

Already WHOLE.



HOW TO BEGIN A RELATIONSHIP
WITH A MAN WITHOUT
LOSING YOURSELF



LOVE DEEPLY.
STAY TRUE.
CHOOSE YOU.
ALWAYS.

ULIANA SUNNY

PSYCHOLOGY & PERSONAL GROWTH

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Already Whole

«Автор»

2026

Солнечная У.

Already Whole / У. Солнечная — «Автор», 2026

Do you remember that feeling when you finally put yourself back together? When the noise of others expectations subsides, and in the silence, your own voice begins to sound. You have found your inner footing. You have learned to love yourself not for something, but simply because you exist. But life goes on. And at a new turn, a question arises that is far more subtle than the search for self. What do you do with this newfound wholeness when he appears in your space? How do you avoid, out of old habit, giving away pieces of your soul just to hold onto warmth? How do you prevent even wonderful relationships from subtly narrowing the horizons of your world?....Over time, you may feel yourself gradually drifting away from yourself. You start to adapt, agree, push aside your desires, become more accommodating. Even next to a worthy man, by relaxing, you can lose contact with your inner truth. At such moments, it is especially important to stop and listen to yourself again..

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Already Whole

Already Whole: How to Start a Relationship with a Man and Not Lose Yourself An Address to You

My dear,

you are no longer seeking validation. You are not waiting for someone to say: yes, you are whole enough. You are not measuring yourself against others' standards, not adjusting yourself to others' expectations.

You know how to feel and not get lost in your feelings. To support loved ones without disappearing into their pain. To be present with the world without dissolving into it. Where there once was a rift between yourself and others, there is now space for both. Of course, it is still not easy to live your path, but you have found your footing.

This is where this book begins.

Where you have already found yourself. And now you face a different question: how to enter into intimacy with another person and not lose what you have worked so hard to gain?

This is harder than it seems. Because relationships test precisely your strengths. They test whether your foundation is real or only seems real when no one else is around. They test whether you can choose yourself not in solitude, but in the presence of another person who is important to you.

I wrote this book as a conversation about what happens inside when everything outside begins anew. When a man appears. When the desire to be close arises. And when, along with this desire, the old fear surfaces: what if I lose myself again?

Your worth does not depend on whether someone is by your side or not. It is not increased by relationships and not diminished by their absence. But love chosen from this knowledge, from inner consent, and not from fear or emptiness, is a completely different kind of love. Calm. Not proving. Not clinging.

May it be a continuation of your strength.

Annotation

Do you remember that feeling when you finally put yourself back together? When the noise of others' expectations subsides, and in the silence, your own voice begins to sound. You have found your inner footing. You have learned to love yourself not for something, but simply because you exist.

But life goes on. And at a new turn, a question arises that is far more subtle than the search for self. What do you do with this newfound wholeness when he appears in your space? How do you avoid, out of old habit, giving away pieces of your soul just to hold onto warmth? How do you prevent even wonderful relationships from subtly narrowing the horizons of your world?

At the same time, you know who you are. You know how to listen to yourself, distinguish your feelings, and choose what truly resonates with you. And by your side can be a man who sees, feels, and respects your inner foundation. This man comes into your beautiful life to share its fullness. And with him, you create a space of love, intimacy, and partnership. This is how a union of two adults is born. Two independent individuals who choose each other, preserving their uniqueness and inner freedom.

Over time, you may feel yourself gradually drifting away from yourself. You start to adapt, agree, push aside your desires, become more accommodating. Even next to a worthy man, by relaxing, you can lose contact with your inner truth. At such moments, it is especially important to stop and listen to yourself again.

Why is it important to stop and reflect again? Because the feeling of drifting away and losing contact with yourself is a signal that something has changed in the relationship and requires attention. By itself, it does not yet mean a crisis or the end of intimacy. Sometimes a person needs more space, sometimes fatigue has accumulated, unspoken feelings have appeared, or the rhythm of life has

changed. But it is important to notice this moment, because distance that goes unnoticed gradually becomes a habitual distance. First, small manifestations of contact disappear: a glance, a touch, the desire to share something important, interest in each other's state. Then a feeling of loneliness together appears. Each person increasingly remains within their own world, and the space between them gradually fills with silence, guesswork, and unspoken feelings. The distance between two people begins long before the moment they stop being close. If this distance is left unattended for too long, the emotional connection can become thinner and thinner.

