



TrueTM

LIVE. LOVE. LEARN.

"TRUE's guide is crucial for any person or couple ready, or who think they're ready, for a lasting relationship."

- Lawrence Rose, President
Psychology Today

SOUL MATES FOREVER: SECRETS TO BUILDING A LASTING RELATIONSHIP

**A TRUE RELATIONSHIP
READINESS TOOLTM**

WWW.TRUE.COM

SOUL MATES FOREVER: SECRETS TO BUILDING A LASTING RELATIONSHIP

BY HERB D. VEST AND DR. JAMES HOURAN

ARE YOU READY TO TAKE THE NEXT STEP?

Your pulse is racing. Sparks are flying. And every time you see a certain someone, your heart skips a beat. You're in love or you're ready to be. Life is good and you want to learn more about yourself. But how do you keep the sparks flying while bringing up important questions about relationship issues? What exactly is next?

Clearly, you're not a mind reader. You need a way to think through the issues that can make or break a relationship.

Soul Mates Forever: Secrets to Building a Lasting Relationship will do that. Created by the Psychology Department of **True.com**, this guide is based on the research behind the **TRUE Compatibility Test™**. TRUE's research team analyzed information from thousands of people to reach the findings on which this is based.

This guide is a great way to see if your passion is merely a flash in the pan or based on True Compatibility™.

Love does not work at microwave speed. And resources and websites that guarantee you marriage or promise you the love of your life in only a few days are simply a scam.

Stop and ask yourself: How ready are you for a relationship? And if you're already in one, how warm, hot or burning are you and your partner? Or are you running hot and cold? Where, if anywhere, are you headed?

WHAT THIS GUIDE WILL HELP YOU UNDERSTAND

Where are your areas of challenge? Are you ready for an exclusive partner? Wouldn't you want to find out if there are deal breakers before you take a relationship to the next level?

Do any of these questions apply to you? If so, then you need to decide if the time is right to take your relationship to the next level. **Soul Mates Forever** will help you talk about challenging issues openly, which creates a more satisfying, solid bond. This guide will help you know how to think about and act on the material it presents.

With this in mind, we'll help you:

- test your readiness for an exclusive relationship.
- reassess your existing relationship.
- use scientifically grounded guidance to examine areas of challenge.



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FIRST, A FUN, INSIGHTFUL SCIENTIFIC TEST

The TRUE Compatibility Test (TCT)[™] is the only one of its kind – the only online compatibility test that has been:

- Independently verified in terms of methodology, findings, algorithms and conclusions
- Approved by experts in the field of tests and measurements as meeting the 1999 *Standards for Psychological and Educational Testing* as established by a joint committee of the American Educational Research Association, the American Psychological Association and the National Council on Measurement in Education.
- Published in academic literature and endorsed by *Psychology Today*

In addition, True is the only online dating site to publish its 119-page technical manual on its site.

Soul Mates Forever works with your TCT results to give you ideas and questions about certain issues and how to talk to your partner about them.

If you haven't taken the TCT, no problem! This guide also works without the TCT by teaching you about general compatibility challenges. After you try this, you'll want to take the TCT. It's free. It's fun. And it only takes a few minutes. Just go to http://www.true.com/profile/pre_test.htm to get started.

From the multimillion-dollar, innovative research that created the TCT, we examine key relationship concepts to help you figure out exactly how compatible you and your partner are.



LET'S GET STARTED

READY TO DIVE IN? HERE'S HOW TO GO ABOUT IT:

- **Read this material by yourself first** to figure out how you feel about the issues related to each relationship variable.
- **Then read the material with your partner** – or use the questions to bring up specific issues – at a time and place that you feel is appropriate.
- **Don't stop with one: Have several conversations** about the material. Sometimes heated discussions emerge, so allow yourself time to digest what the other is saying. Then have follow-up discussions to better understand the context of your partner's views.
- **Treat this material as discussion points** – not as a concrete test of your compatibility with another person. Getting to know someone should be fun, without pressure to decide whether it is time to take the relationship to the next level.
- **Keep these discussion points between you and your partner.** These exercises are meant to be private exploration, not fodder for gossip about a partner or potential partner.
- **Disagreements are not necessarily bad.** Use different points of view as a way to get to know your mate better – only through an adequate period of honesty on both sides can two people honestly decide whether this relationship is right for them and how fast to pace it.
- **If disagreements become too confrontational** or tensions run too high as you discuss these issues, utilize the free Therapist Directory from *Psychology Today* by going to <http://therapists.psychologytoday.com/true>. It will help you locate a counselor near you who can help you address and possibly resolve differences.

