

The LOVE doctor

MIKE'S REMEDY FOR THE ROMANCE BLUES

THE path to true love is littered with obstacles. But now there is hope for struggling romantics in the form of date doctor Mike Myerscough.

Mike, a counsellor who specialises in dating problems, runs a special surgery from his London office. His job mirrors that of Will Smith's love expert who coaches singletons through the dating maze in the movie *Hitch*.

We invited Mike to help three women who are fed up with missing out on Mr Right. They are Cornelia Fernandez, a 28-year-old account executive from Birmingham, Tee Lucas, a 30-year-old PA from Bow, East London and Leeds window dresser Natalie Sedgwick, 23.

Here they reveal their problems and ask Mike to prescribe a romance remedy to rid them of their heartache. And below he gives his top ten tips for finding love.

TOP TIPS

- 1 TAKE OUT YOUR TRASH:** Observe patterns you repeat in relationships. If you've got any insecurity, fear or desperation, it shows and needs to be dealt with. If you don't understand your past, you're doomed to repeat it.
- 2 FIRST IMPRESSIONS:** You have four seconds to make an impact on the other person. Smile and pay them a compliment as a starting point.
- 3 CULTIVATE A LOVE FOR LIFE:** It's no good finding Mr Right if you've got nothing to keep the connection going. If you can uncover your love for life, you're more likely to find a lover for life.
- 4 WORK OUT YOUR PERCEIVED VALUE:** Mark yourself out of 100 for things such as looks, income and sense of humour. If the person you're after scores more than 20 points higher, you need to upgrade yourself.
- 5 PAY ATTENTION TO CHEMISTRY:** You need best friend, sexual and practical chemistry for a relationship to succeed long term.
- 6 LISTEN OUT FOR WARNING BELLS:** Be discerning. Is there something that will cause a problem a year or two down the track?
- 7 GET OUT MORE:** This has to become a mission if you're serious about finding a partner. Staying at home and leaving it to fate is unlikely to work.
- 8 CHUCK OUT THE CHECKLIST:** While it's important to work out what you want, lists can be a liability. Don't limit yourself - be open to surprises in unpredictable packages.
- 9 TAKE IT SLOWLY:** It makes sense to get to know someone before letting them into your bed. Relationships become more complicated when you start having sex.
- 10 DARE TO CARE:** Wanting, reaching out and letting yourself hope makes you vulnerable. By putting yourself on the line, you can get what you want.



GLASTONBURY 2005 may have been a muddy affair but all that rain didn't put a dampener on style. Fashionistas turned out to the event in their droves, keen to join the crowds and strut their stuff.

To see what was on show, we sent CAROLINE PALMER to the popular SingStar Popworld Tent, where PlayStation 2 karaoke and live DJ set ensured the club atmosphere.



Francesca Jordan, 20, of Fulham, West London, is studying history at Newcastle University.

Her necklace is from Top Shop.



Charlotte Wainman, 19, of Highbury, North London, is studying English at Hull University.

Her bangle is from Freedom at Top Shop. Her necklace is from Top Shop.

will see you now



TEE LUCAS
Age: 30
Ailment:
Men think I'm not interested

TEE says she is confident, ambitious and attractive and has never had a shortage of fellas asking her out on dates.

But she says there is big problem - "I can't keep a man and will not sleep with a guy on the first date."

Tee goes on to explain that because she does not immediately jump into bed, men end up getting the false impression she is not interested.

MIKE'S PRESCRIPTION: Any man dating Tee will probably spend the evening looking for clues about whether or not she's interested in him.

If you spend the evening being distant and slightly cold, the guy is going to get confused. You need to let him know

two things - that you're interested but there's no way he's getting you into bed.

At some point in the evening you need to tell your date you want to take the time to get to know him.

Communicating your interest and the fact you're worth waiting for can be as simple as touching his arm when you make a point, or telling him how smart or funny you think he is.

Early dates are all about having fun and getting excited about each other. If you keep a guy at arm's length, that's never going to happen.

Most men won't bother asking you out again as they'd rather have a limb removed than risk upsetting you.



NATALIE SEDGWICK
Age: 23
Ailment:
Shyness

NATALIE might appear to be a bubbly blonde but shyness is ruining her life.

She says: "I have lots of friends and like nothing more than having a good laugh. But when it comes to talking to men, I'm painfully shy."

"The more attractive the guy, the worse it gets. Everyone tells me to relax - but as any shy person knows, that's easier said than done."

MIKE'S PRESCRIPTION: We all suffer from shyness in some way and it's not easy to conquer.

If Natalie listens to her shyness, then it's a battle she can't win. So it's time for her to force herself into a more positive way of thinking.

A good way to overcome the

problem is to face up to what makes you shy. Pick one thing that strikes fear into you and go ahead and do it.

You could go to a pole dancing class or maybe a public speaking or comedy course.

When I spoke with Natalie it was obvious she was making too big a deal about early conversations. It's important to be able to become friends first, then decide if you'd like it to go further.

So in Natalie's case I've got her to go speed dating - that's more than 20 mini-dates in one evening.

Men want to meet women just as much as women want to meet men and speed dating events are places where everyone is in the same boat.



CORNELIA FERNANDEZ
Age: 28
Ailment:
Too fussy

CRACKING Cornelia cannot find her ideal fella. She says: "I'm an avid flirt but most men are just not up to the job. The kind I want are in short supply."

"All I really want is a decent, honourable, old-fashioned man. I haven't got a long list of requirements - I just want to be made to feel special."

"I'm starting to wonder whether it's the men that are the problem or if I'm too fussy."

MIKE'S PRESCRIPTION: Far from being too fussy, Cornelia isn't being specific enough.

First she needs to work out who her perfect partner is. I suggest she draws up a shopping list over three pages.

The first page should be things that are non-negotiable

such as he's not violent and will be faithful. The next page is stuff that would be nice like going to the movies.

The last page is the icing on the cake - he's got blue eyes and not only does he love films, he also loves the same ones as you.

Secondly she needs to ask herself how she measures up. If you're looking for a Brad Pitt lookalike and you'd score him as a ten, what would you score?

If there's more than a two-point difference in your scores, it's never going to work.

Thirdly, Cornelia needs to go find her man. Where do they hang out? If you're looking for a man with a sense of humour, why not start going to comedy clubs? Or for an old-fashioned man, maybe a golf club.



Anna Bosworth, 23, of Islington, North London, works in production for an online digital company.
She wore a bracelet costing £8 from Accessorize, a scarf from Top



Jay Uhm, 22, of Westminster, West London, has just graduated from the London School of Economics.
She wore a £15 hat from



Gemma Langdown, 24, of Highbury, North London, is an occupational therapist.
Her necklace is from H&M,