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It's Complicated (But It Doesn't Have to Be): A Modern Guide to Finding and Keeping Love

By Paul Carrick Brunson



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It's Complicated (But It Doesn't Have to Be): A Modern Guide to Finding and Keeping Love By Paul Carrick Brunson

The “Modern Day Matchmaker” presents a refreshingly optimistic and plainspoken dating guide to finding romance—both on- and off-line.

Finding and keeping a mate has never been harder. New rules are needed to navigate the complicated and changing modern-love landscape. If someone wants to find “the one,” what are the guidelines he or she needs to know, now that online dating and Google-searching a prospective love interest are the norm?

Happily married for ten years, Paul Carrick Brunson is a husband, a father, and a rising star in the matchmaking world. In *It's Complicated (But It Doesn't Have to Be)*, Brunson tackles relevant questions such as:

- Is marriage right for my personality type?
- Do the rules of chivalry still apply?
- How can I date more than one person without hurt feelings?
- What is the best mode of communication (text messages, phone, e-mail, etc.) for asking someone out?

With an appealing mix of humor, candor, and real-world examples, *It's Complicated (But It Doesn't Have to Be)* is a breath of fresh air in the dating guide category, offering a message of eternal optimism from a man who believes in true love—and practices what he preaches.



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Editorial Review

Review

"It's Complicated (But It Doesn't Have to Be) is as relevant to those seeking love as it is to people who have already found it. This is a great tool for both men and women and is a terrific refresher course for those of us in committed relationships."

—Lisa Ling, award-winning journalist and bestselling author

"Paul is much more than a matchmaker, he's a life coach."

—Oprah Winfrey

About the Author

Paul Carrick Brunson is a professional matchmaker and certified life coach. A former investment banker and business executive with an MBA from Georgetown University, he founded One Degree from Me, a premier matchmaking and life-coaching company in 2009, and has matched over three thousand people on dates, resulting in over three hundred long-term matches. He lives in Washington, D.C., with Jill, his wife of ten years, and their son, Kingston.

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