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A TRUE RELATIONSHIP READINESS TOOL[™]

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THE BIG PICTURE: LOVE AND ATTACHMENT

Let's start with the big picture of love and attachment. It comprises three variables:

- **passion**
- **intimacy**
- **commitment**

These are critical in creating and sustaining a long-term relationship.

Next, you will see how these variables break down into seven key relationship issues that form a staircase:

- **personal characteristics**
- **attachment style**
- **social life**
- **parenting philosophy**
- **sex life**
- **money management**
- **conflict resolution, stress reactions and stress management**

We'll walk you through how to think about and discuss these issues using provocative questions and fun behavioral exercises.

Finally, if you determine that you and your partner need to address trouble spots, use the free Therapist Directory from Psychology Today by going to <http://therapists.psychologytoday.com/true> to locate a counselor near you who can help the two of you work through any conflicts.



WHAT DOES TRUE LOVE LOOK LIKE?

Healthy doesn't mean boring. It can be steamy and hot. However, lasting love is more than physical attraction, though it may be hard to fathom that in the early stages of those fluttery, exciting "in-love" feelings.

Many experts have tried to precisely define love, but have reached no universal conclusion. However, psychologists widely accept that love has two primary facets:

- **Passionate-erotic love** – physical intimacy and sexual desire for a partner.
- **Companionate love** – friendship-type platonic love towards a partner.

If you are fortunate enough to have found both of these with someone, congratulations! Many times, people find only one component. The combination of both is optimal for relationship success.

Psychologist Robert Sternberg expanded the above two-facet concept in his "Triangular Theory of Love and Attachment." His theory says that the amount of love or relationship satisfaction that a person experiences is due to the strength and interaction of three components:

PASSION, INTIMACY AND COMMITMENT

Passion – the drives that produce romance, physical attraction and sexual intercourse.

Intimacy – the feeling of closeness and bondedness.

Commitment – the decision that each person loves the other and is committed to continuing that relationship.

Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, 93, 119-135.
Sternberg, R. J., & Barnes, M. L. (1988). *The Psychology of Love*. New Haven, CT: Yale Univ Press

IT TAKES ALL THREE OF THESE FOUNDATIONS –

passion, intimacy and commitment – to make and sustain lasting love.

So, the three relationship foundations speak to three basic desires we want in a mate:

- **desire for a lover**
- **desire for a best friend**
- **desire for relationship stability and longevity**



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- PERSONAL CHARACTERISTICS
- ATTACHMENT STYLE
- SOCIAL LIFE
- PARENTING PHILOSOPHY
- SEX LIFE
- MONEY MANAGEMENT
- CONFLICT RESOLUTION, STRESS REACTIONS AND STRESS MANAGEMENT

STAIRCASE TO LOVE

While passion, intimacy and commitment are a good place to start examining a relationship, there are many variables at work – specifically the 99 different factors considered in the TRUE Compatibility Test™.

The bulk of these 99 factors can be captured or broken down into seven general issues of varying importance.

Like a staircase, these seven variables form a hierarchy – one variable actually builds upon another.

THE SECRET:

The higher you and your mate match up on the levels or steps in this hierarchy, the more satisfied you will be in your relationship. And the TCT is a composite of the three relationship foundations and these seven general issues, giving you a picture of how compatible you are with your partner.

LET'S START AT THE BOTTOM OF THE STAIRCASE:

THE FIRST STEP: PERSONAL CHARACTERISTICS:

You might be thinking: I know what I believe, but what about us? As a couple? What do we believe?

Well, we're talking about values: politics, religion, social attitudes, world view and so on. And attitudes about: romantic/relationship, personality and dating.

What really matters in life.

When you establish your values together, these form your values as a couple. You're unified. It's not that you're not individuals – you are. But TRUE's recent research shows that while reaching agreement on philosophical and pragmatic issues is slightly more difficult, agreement on your values is related to an increase in relationship bliss. Let's dissect some of the most important subcharacteristics that fall under personal characteristics – subcharacteristics that typically are not fully revealed on the first few dates. These include factors such as your and your partner's personality traits, world views, approach to romance, and self-esteem.