What This Book Is About

We will talk about how to recognize maturity, both in him and in your own feelings. About how to choose a person for who he is, not for distant potential. About how to hear the signals within yourself when something is wrong, and how not to suppress them for the sake of warmth and intimacy.

You are whole, and remember, a man is not the solution to your life. He is a possible companion in it, already full and complete. This is a difference that changes everything: who you choose, how you behave next to him, and what you are willing to tolerate and what you are not.

This book is a continuation of my first book, "Whole: From Losing Yourself to Loving Yourself." It is written for a woman who has already learned to save herself. For one who knows the taste of losing herself and the price of returning. And now, standing on this new shore, she asks: how do I let another person into my life and not destroy what I have worked so hard to gain? How do I build relationships without losing myself?

The union discussed in this book is a space where two adults look in the same direction while preserving their uniqueness.

These are relationships where you can be different: strong and gentle, inspired and tired, serious and playful. You can experience different states, express your feelings, change your mind, seek answers, and remain wholly accepted.

You choose relationships that correspond to your inner truth. Relationships where there is growth and support, sincere dialogue and respect. Where boundaries are perceived with respect. Where conversation helps you hear each other more deeply. Where conflict becomes an opportunity for understanding, intimacy, and a new level of contact. Where love is manifested in actions. Care becomes a conscious choice. And faithfulness is born from inner wholeness and the free choice to be together.

Being Together While Remaining Yourself

This is the ability of two whole people to love and simultaneously listen to themselves. It is to preserve freedom and choose from fullness. It is to create a common space and carefully guard your inner one. This is the union in which you can grow, love, inspire each other, and together create a life filled with meaning, intimacy, and true happiness.

Perhaps after reading the book, you will decide to be alone, and this will be a choice in favor of honesty and freedom. Perhaps you will choose to be with a man, and this will be a decision dictated by love and deep inner consent.

In both cases, this is a true and unconditional victory.

About Me and My Life Narratives

My Foundation

I have long thought about what truly keeps a person in shape. Not in terms of appearance, but in terms of the ability to live. To love. To endure. To return to oneself after upheavals. And I came to a simple conclusion: it all starts with the nervous system. Not with willpower, not with correct attitudes, not with morning affirmations. It is the nervous system that determines how you sleep, how you react to stress, how you feel your body, what your skin looks like, and how capable you are of enjoying small things. There are no separate problems with nerves and separate problems with health. It is one whole. I came to this understanding through fatigue. Through moments when my body began to give signals.

The first thing I learned was to listen. I stopped waiting for complete exhaustion to give myself a break. A short walk, twenty minutes of silence, a cup of coffee without a phone, a bath, a nap in the middle of the day if my body asked for it. These are tools that truly work.

Second, breathing. It sounds trite, but a deep belly breath and a slow exhale, longer than the inhale, is the fastest way to tell your brain: there is no danger, you can calm down. I use this in moments of anxiety, haste, inner tension. It works everywhere and always, without additional equipment.

Third, movement. I don't exhaust myself with workouts for a number on the scale. I choose what feels good to my body: stretching, swimming, long walks. This relieves muscle tension, which inevitably accumulates with stress, and clears my head better than any conversation.

Fourth, informational vacuum. Every day we absorb a huge flow: news, other people's opinions, other people's lives on social media. The nervous system does not distinguish between a real threat and an alarming headline; it reacts to both equally. Therefore, several hours a day without a screen, without heavy conversations, without incoming flow.

Fifth, food. I look at nutrition not from the perspective of calories, but from the perspective of what nourishes cells and nerves. Is there enough protein, healthy fats, complex carbohydrates? A glass of water in the morning before coffee. No strict diets; they are stress in themselves. If I overeat, and this happens to everyone, especially on certain days of the cycle, I don't scold myself. A long walk afterward helps better than any self-flagellation.

I will add separately about vitamins, because I have personal experience. From an early age, I have had chronic anemia. This means regular tests, cyclical iron intake, magnesium, omega, coenzyme, folic acid. I am not saying that you need this exact list. I am saying that you should have your own list, compiled with a doctor, and you should take it systematically, not occasionally.

Sixth, cycles. The female body lives by rhythms. On some days there is more energy, on others the body asks for solitude and slow work. I stopped scolding myself for unproductiveness on certain days and began to plan my workload in accordance with this rhythm, not against it. This is perhaps the most difficult and most valuable of everything I have mastered.

And seventh, a safe space. This is about my environment: I minimize communication with people after whom I feel diminished. It is about my home: order and comfort affect the nervous system more than it seems. And it is about the ability to say "no" without subsequent guilt. A boundary set in time is self-care.

