

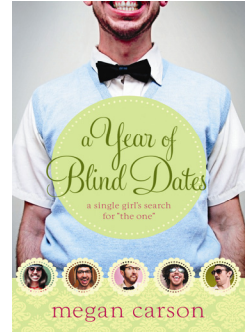
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A YEAR OF BLIND DATES: THE GOOD, THE BAD AND THE WEIRD **A Single Girl's Self -Discovery and Her Quest to Find 'Mr. Right'**

(Los Angeles, Calif) – With today's technology, blind dates are anything but traditional. Thanks to dating, matchmaking services and friend referrals, women now have social networking as a new option in their quest to find "Mr. Right." While Twitter, Facebook, Myspace and other social networking organizations provide quick responses to dating, they do little to solve the age old jitters and nerves a girl faces before a blind date.

Megan Carson, author of *A Year of Blind Dates: A Single Girl's Search for "The One"* (Regal Books), knows all too well the fears and anxiety of blind dating, after she spent an entire year going on blind dates. Voted "Most Likely to Become a Nun" by her high school classmates, Carson experienced her first real kiss at the late age of 27, followed by her first real relationship – which lasted only about three months.



Though Carson's later-in-life relationship didn't last, she was heartbroken. She grieved the loss of the relationship, but even more so, she grieved the loss of *who she was* in the relationship. She finally met another side to herself, "Megan, the Girlfriend," and she really liked her. Now that he was gone, she wanted her back. Determined to find "The One," Carson set out on a year of blind dates, mostly through a dating agency, chronicling her journey through a humor-filled lens with guys she recalls as "Math-Geek Matt," "Awkward Alex," "Penthouse Peter," "Besos Ben" and "Messy-Hands Mike."

With a light-hearted narrative and anecdotes, Carson shares her personal experiences to help other women recognize their own relationship standards. "Should we lower our expectations? Absolutely not!" says Carson. "My expectations for dating are high, and why not? I have much to offer, and a man would be fortunate to have me."

Over time, Carson began to understand herself better as she dealt with a mix of emotions and variety of dates - some good, some bad and some very weird. Surprisingly, in that time, her idea of "The One" changed. "My negotiable list is quite long – but my non-negotiable list remains short. I have come to adamantly believe that I can't lose by having a well-thought-out list of non-negotiables. I can only lose by compromising those high standards," admits Carson. *A Year of Blind Dates* will give women a humorous look at the world of blind dates while guiding them in the following areas:

- **Negotiables & Non-Negotiables:** What women should look for or avoid when deciding on a blind date.
- **Realistic Standards:** Can you have everything you dream of in a guy, or should you re-evaluate your list?
- **Tips for Blind Dating:** Dealing with nerves, confusion, boredom or cutting the date short.
- **Being Self-Observant:** Understanding if you're rambling, giving away T.M.I. (too much information), or scaring the guy in your behavior or conversation
- **Dealing with the late date, the guy who doesn't call back, or those you aren't interested in.**
- **Identifying the personality of blind dates, such as "Bachelor Blake," "Miguel the Matador," "Penthouse Pete" and "Humanistic Henry."**

About *A Year of Blind Dates*:

A Year of Blind Dates: A Singles Girl's Search for "The One" by Megan Carson. Published January 4, 2010 by Regal Books. Paperback, 192 pages. \$12.99. ISBN: 978-0830748105.

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About Megan Carson

As a well-educated world traveler, an accomplished teacher and an athlete with above-average good looks, Megan Carson appears to have it all. Yet she can't seem to find a quality man to share her life with. One who loves God, desserts and weekly trips to Target. Her growing-up years were filled with sports, church activities and tattling on her brothers, and after four years of high school, Megan went to Furman University in South Carolina, graduating with a dual degree in Communications and Political Science. With no plan for post graduation life, she moved to Europe and settled in Prague where she taught at a public school for two years. She currently teaches Geography and World History at the Orange County high school where she graduated.