Ready to get started?

Turn the page and start the first step.



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STAIRCASE TO LOVE

STEP NO. 1: PERSONAL CHARACTERISTICS

CONSCIENTIOUSNESS:

For instance, are you the type of person who pays close attention to detail?

CONSIDER THIS:

There are three errors in this passage. Read it carefully and find all three

THE ANSWERS:

There should be there, no period at the end, and finally there are only two – not three – errors in the actual passage.

Did you get it right?

Did your partner?

Is it frustrating to not spot details personally, or that you can and your partner can't?

INTEGRITY:

Do you and your partner agree on the following?

Is there such a thing as an honest thief? Why or why not?

Are little white lies ever okay to tell?

ADVENTUROUSNESS:

We're talking about flexibility, open-mindedness, energy level, zest, spontaneity and adherence to routine.

ASK YOURSELVES:

What is the ideal way to spend retirement? Traveling? Staying at home pursuing safe hobbies, etc.?

What sounds more exciting: spending the night in a house said to be haunted or learning to sky dive?

Are weekends mostly for relaxing or mostly for adventure?

RIGIDITY AND DOMINANCE:

Control: It's an issue that has been around since the beginning of time.

CONSIDER THESE QUESTIONS:

Do your friends often tell you (or each other) that you are a control freak?

When you go somewhere in the car, do you simply insist on being the one to drive?

ATTITUDES AND WORLDVIEW:

This is a potentially sticky area because there are usually a variety of issues that can cause problems in romantic relationships.

ASK YOURSELVES:

Who are your heroes?

Is there any historical event that shaped the way you view the world?

Was there an event in your childhood that had a deep effect on you?

STAIRCASE TO LOVE

GENDER ROLES:

How are men and women supposed to behave? Big area!

HERE ARE SOME QUESTIONS YOU MIGHT ASK ONE OTHER:

What TV show or movie most closely represents how you feel about how men and women should live and function together?

How would your parents feel if the man cooked dinner, while the woman hung some picture frames in the living room?

POLITICAL AND SOCIAL ATTITUDES:

IMPORTANT: If one person is liberal and the other conservative, it doesn't mean they can't form a successful bond. However, if either is intolerant toward the other, it could cause discomfort and an inability to bond or the unraveling of a bond.

Would it make you uncomfortable to attend a rally of the political party opposite yours?

Do you accept without question the views of your religious denomination when considering moral and ethical questions?

Would you be embarrassed for your friends to see you driving a car with a prominent bumper sticker that supports a political party or stance opposite to your own beliefs?

OR, MORE CONTROVERSIAL:

Do you support the idea of war?

Do you believe in abortion rights?

Do you support the president?

RELATIONSHIP ATTITUDES AND DATING PHILOSOPHY

These questions will spawn a lot of discussion, because the answers are more focused on boundaries and level of feelings.

ASK YOURSELVES:

What is the difference between love, romance and dating?

What expectations do you have of yourself and your partner when dating?
(Is it exclusive or not?)

What level of emotional and physical intimacy comes with dating?

PSYCHOLOGICAL STRENGTH:

This area shares concentric circles with ethics and morals.

CONSIDER THIS:

What types of incidents have you had trouble forgiving people for in the past?

Is it hard for you to put yourself first? For you to put others first?

STAIRCASE TO LOVE

STEP NO. 2: ATTACHMENT STYLE

Some couples are joined at the hip. Others are not so dependent. Neither is bad, it's just a personal choice. Here are some of the variables that play a role in how to evaluate your attachment style.

Are you afraid of commitment?
 How dependent are you on one another?
 Do you feel secure in the relationship or do you get jealous?
 How do you manage time alone, individually?
 How about time spent alone vs. time with other couples?

Which of the following do you feel right now?

Fear of being hurt.
 Fear of trusting another.
 Fear of not finding your soul mate – a person who is nearly perfect. Basically, this amounts to a fear of interpersonal conflict.
 Fear related to relationship performance – pleasing the other person, meeting your partner's expectations and not letting your partner down.
 Fear of sacrifice – relinquishing your identity and independence.

