

[BOOK-REVIEW]



## Dating Boot Camp

By Lisa Altalida

Publisher: iUniverse  
\$15.00 (Paperback)  
ISBN: 0595268269

★★★★☆

**REVIEWED BY JOAN BURKE STANFORD**

Is dating driving you crazy? Are you having difficulty finding “the one”? Do your heroes turn out to be zeros?

Dating Boot Camp by Lisa Altalida may be just the book you need. It arms women of today with tools to tackle the dating scene. This well-written guide provides insightful information, firsthand examples and suggestions for successful dating.

Also included are motivational messages and empowerment. For example, in the book’s introduction is a section subtitled, “The Ones That You Want Do Want You Too.” The underlying message is don’t give up on the dating scene. You don’t need to have the beauty of Beyonce’ or the business savvy of Oprah to attract the right man. Another section is “What Is Good for the Goose...” Here, Altalida simply states that in the early stage of dating, men often date a few women at the same time until one stands out. Why shouldn’t women do the same? Please note that the author emphatically states “we are talking about dating them, not necessarily sleeping with them.”

The chapters that follow focus on different places to meet potential dates, (i.e. the gym, the Internet, the nightclubs) as well as different resources to help you meet people such as dating services, singles clubs and personal ads.

Altalida not only shares her personal experiences, what worked for her and what did not, but she also debunks common myths and offers sound advice and practical tips.

*A few of the memorable gems from the various chapters are as follows:*

- *In the gym, “Always have the Walkman as a bad conversation eliminator tool”*
- *“Everyone on the Internet is a 6 looking for a 10”*
- *For long distance Internet dating, “Buy calling cards instead of using your long-distance carrier”*
- *“If your friends are going to help you in your dating quest, ensure they know your top three likes and dislikes in potential suitors”*
- *In personal ads, “Be upfront about what you are willing to accept and what you aren’t”*

Readers will appreciate the author’s direct, no-nonsense approach, which does not come across as clinical psychology, but rather reads as a personal conversation with a friend who tells it like it is and cracks a joke here and there. The humor throughout makes it a fun read.

Make no mistake; this is not a “how-to” guide. The title is not How to Find a Husband or How to Find a Good Man. Instead, Dating Boot Camp offers food for thought and a few dating strategies for today’s single women. Some of the ideas may be common sense, while others may prove to be creative and innovative concepts that can be used effectively.

The dating world can often seem like a battlefield and the key is to be prepared. DATING BOOT CAMP provides the necessary training and plans of attack. I highly recommend this book for singles looking to improve their dating options. *cf*

# Armed and Ready

Bay Area Author Prepares Singles for Dating “War”



Lisa Altalida

**BY JOAN BURKE STANFORD**

Forget the war on terrorism. A more intense struggle is going on. It’s a battle that today’s single men and women engage in regularly—dating. Author Lisa Altalida, who was born in Houston, Texas, but grew up in Oakland, has written Dating Boot Camp, a book designed to help singles, particularly single women, with dating. Altalida, who is single but happily involved has become a dating expert.

“Nine times out of ten I can help someone with their current dating dilemma,” she says. “I have been a dating warrior myself and learned a lot along the way, with battle scars to prove it! I use my own experience and the failed patterns of others to find better solutions to help women and men find the best fit for a mate.”

Indeed, her expertise has garnered her success. After self-publishing Dating Boot Camp, she was offered a book deal by Penguin to do a rewrite of Dating Boot Camp and to write the Pocket Idiot’s Guide to Getting Girls.

Altalida took a moment to chat with CityFlight. The following is a portion of the conversation.

*CityFlight Newsmagazine: What prompted you to write Dating Boot Camp? Has dating really become a war of sorts?*

**Lisa Altalida:** Dating has indeed become more difficult. The idea for Dating Boot Camp was sparked from my own experience of breaking off a long-term relationship, and then finding it hard to meet new people. I realized that in order to have the best advantage in this new dating environment, you have to use new tactics, gain a new outlook and be prepared for the worst of it. This mindset reminded me of how military folks are retrained in boot camp in order to succeed in the field; they have to break down their current beliefs in order to succeed with their new training. Dating Boot Camp is very similar to that thought. We have to break down the misconceptions that help us to believe that the “right” person is not out there and we are going to be riddled with failure. Instead, we have to feel good about our current single lifestyle, let the past go and use better tactics to meet people who are more in line with our ideal mate.

**CFN: Do you think that women experiencing dating problems have trouble finding men or is it the quality of men they meet is not to their standards?**

**L.A.:** I think it can be a combination of the two. If you are in a scenario where you are not running into the quality people you want to date, you have to put yourself in situations that are more advantageous. For example, if you want someone who enjoys art like you do, you may not necessarily meet them at the club. Instead, you may want to sign up for art shows and art openings. Do things that you enjoy to meet people who enjoy what you do. Also, we all have standards which are fine. I think women also have challenges when they bend these standards just to have a man. If you have to go against the standards that are important to you, you will probably end up with a negative result. Keep looking for people that are a better fit for you versus fitting this person in just to have them.

**CFN: In Dating Boot Camp, you share several of your own personal dating experiences. What would you say was your most disastrous date?**

**L.A.:** I believe the winner still remains to be a date with a man who I met on the internet. We agreed to meet at a local café so we could have coffee and at the last minute he changed our location to a pizza place. The reason for the quick change was that he didn’t like coffee and only drank orange juice. When we met at the pizza place, he asked me if I wanted anything and then walked away from the counter. He told me to get whatever I wanted and pay for it myself since he brought his own orange juice!

**CFN: What is the single most important point you want readers to come away with after reading Dating Boot Camp?**

**L.A.:** I want readers to feel empowered. Dating Boot Camp is all about dating empowerment. True, dating is tough, but we can still take control to get more of what we want. Take ownership of your own relationship baggage – the sooner you do, the sooner you can branch out and meet better people for you. Also, you have to make the time to meet quality people. The people that you don’t want to meet are usually the ones that are the easiest to run into. However, when you up your game, use the right dating tools and put yourself in the right environment, you will be in a better position to succeed. *cf*

*Lisa Altalida, a dating expert and marketing consultant, is currently working on her next book. It will focus on recognizing a good relationship and how to maintain one. For more information about this Bay Area talent, visit her website at [www.lisaaltalida.com](http://www.lisaaltalida.com)*