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JN2

**NEW!**

*The*  
**Date Doctor**

*Here to soothe your single blues!*



**Our personal development coach Jo Barnett shares the secrets to successful relationships**

## I LACK CONFIDENCE TALKING TO WOMEN

Dear Jo

I'm a divorced man in my mid-forties. I have been on my own for five years and lack confidence to ask women out. I am really happy in all other areas of my life. At work I am super-confident and build good rapport with people. I have a great relationship with my kids and am in good shape. I look after myself and take care of my appearance, yet no matter what I do, I can't seem to get women interested in me. Every time I see a woman I like, I simply freeze. Can you suggest something - anything! - I can do differently?

Gary

Hi Gary

Thank you for asking this question, as it is a really common concern among many of the men I coach. What I hear you asking is: 'How can I get more confidence to ask women out?'

Confidence comes from within. It's taking the strengths you already know you have and appreciating yourself for who you truly are. I get my dating clients to practice being at their most confident in a social situation. Make a mental note of all your good qualities and take them with you when you go out socially.

For example, capture a picture of yourself at work, feeling fully confident and motivated, take this picture around with you in your head and your heart, and refer to it if you feel nervous.

What's holding you back is your fear of rejection. No-one likes this, but I'm sorry to say that it's time to get over this. How many job interviews did you go to before you landed your current job? It's that kind of resilience that gets the results and the girls.

My advice would be to go out with the intention of building rapport and connection with as many women as possible. Let that be the intention and not the date.

When you create great rapport and come across as yourself, you *will* get women interested in you. Happy dating, Gary!

## PLEASE HELP ME STOP SCARING AWAY MEN!

Dear Jo

I'm a 31-year-old woman and would really like to be in a lasting relationship. The problem is that whenever I like someone I get too serious too soon and this scares most guys away. I find it hard to play it cool as I believe in wearing my heart on my sleeve.

About a month ago I met a lovely guy at a party and we dated for about weeks. I told him I wanted to date exclusively and was looking for a serious relationship. I thought he agreed with me as we spent lots of time together, got physically close and seemed to get on.

But when I called him a few days later, he said he didn't know if he wanted a proper relationship. This really hurt my feelings and made me not want to see him again. I put too much trust into this guy early on and when I thought we were getting serious, he pulled away.

This seems to happen every time I like someone and I'm wondering what I did to scare him away? After all, I can only be myself! What do you suggest?

Vikki

Dear Vikki

Thank you for bringing up so many great points about the early stages of dating. From working with hundreds of singles, I find that most women tend to rush in before they get to know someone. They

If you have a dating query, Jo is here to help! Email her your question to [askthedatedoctor@thejngroup.com](mailto:askthedatedoctor@thejngroup.com)

are also happy to put all their eggs in one basket and invest lots of time with someone they don't yet really know. The problem here is that you are coming across as too serious and needy and the first sign of neediness and control will send most men running a mile!

Even if you are very keen, keep your life going in all other areas so you are properly distracted and *not* all your energy goes to your current man. Make sure you keep up all the things you enjoy doing for yourself, such as sport, seeing friends, going to galleries and watching films.

As a dating coach, I urge you to slow down! Sit back a bit and take some time to smell the roses. Remember your own worth and self-importance before you give your power away to the guy you have in mind.

See yourself as the prize that needs to be fought for, rather than the gift he gets to unwrap quickly. Retain an air of mystery and if you want to get serious with him, keep some space between you rather than suffocating him.

I work with my clients by getting them to challenge what their own insecurities are, look at what makes you feel insecure and see how you can work on this, rather than put the blame on the guy. One of the most attractive qualities a lady can have is her high sense of security.

Keep it as light as possible for the first few months, keep yourself busy and I promise you he will be running into your arms instead of running away. Best of luck!

**More on Jo's dating website - [www.datingcoach.me.uk](http://www.datingcoach.me.uk)**