BIG QUESTION:

Which of the above has been a problem for you in the past?

“are little white lies ever okay to tell?”

STEP NO. 3: SOCIAL LIFE

Do you and your partner like to hole up on Friday night, order Chinese food and watch a movie? Or are you out at the latest gallery opening?

It's important to be able to negotiate how much time you spend alone as a couple or with others. You need time apart to maintain your individuality, but you need time together to develop your own identity or style as a couple.

THINK ABOUT THIS:
 How much time apart should a couple have?
 How often should a couple go out together alone? With others?
 How much time is too much time with family?
 How many friends do your partner and you have jointly?

STAIRCASE TO LOVE

OTHER ISSUES TO CONSIDER IN THIS REALM:

SOCIAL SKILLS

Do people say you jump to conclusions before you get the relevant details?
Are you good at starting conversations at gatherings with people you do not know?

EMOTIONAL IQ

How good are you at knowing what type of mood someone is in before they even speak?
Can you control your emotions for the sake of your relationship?

AGREEABLENESS

Your partner's parents invite you to dinner and are serving something you truly dislike ...
how do you handle this?
You celebrate Christmas and your mate, Hannukah: Do you celebrate one or both?

POSITIVE ATTITUDE

Do you feel good about who you are?
Would your closest friends and family say that you give people the benefit of the doubt?

SENSE OF HUMOR

What cereal best describes your past love life and why?
In a movie about your life, what actor would play the leading role?

SELFLESSNESS

What is the largest amount of money you have ever donated to charity ... and what charity?
Have you had the occasion to stop and render aid at a traffic accident ... and did you?

SUPPORT NETWORK OF FRIENDS AND FAMILY

Are you closer to your friends or family right now?
Do you feel the need to share intimate details about your life
with family or friends, or should people have a completely private side?

DESIRE FOR FRIENDSHIPS, BOTH INDIVIDUAL AND AS A COUPLE, OUTSIDE THE RELATIONSHIP

Should couples only spend their free time together?
Are you happy and secure that your partner has interests and a circle of friends outside of you?

STAIRCASE TO LOVE

STEP NO. 4: PARENTING PHILOSOPHY

The decisions to have children and how to parent them are among the most crucial and difficult issues to confront as a couple.

QUESTIONS TO PONDER:

How were you raised?
 Did you enjoy growing up in the size family you did? Why?
 Should you be strict or lenient with your kids (or those of your family members)?
 Do you believe in all that talk about birth order?
 Is it important to you to have a son to carry on the family name and legacy?
 Do you even want children ... and if so at what stage of your personal and professional life?
 Do you want children so badly that you would adopt if you can't have biological children?
 What if you want kids but your new partner already has children and doesn't want any more?
 Is a single approach to parenting best?
 How do you see yourself as a potential parent?

“is a single approach to parenting best?”

Some individuals believe in the traditional authoritarian approach, while others feel that a more permissive approach is best. But, there are other styles as well – all combinations of setting limits and expressing love:

Rejecting/neglecting: low love and low limits.
 Authoritarian: low love and high limits.
 Permissive: high love and low limits.
 Democratic/balanced: high love and high limits.

QUESTION FOR SINGLE PARENTS TO ASK THEMSELVES:

Is it okay for your partner to discipline your child?
 At what point is it okay for your partner to discipline or set limits with your child?
 Do you want an instant family at this stage?
 What if your new partner wants children and you don't want any more?

STAIRCASE TO LOVE

STEP NO. 5: SEX LIFE

Sex life is completely and totally personal and unique to each couple.

QUESTIONS TO THINK ABOUT:

What is acceptable sexual behavior in your relationship?

Where do you draw the line when it comes to experimentation?

How do you discuss sexual histories?

How do you define sexual faithfulness?

The more compatible your attitudes are, the greater chance you have of succeeding as a couple.

TRUE has discovered in new research that there are eight basic sex types – determined from your general attitude toward sex, what you personally like sexually and what you like for your partner to do.

THE TRADITIONALIST:

Conservative individuals who are good at the basics and most comfortable discussing and engaging in predominantly conventional sexual activities.

THE INTROVERT:

Passive and submissive individuals who like physical intimacy but tend to be shy about initiating sexual activities. They're more comfortable when their partner takes the lead.

