



Any Color but Beige: Living Life in Color
By Catherine Larose

Editorial Backgrounder

10 Dos and Don'ts for Re-entering the Dating Game

Any Color but Beige: Living Life in Color is a memoir from successful blogger Cat Larose. The memoir chronicles her journey from a colorful childhood to the predictability and security of a beige suburban marriage to the major life changes that she initiates in her quest to live life in color. Cat searches for love among an international cast of frogs, princes and players. Six years and 65 coffee dates later, she offers the advice below for others getting back into the dating game.

DO

1. Get out there and meet people. Bookstores, community events and local markets are all great places to strike up a conversation.
2. Learn or try something new that will put you into the right environment to meet people. Try activities like golf, skiing, kayaking or photography.
3. Have a time limit for the first date and remember – less is more. If things click, set up your next date. If not, move on.
4. Re-examine your values. Review what is acceptable and what is not. Things like politics, religion and basic morals are not negotiable.
5. Put yourself first. If you have been in the business of pleasing people for the last few years this will take some practice. Learn to say no and mean it.

DON'T

1. Don't explain. This happens frequently after a long-term relationship or divorce. The telltale sign of the newly single is a postmortem. No one wants to hear about it.
2. Don't complain and don't blame your ex – there are two sides to every story.
3. Don't expect to bounce back right away. There is an adjustment period no matter how long you have been emotionally divorced.
4. Ditch the list of “must haves.” There is no such thing as a perfect package.
5. Don't conduct an interview. Ask the kind of questions you would like him or her to ask you.

Catherine “Cat” Larose is an international color-marketing expert who travels the world selling color. A graduate of Ohio University's Scripps School of Journalism, Larose previously worked in advertising, public relations and journalism. She is the voice behind the successful Café Girl Chronicles blog (<http://cafegirlchronicles.wordpress.com/>) and currently writing her second book.

Any Color but Beige: Living Life in Color is available in paperback (ISBN 978-1-77067-489-9), hardcover (ISBN 978-1-77067-488-2) and e-book (ISBN 978-1-77067-490-5) through Amazon (www.amazon.com), FriesenPress (<http://www.friesenpress.com/bookstore/title/119734000002596660/>), and most local bookstores. Readers who purchase the book can visit Cat's blog - Café Girl Chronicles – at <http://cafegirlchronicles.wordpress.com/> to receive a free set of color palette bookmarks. For a story preview, view the book trailer at <http://www.youtube.com/watch?v=y9vh0Ike3YU>.

To schedule an interview with Cat, contact
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