Suggested Interview Questions

For Megan Carson, author of *A Year of Blind Dates*

1. Your first dating relationship ended in heartbreak, although you admit you weren't in love. You grieved the loss of the relationship – not necessarily the person. How can someone know if they are in a similar situation and have the strength to move on?
2. Who is “Megan the Girlfriend,” and how is she different from “Single Megan?”
3. Why did you decide to have your first kiss at the age of 27? Did you date in high school or attend school dances? Looking back, are you glad you waited so long to have that first kiss or would you choose to wait longer for Mr. Right?
4. Talk about the intrigue of blind dating versus dating someone you know (a friend or acquaintance), versus the more traditional methods of dating, such as meeting singles in the supermarket, clubs, friends of friends, etc. What's unique about blind dating?
5. Is it really possible for a dating service to match couples based on profiles without actually knowing you? After your experience, what have you learned about using a dating service?
6. What have you learned about yourself after a year of blind dating?
7. You created a code of conduct for dating after “Penthouse Pete” and “Miguel the Matador.” What happened with those guys, and what is your code of conduct?
8. One of your blind dates was with a man ten years older than you. What role does age play in a dating relationship? How does this affect a blind date?
9. What are some of the tips you can give other women regarding blind dates?
10. Is there anything you would change about your dating journey? Do you feel you best represented yourself on each date?
11. How can you decide if the blind date is worth pursuing or worth a 2nd date?
12. Dating obviously takes a lot of time and energy. How did you manage to keep a positive attitude and keep it fun even after so many bad dates?
13. If there was one man from the book that you'd like to see again and get a second chance with, who would it be?

Quotes from *A Year of Blind Dates*

“In my mind, a first date really boils down to selling what you have, what you almost have and what you wish you had.” P. 155

“This dating adventure has provided far too many “Did that just happen?” moments, and this was absolutely one of them. Thankfully, I responded not with tears but laughter. In the end, I never saw what Adam really looked like because he rocked the hat and sunglasses the entire time. For all I know, he’s got a uni-brow and the beginnings of a mullet.” P.60

“I am old-fashioned and prefer a little bit of notice and the courtesy of a phone call, not a text. Boys text. Men call.” P.76

“The problem with sending a text or an email or calling is that now the ball is out of your court and in his. You are now the one waiting. Was that a beep? Do I have a message? Your heart skips a beat anytime you hear something even remotely close to your ring tone.” P.157

“When a friend sets me up, I tend to let myself dream a bit about what could be. I tend to trust my friends more than a dating service.” P.154

“If I am totally honest, I admit I really wanted to see him again, and again, and again. I sincerely wanted to date Besos. So I sulked; slept with my phone in case he called at, let’s say 2:00 am; finished two cartons of mint chocolate chip ice cream in two days and fell prey to some retail therapy.” P.53

“Even though this desire for a mate is at the core of many of my decisions and guides my emotions, I frequently forget how painful it is to make myself vulnerable to relationship.” P.174

“Before long, I was being set up with successful sons, single brothers, even my friend’s ex-boyfriend (yeah, don’t go there ladies). One woman even offered to be my Yenta. I had my very own Jewish matchmaker – free of charge.” P.61

“Since people always have their phones on them and rarely miss a text or a call, if you don’t hear back in an instant, you did not make the cut. Essentially, you’ve been wait-listed. They’ll just get back to you whenever. So when Besos did not respond immediately, I, of course, fell back into full panic mode.” P.52

“THIS is what I hate about dating. Sitting around waiting for the date to arrive, thinking about all the possible scenarios. Could this be my last “second date” ever?” p. 35

“Have I learned from my mistakes? Absolutely yes! I will press on; following God’s will for my life and growing in my trust of Him. I’ll keep hoping for a husband but will ask that God move my heart in the direction He wants it to go, husband or not. I will take myself less seriously. I will look at each date as an opportunity to meet a new person and not as an interview for the future Mr. Megan Carson” p.175

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