All of this together is my foundation, my daily small choices in favor of balance. When I am physically and mentally well, I am able to see life clearly. To see people as they are. To see myself as I am.

It was from this state that I met him. I was thirty-six. An age when you already understand a lot about yourself, about men, and about what no longer works. By that point, I had several long-term relationships behind me, each lasting about five years. Each gave me something important. Each changed me for the better. I don't regret any of them.

After the last one, I wasn't looking for anything new. I was living, making plans, traveling, developing. My state was exactly as I describe in the book "Whole: From Losing Yourself to Loving Yourself." Not in the sense of lacking a desire for love, but in the sense of relying on myself. I no longer waited for someone to come and make me happy. My happiness already existed, and it was into that happiness that I could let someone in.

We met in a coffee shop. An ordinary conversation that immediately felt easy. He talked, listened, and wasn't in a hurry to impress. Then we went for a walk, talked for a long time, and the conversation required no effort. I didn't need to be more interesting than I am, or prove anything.

At the very beginning, I didn't consider him a man for a relationship. There was no inner tension, no desire to quickly define our status. I allowed myself to simply be in the moment and observe. This was a new state for me, very calm and honest.

Gradually, we started dating. Everything happened naturally, without emotional rollercoasters. He knew how to surprise not with grand gestures, but with attention to detail. He cared not because it was expected, but because it was important to him. Next to him, I felt safe, and this calm turned out to be the most valuable thing he could give me.

I was already a whole woman, and that's why I could truly see him. I simply allowed myself to feel how I was next to this person. And at some point, a clear understanding came: I love him. Without doubts and without the need to explain it to myself logically.

Yes, I had a choice. When a woman is in touch with herself, when she doesn't cling or seek support externally, choice appears naturally. Men sense this state. But of all the possibilities, I chose him. I met him from a state of inner wholeness. Next to him, I could remain myself—hear my feelings, respect my desires, preserve my freedom, and at the same time open myself to intimacy. These relationships became a continuation of my life. I came into them already myself—with my experience, values, dreams, and understanding of what kind of relationships I truly want to create.

But the path to this meeting was made up of many events. Of my own stories, choices, mistakes, discoveries. Of the stories of my friends, their relationships, questions, disappointments, happy encounters, and difficult decisions.

By observing myself and other women, I gradually formed my insights and principles. I learned to see what happens between two people more deeply: to notice the first signals, to hear myself, to understand my needs, to talk about important things, and to ask questions that sometimes you want to turn away from.

This is the experience I want to share with you.

The things I saw in my own and others' relationships, what helped me better understand myself and the man next to me, and what proved important for creating a mature union.

I want to talk about those questions that arise in relationships before we are ready to answer them. About uncomfortable questions that are often put off "for later," even though many important answers are already hidden within them.

In this book, I have gathered my observations, insights, and principles—everything that helped me arrive at relationships where you can love, be intimate, and simultaneously remain yourself.

Insights and Stories

When a woman prioritizes the dream of "getting married" above all else, she forgets that our life is limited. We have active years when hormones are working, energy is bubbling. And to spend these years on household chores, on relationships where you waste time—that's the worst thing you can do. Worse only to kill time with TV shows and senseless videos in search of quick dopamine, creating nothing.

Don't fall into fear. Work through it. Life should play out in its full spectrum. Don't be afraid of women; find your own—psychologically healthy ones, with whom you can be friends, travel, create a social circle. You don't necessarily need to interact with men for this.

And then, at that moment when you don't fundamentally need a man to "fill" areas of your life, when you already have money, friends, work, travel—that's often when he appears. God gives a partner when he will not become your sole purpose and an escape from life.

Because the desire to get married is often a clumsy attempt to escape the need to grow, learn, and discover yourself. "Give me a little person in the house who will create a feeling of warmth for me, and I will cook." But such warmth is a thousand times poorer than that which is born in mutual exchange with the world. When you influence the world, help people, leave a mark—you become stronger.

Great relationships are when two influential people are together, influencing the world. They don't try to influence each other, they don't say "you are everything to me, and I am everything to you." They are just together. Like two flowers that bloom side by side, but separately. They allow each other to grow.

Don't try to make your partner your whole world. If you're afraid that your friends will steal your "perfect" husband, it means you don't trust him and don't believe in yourself. These are the programs and complexes.

Only through self-realization and healthy relationships can we unpack ourselves as mature individuals. An individual who lives a full, great version of their life, freed from imposed programs. This is the true choice in favor of happiness.

