I type it is a bit challenging.

Then it hit me. I'll just include a perfectly cooked steak with each Kindle ebook purchase. Guys love a quality cut of meat. Download-a-steak links, with medium rare, medium, and medium well options. (A noodle quiche link for my vegetarian buyers). But this Kindle download format is throwing a major wrench in my game. No matter how fast the download speed, I can't keep the steak hot. And nobody will be encouraged to buy this book if it comes with a cold T-Bone. Surprisingly, the noodle quiche downloads perfectly every time.

Tasty gimmicks aside... here's the deal. I spent 1000 days in relationship hell with women, before I finally

found my spine. Like so many of us Nice Guys out there, I thought the answer was trying to make "them" happy. Being "nice," by sacrificing my needs for theirs. Well, after an extended stay in Motel Inferno, I can assure you... that isn't the answer. We find the answer the moment we shift our focus off of "them," and focus i-n-w-a-r-d, taking responsibility for our choices, lives and relationships.

"Stand Up, Doormat" is divided into three sections:

1. **Personal Growth & Spirituality**
2. **Understanding Women**
3. **Learning What Women Really Want (And Really REALLY Don't Want).**

The chapters are also arranged like steps, in the same order I found most beneficial in my own journey of evolution from being a wimp with women, growing a set and ending my suffering, to finally getting out of relationship hell for good. Read these pages, and the Awesome Chicks will come.

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The first 10 pages or so of the book are included as a free preview. *Please CLICK* on the picture of the book cover to open the preview.

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Cora Spillane:

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