THE CONTRADICTION:

Individuals who come across as reserved and conservative to the outside world, but are actually quite effective sexual communicators. They tend to be sexually dominant and like their partner to show a mutual interest in sex.

THE FANTASIZER:

Individuals who express a keen interest in sexual things however, their interests are more fantasy-oriented and verbally focused. It appears they might not be as comfortable actually engaging in sexual activities as they are in thinking, dreaming and talking about them.

THE INTELLECTUAL:

Individuals who show academic appreciation for the wide spectrum of sexual practices and preferences. They are comfortable talking, thinking and analyzing the idea of sex, but generally don't move into the provocative side in practice.

STAIRCASE TO LOVE

THE SUBSERVIENT:

Individuals who are submissive with an attitude. They can discuss their fantasies and appetite for a wide variety of sexual activities, but they generally prefer for their partner to initiate those activities – especially the more unconventional or wild acts.

THE INITIATOR:

Individuals who appreciate, talk and think about a wide range of sexual activities. They generally prefer to initiate sexual activities rather than having their partners take the lead.

THE MAVERICK:

Adventurous, provocative and uninhibited individuals. They appreciate and are generally comfortable talking about and engaging in a wide variety of sexual activities. Moreover, they like their partners to be mutually aggressive and experimental in the bedroom.

SUMMARY:

There's certainly some overlap in traits across the eight categories, but each sex type is unique in important ways.

What sex type are you? Find out by going to www.true.com/magazine/psych_sextypes.htm

What sex type appeals to you in a future partner?

Or, if you're already in a relationship – can you accurately guess your partner's sex type?

STEP NO. 6: MONEY MANAGEMENT

DOLLARS AND "SENSE":

That's what you need when it comes to money, right? Money is one of the most underrated and under-discussed topics for couples. How you feel about it reflects attitudes about entitlement, control, immediate vs. delayed gratification and more.

HERE ARE SOME QUESTIONS TO CONSIDER:

Are you a saver or a spender? Cash vs. credit?

Would you take on someone else's debt? What if your partner was bankrupt?

Do you work off a monthly budget?

What are your feelings about owning vs. renting?

How do you feel about separate accounts vs. joint accounts?

How do you feel about making more money than your partner?

How do you feel about working to support your partner while he/she stays home?

STAIRCASE TO LOVE

DURING COURTSHIP, YOU MIGHT CONSIDER THESE THINGS:

Who pays when you go out?

What about when you go on vacation?

What about groceries and other sundries? Care of pets?

Do you keep a tally of who spends what?

Who drives when you go out? This translates into gas which equals money spent.

Money may not be something some people know how to talk about. It's sometimes rooted in family history. But no matter what stage of your relationship, money is a crucial issue to discuss. And if no one is bringing it up, someone needs to, because it can be and has been the demise of many relationships.

“what is the difference between love, romance and dating?”

TOP OF THE STAIRCASE:

CONFLICT RESOLUTION, STRESS REACTIONS AND STRESS MANAGEMENT

This area is huge, because it covers everything from whether you remembered to buy paper towels to whether you're going to celebrate Easter or Passover, or both. You need to know how to negotiate these things in a nonthreatening way for the very survival of your romantic bond.

HERE ARE SOME CONVERSATION-STARTERS:

Right now in your relationship, how do you decide how to decide?

Do you express concerns head-on or do you avoid conflict desperately?

When you feel threatened or stressed, do you tend to want to run away, fight the issue or just shut down?

When you are stressed or facing conflict, do you talk to your family/ friends or work it out privately?

Should couples tell each other everything that is bothering them?

Do you handle stress through silence/solitude or through some sort of activity?

Is it okay to drink alcohol or use drugs to relieve stress?

Can fighting be good for a couple?

What makes up fair fighting and unfair fighting with your partner?

THE THREE-LEGGED STOOL OF SUCCESSFUL RELATIONSHIPS

The three most important words are not "I love you." They won't make the ultimate difference in a relationship.

THE THREE LITTLE WORDS THAT REALLY MATTER ARE:

- Truthfulness
- Faithfulness
- Openness

Just like a stool, a successful relationship will have all three of these "legs."

But these are not just words; they are principles around which couples must make a conscious decision to live. Every couple must form an honor system – a code of ethics by which each partner abides.