There's a question I hear often and that I myself asked at different periods of my life: why do men sometimes leave reliable, strong, accomplished women for those who are younger and simpler? I thought about this for a long time and honestly.

The answer is uncomfortable, but important. A woman who has been around for a long time knows a man for real. She sees him without retouching: his weaknesses, his fears, his inconsistency. With her, he can't play the role he would like to play. But next to someone new, who doesn't know him, euphoria works again. Nature is arranged this way: falling in love is accompanied by a release of hormones, and in this state, we fill in the blanks about a person. We see him better than he is. Three jokes that his wife knows by heart can sound like a revelation to a new woman.

This is not an excuse. It's an explanation of the mechanism. And understanding this mechanism helps not to build illusions about men or about the nature of attraction.

Mature relationships require something else. They require a readiness to see the real person and stay with him, not with an image. They require the ability to surprise not with novelty, but with depth. And that's why they are only possible between two people, each of whom is already standing on their own two feet.

And a mistress... he can surprise a mistress with just a bouquet. Especially some eighteen-year-old. He bought her a bouquet, treated her to a cup of coffee or a glass of wine—and she says: "Oh my God, what luck I caught! How lucky I am! I'm so happy! Of course, it's not for nothing that we met!"

And the man thinks: "Oh, great! How much feedback I'm getting!" That's how his ego is fed. Not character, not spirit—ego. This is a test. This is how the world tests. It checks: will you go into ego or will you go into development?

With a wife—that's development. With a new girl who will clap her hands and be happy when you just ordered her a cheesecake—that's ego.

If a man ever tells you that he is not obligated to take responsibility for you, just ask him: "What is love to you? How should I love you? For what, or how does it manifest?" Ask him: "What do you love me for?"

Because a man can clearly describe: "I love you because you are gentle, affectionate, beautiful, smart, charming, yes, you protect the home, you bear my children, you are cheerful." And this spectrum of factors.

Say: "Okay, let's list now what I love you for. I love you because you are caring, responsible (and this includes money, among other things)."

So, men, don't be offended. They are not some painting to be admired. He is not an outlet to come and always calm you down. He is not tired with the children. He came to you and says: "Look, I didn't bring you money today, but let me listen to you." There are no men who are ready to endlessly tolerate and listen to women! That's what friends are for. Men are the material support of the family, and a woman is its emotional foundation.

How to quickly understand what kind of man is next to you?

* If you behave like a silly little girl with him (you can wear a dress, dress up, "buy me roses, buy, buy, buy"), then next to you is a strong, dominant protector. A woman can relax.

* If you are obligated to play the role of a mommy ("Did you eat? Did you poop? Did you check? Did you do it? Drive me, pick me up, please"), you have to control and teach him—then next to you is a child, an immature person.

* If you are next to him like the dad in the relationship, and you have to carry everything on your own back—then next to you is a "half-man."

You know, if I—Uliana (who was eight or twelve years ago) saw me today, I'm sure she would say: "You are exactly who I want to become." I am sure of it. Because I always listen very sensitively and attentively to my inner voice. I follow the path of the heart. I understand how I should move so as not to disappoint her. So as not to disappoint all of us—me and all my imaginary friends. In order to achieve all my dreams.

I cannot betray my dreams. For me, this is so important. I understand that there will be no second chance to live this life. And even if there is—I won't remember this life. Even if I'm given a hundredth chance, I want to live this life.

"God, she only wants money from me!"—that's what some man says.

But what if we dig deeper? What do they do? They get themselves cool cars, suits, the latest iPhone. Poverty traumas are reflected in men precisely this way: to show off and seem cool. That is, you try to look richer than you actually are. And then you wonder why you can't meet the demands of the woman you married.

That's it. She doesn't need all your money. It's just you trying to pull the wool over her eyes, creating the illusion that you have a ton of it. But in reality, you don't. And at some point, you break down, try to disappear, get angry at the woman—because she's simply asking you for what you yourself are claiming with your appearance. By the way, in my second book for men, "33 Female NOs: How a Man Should Understand Rejection in Sex, Relationships, and Marriage," I write that it's NO to sex if care is called mercenary, NO to sex if gifts are perceived as humiliation, NO to relationships without a woman's material provision, NO to relationships where a man invests neither time nor resources, NO to marriage where a man is financially irresponsible, NO to marriage where a man shifts devaluation but demands a traditional role, NO to marriage with an unfulfilled man, and 24 other "NOs." Do you agree with them? I recommend reading it to form your unwavering foundation in building relationships. It's like a fundamental guide for both men and women to become whole.

