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[Bio](#)

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Love the One You're With

---The Huffington Post

When Arianna recommended I read Kathy Freston's *The One* my immediate reaction was one of dismay. Another chick-lit relationship book? I'd sooner be locked in a room with a 42-inch plasma playing back-to-back episodes of "The View." However when a beautiful woman asks me to do just about anything I am powerless to disobey, so I read the "The One" and I can honestly say that every man should.

We need relationship help infinitely more than most women because we seldom if ever examine our love life closely. Unless we are in serious psychotherapy few men study their past romantic history to learn how to advance to a more healthy and lasting love. Women, on the other hand, obsessively examine every ex they've ever had with the woman in the salon scraping dead skin off of her heels -- even if the other woman only understands thirty words of English.

I am forty-three and a half and in the middle of writing my own memoir on my life as a *single*, single father (called *Father of the Year* and it comes out next year). I have had two "The Ones" prior to my current One. I think Ms. Freston's book just might help make sure that this one is the last one.

Among many of the lovely quotes in her book, this one from Anais Nin struck me the deepest: "We don't see things as they are, we see them as we are."