This code of ethics should be based on both partners being truthful, faithful and open. These terms seem concrete, yet they are actually ambiguous. It's up to the couple to decide what each term means for themselves and their relationship. Upfront agreement on the meaning of these three principles is part of creating a common honor system. And it's the antidote for not knowing what is expected in a relationship.

KEEP THREE POINTS IN MIND:

Always create a common honor system before taking a relationship to the next level! Unmet expectations across these three legs of a relationship sabotage your chance at relationship success. Avoid future headache and heartache by taking time now to work out what truthfulness, faithfulness and openness mean for you and for your partner.

A common honor system is unique for each couple. While the principles of truthfulness, faithfulness and openness are the foundation for all lasting and loving relationships, no two couples are alike, nor are their honor systems. It is up to the couple alone to decide on the specifics of a common honor system.

Always keep working on the common honor system in your relationship!

Expectations in a relationship can change over time, and your honor system is often a work in progress. For example, truthfulness, faithfulness and openness at the beginning of a dating relationship may not be same as when a couple decides to see one another exclusively, exchange "I love you's," move in together, or become engaged or married. Stages of a relationship should be a trigger to re-evaluate the meaning of those three principles.

WITH THIS BACKGROUND IN MIND, CONSIDER THESE QUESTIONS:

A friend of yours says that he spotted your partner at lunch with an old flame, but your partner does not tell you about it. Nothing happened between the two of them. What do you do?

Can you cheat on your partner if you are not married?

Are any secrets okay to have from your partner? If not, when do you know when your love interest is officially a partner?

Does your partner tell you that you do not express your feelings enough (such as saying "I love you")? Do you feel your partner does not express his/her feelings enough?

“the three little words that really matter are truthfulness, faithfulness and openness.”

TRUE'S RECOMMENDATION

So you've gotten to the end of the staircase. And you might feel pretty great about all that you and your partner have explored. On the other hand, you might feel overwhelmed with all the issues that have come up. If these questions gave you pause, don't get discouraged. It doesn't mean you're going to break up. Rather, think of it this way:

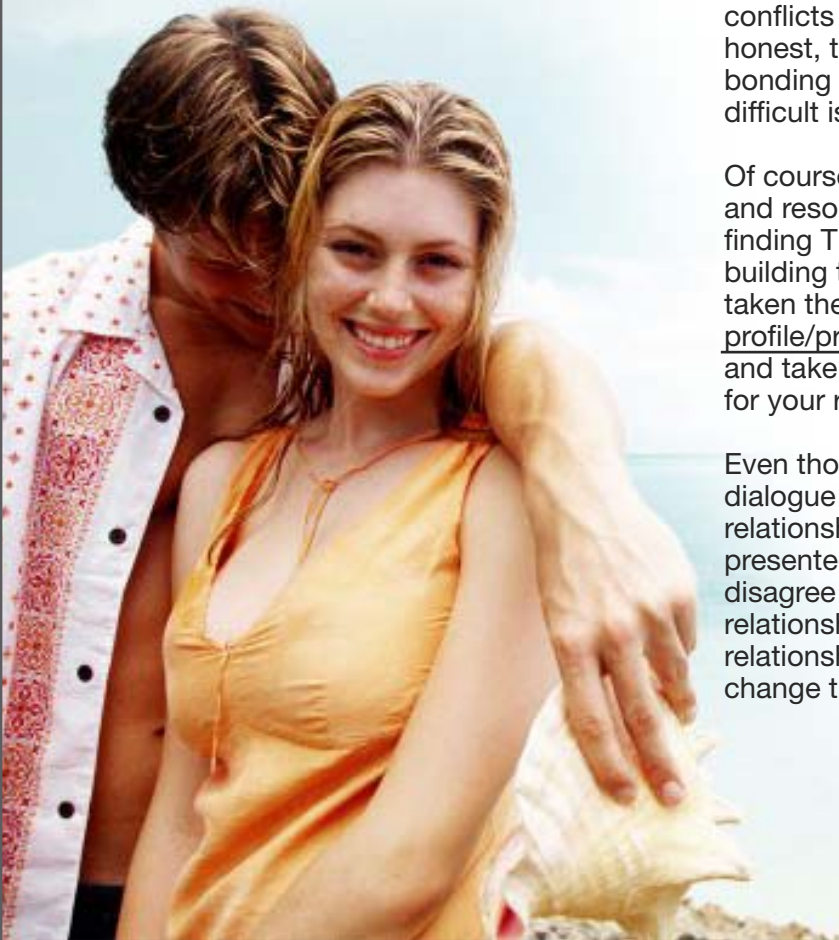
Compatibility with your mate is not static and can actually change over time.