On Choice and Self-Respect

I leave places where I feel bad very quickly. If I'm not valued there, if people use me, if they make me uncomfortable—I leave. Even if it's just neutral, "nothing." If I'm not growing or inspired there—I leave. Because I love myself very much.

If you love yourself, always choose people who also love you. Choose actions, work, and activities that will help you love yourself, not destroy your vision of life. Because when you betray your dreams and choose work that is unworthy of you, you betray faith in the Creator. You don't believe that He will give you the work you deserve, that you choose, that you want. You don't want to wait, you don't want to endure.

I'm talking about this self-denial for a reason. There are practices. The practice is to learn not to suffer. I write about this in my book "Whole: From Losing Yourself to Loving Yourself." It's real and possible. These actions of mine prove to me that I am worthy of the best. That's why I get the best. Because I can wait. And not suffer. This needs to be learned.

Burnout, Love of Life, and Money. How Not to Drown in Stability and Not Burn Out in Dynamics

Burnout, love of life, and money—these topics are inextricably linked. I'll start small. I have an acquaintance. A young woman who, in principle, has everything good: financially secure, basic needs met. No need to slave away at work, children with a nanny; she has a sea of free time. And this time is destroying her. She has burnout. She says: "There's no point. What should wake me up? Get me out of bed?"

And I think: how different people's problems are. This person lacks enjoyment. She lacks a passionate engagement with life. Perhaps dancing, body practices, something that will bring back sensuality. But she says: "I've tried everything, it doesn't work." No energy.

It seems to me that her energy disappeared because she got bogged down in roles—mother, wife—and forgot that she is a woman. She doesn't have this ability to be alone with herself and flirt with the world. I analyzed what exactly I do. I can objectively communicate easily with any man, and this is not to the detriment of my relationships. But in a standard marriage, a woman is conditioned by the idea that she needs to fence herself off from all male gazes, and if you smile, you're almost a slut. A man doesn't live like that.

You need to make love with life. Do everything with immense pleasure, take things easier. Everything that happens in my life ranges from "great" to "very great." I don't have a state of "hard, bad, no strength." And when I see that in others, I say: you yourself believed that you were feeling bad. And your brain gives up: "Yes, bad, I'm dying." And you start to sabotage events to return to that point in life where you felt meaning and dynamism.

And when do we feel dynamism? When we had no money, no partner, there was total loneliness. We ran around on dates, looked for earnings. Then you feel life, when everything is urgent and you're faster-faster-faster. You don't have time to suffer. But if you relax, you start to suffer.

It's hard to stay happy in stability, because you see everything that's happening. If you earn well, you have a lot of time for self-analysis. And these thoughts are sometimes harder than external actions. Very often, women themselves ruin an absolutely comfortable life or marriage, leave partners, leave jobs—because they can't cope with the pressure exerted on them by... stability. That very stability that many dream of.

In fact, enduring stability can be harder than coping with instability.

How to balance these two stories? How not to burn out completely, not to run like a hunted greyhound, but also not to drown in boring stability that makes you want to go crazy?

1. Learn to create your own state and mood.
2. Focus all your attention precisely on this state.
3. Constantly look for ways you will "make love with life."

Sexuality: A Foundation That Cannot Be Destroyed From Without

My psychologist friend and I discussed how female sexuality is formed. Some perceive it as revealing clothes, red lips, winged eyeliner—there are certain imposed images. But I have met incredibly sexual women in strict suits. Often—much more often.

Because a woman who dresses revealingly often does it for a man, to be a sex object. But real sexual energy comes from a woman who is confident in herself. Who "makes love with life." Who understands: "Everyone back off, I'm having such a great time! I'm living my best life." A proposal came and fell through? Doesn't matter. Asked on a date and it didn't work out? Doesn't matter. All of that is superfluous, because I have myself, and I am enough for myself.

This is where the foundation is. Sexuality is based on this: I am whole, I am fine, I can give myself the life I deserve. I don't need to look for anyone for that. Because expectation = disappointment. If you wait for a savior, a promotion, gifts—it will always be painful, it will destroy your energy.

So you got ready, put on makeup, arrived all radiant, and he: didn't call a taxi, was late, took you to a cheap cafe... and your energy is "wasted." If your sexuality is destroyed by external actions—that's not real energy. It's a fragile construct.

My state is very difficult to destroy. It is stable because of me, because I control and create this stability. I know that I will return to my apartment, lie in my bath, I have my man, my work, girlfriends, friends, interests, and hobbies. All of this I control and it depends on me.

The more areas of your life depend precisely on you, the easier it will be for you to maintain your state. The more real stability there will be in this life—even if externally it looks like complete instability (moving, changing jobs, countries). I am flexible, I can change, but my psyche and my state are stable.

Someone might criticize me: "Oh, you won't succeed." But I am responsible for my state. I must believe in me. Someone else can assess what I will succeed at and what I won't. And this reinforced concrete foundation helps me to manage, manipulate, and balance this energy however I want.

I don't need anything to understand whether I slept well or badly. I just need to wake up and tell myself that. The same with sexuality: I don't need anyone else's opinion to say whether I am sexual or beautiful. You must tell yourself that. You give yourself the most important evaluation. And it should always be positive.

Three Principles Worth "Stealing" From Men

Men know something about life; they often have a calmer and more settled existence. So there's something to learn.

1. ****Prioritize your values and interests.**** If a man wants to go to the gym, he goes, without asking anyone. But a woman says: "Please sit with the child." Prioritize your interests. Explain: "This is important to me." It's important to work, to go with girlfriends, to be alone. Many women dream of simply being alone for a couple of days. You need to voice it. Sometimes you are simply afraid to say what is vital for you.

2. ****Love your body as it is.**** As God made it—that's perfect. First love it, then it can "pull" you to an ideal figure. Stop nagging yourself. A man sees his belly, sees flaws, but he still loves his body. He will go to the gym to change something, but he adores his body. So there's no need to humiliate yourself. Love and value your body first and foremost—then it will serve you.

3. ****Someone needs to serve you.**** I haven't figured out who yet, but... If you have options, use them! :))

It's Never Too Late. As Long As You're Alive

Many think: "It's too late for me." Dreams, goals, ideas... It's never too late. As long as you're alive, you can change everything. It's never too late to start social media, change your style, dye your hair blue or green. It's never too late to start working on your states, change your diet, your job, move to another country.

We live, we face difficulties, everything breaks, collapses, changes. But if you feel a complete contradiction inside, that you are not on your path, not following the call of your heart and soul—you need to change everything. And that's normal.

You should wake up every day feeling that this life fills you. Our time is short. If you don't believe in reincarnation—study quantum physics, psychology, so that your brain starts to accept the facts. You live by societal programs designed to keep people in fear and prevent them from moving forward.

Wake up. Remember who you are. Remember that you are a soul. Wake up every day with a feeling of total gratitude for this experience. You cannot live this life in fear, with a constant feeling of "how do I just get through another day." You must be filled with every second, cherish every moment. Because this life is magnificent.

Choose to be happy—this is the main manifesto.

That's why I always say: choose to be happy. Just choose. Declare it as a manifesto to the universe: "Take everything that makes me unhappy out of my life. I want to be happy. Send me people, resources, knowledge that will make me happy." This will be enough to completely turn your life around.

Sometimes this path of "cleansing" looks like death. Like complete emptiness. When everything is taken from you: you've lost your job, friends, relationships that lasted many years. You have nothing. But your choice is at play here. If you have chosen to be happy, you need nothing else for that choice. Just wake up happy.

Prove your readiness to the world. I have always said openly: I love beautiful jewelry, great apartments, I love wealth, I love exquisite restaurants. I will not choose a poor man; I will choose a rich one. Because true wealth is a state of mind. A genuinely wealthy, accomplished man is magnificent.

He sees a woman who needs help, and he will never say, "I'll feed her a salad and then screw her" or "I'll buy you a camera, but we'll go to my place for a threesome, you haven't given me that in a long time." Those are damaged men.

Your body remembers everything. And you will pay so dearly for such "handouts" later—with your health, with years. And believe me, this is not a scare tactic, but a warning. I know too many such stories. It is much cheaper and more beneficial to improve yourself, to mature. Every piece of knowledge you gain is a contribution to the treasury of your inner wealth. When you don't step on your own throat, don't betray yourself, act according to the call of your heart—that is what is valuable. And all these market, mercantile relationships—to hell with them. They are pathetic.

Real men—I call them "men from my planet"—are different. Perhaps this is my assumption, but I believe we are all from different planets, inherently different. And when you take a man not from your planet and try to convey your value to him—he cannot accept it. It's like a purebred dog trying to explain to a stray why discipline is necessary. She is drawn to her own kind, to her community. Therefore, never try to explain the choices of people who do not choose you or treat you badly. Just focus on yourself.

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