Some couples become less compatible over time for various reasons, including unresolved conflict and unmet expectations, while other couples get closer.

Think of this guide as a tool to help you discuss and address areas of potential conflict head-on. By doing this, you both become more equipped to face future conflicts because, have no doubt, if you're honest, there will be a few. Strength and bonding as a couple come from facing difficult issues and working through them.

Of course, some issues are easier to address and resolve than others. That was the new finding TRUE discovered in its research building the TCT. And again, if you haven't taken the TCT, go to http://www.true.com/profile/pre_test.htm and take a half hour and take the test. It will be more fodder for your relationship discussions.

Even though we recommend starting a dialogue with your mate about the seven relationship variables in the order we presented them, we realize that you may disagree with our order. After all, no two relationships are exactly alike, so your relationship needs may require that you change that order.



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SECRETS

LET'S REVIEW THE STEPS:

- **Read this material by yourself first** to figure out how you feel about the issues related to each relationship variable.
- **Then, read the material with your partner** – or use the questions to bring up specific issues at a time and place that you feel is appropriate.
- **Don't stop with one. Have several conversations** about the material. Allow yourselves time to digest what the other is saying. Have follow-up discussions to better understand the context of your partner's views.
- **Treat this material as discussion pointers** – not as a concrete test of your compatibility with another person.
- **Keep these discussions between you and your partner to yourself** – it's private, not public.
- **Disagreements aren't bad** – different points of view help you to know your partner better.
- **If tensions run too high, get help.** Use the free Therapist Directory at <http://therapists.psychologytoday.com/true> from Psychology Today. It will help you locate a couples' counselor near you who can help you address and possibly resolve differences.

GOOD LUCK WITH YOUR LOVE LIFE!

Check TRUE frequently for more help as you two continue your journey together.

“disagreements aren't bad – different points of view help you know your partner better”



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ABOUT THE AUTHORS



HERB VEST
FOUNDER & CEO, TRUE.COM

Mr. Vest leads his team in the daily execution of his vision to lower the divorce rate and provide a wholesome environment for courtship. Understanding firsthand the complexities involved with finding a soul mate, Mr. Vest created TRUE to help singles find fulfilling and lasting relationships through scientifically based methodology for compatibility and Relationship Readiness™. Mr. Vest is an accomplished businessman with more than 30 years of experience in a variety of industries. Prior to creating TRUE.com, Mr. Vest was the founder and CEO of H.D. Vest, Inc., the largest provider of financial services through a network of CPAs and tax professionals nationwide.

ABOUT TRUE.COM™

TRUE is safer, savvy, and the only scientifically based, online relationship service whose mission is to help singles find long-lasting and fulfilling relationships. Founded on an advanced, scientific compatibility test uniquely endorsed by Psychology Today and independently certified by one of the leading experts in tests and measurements, Integrated Knowledge Systems, Inc., to meet the Standards for Educational and Psychological Testing, TRUE is the only online relationship service that actively seeks to further protect the safety of its communicating members by conducting extensive criminal background screenings. Moreover, TRUE is the only site to conduct single verification screening. With the help of proprietary research and the industry's most extensive team of scientists, relationship experts and psychologists, TRUE also guides its members step-by-step through all stages of the relationship-building process. To find out more about how TRUE helps people around the world **Live, Love and Learn™** please visit <http://www.true.com>.



JAMES HOURAN, PH.D.
CHIEF PSYCHOLOGIST, TRUE.COM

“Dr. Jim” is an author, public educator, media figure and a 15-year veteran in the field of research and clinical psychology. His research has been featured by numerous media outlets and programs including A&E, BBC, The Discovery Channel, NBC’s Today Show, National Public Radio, New Scientist, Wilson Quarterly, Rolling Stone and Psychology Today. Dr. Jim spearheads TRUE’s international team of psychologists and relationship experts who conduct research and provide members with ongoing advice and guidance about the growth of relationships.



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