



Don't Be That Girl: A Guide to Finding the Confident, Rational Girl Within

Travis L. Stork M.D.

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Don't worry. This is not *that* book.

Travis Stork, the handsome and charismatic star of *The Bachelor: Paris*, has chalked up more dating experience than most men could claim in a lifetime. As an ER doctor, he's also an expert on the psychological and physiological factors involved in mental and emotional well-being. In *Don't Be That Girl*, he combines his personal experience and professional expertise to help you demystify the self-defeating behaviors that characterize **that** girl -- behaviors that unfortunately, even if unintentionally, prevent many women from getting the most from their lives and relationships.

Don't Be That Girl cuts to the heart of what makes a woman cross into **that** girl territory and the red flags that tip guys off to the possibility that, yikes, they may be dating **that** girl. So who is **that** girl, exactly? She defies a simple definition. She may be the chameleon who turns into a completely different person the second a guy walks into the room. She could be the girl with the ironclad agenda that she's held to dearly since her first encounter with Modern Bride (and she'll do anything to make sure her plan materializes). Or she's the consummate "yes" girl who is always going along with his every wish. If she's not saying yes, she might very well be a drama queen who is always saying no because she can't seem to live without conflict. Then again, she might not be dramatic at all, just miserable inside, wearing her anger and bitterness as a badge of honor. In short, she's the girl who's trying fruitlessly to be someone she's not -- who's falling victim to the common pitfalls and patterns that lead to **that** girl behavior -- rather than believing in herself, following her passions, and maintaining healthy priorities.

But *Don't Be That Girl* isn't all cautionary tales and bad news. Often, the same traits that make a woman **that** girl are the traits that, at their core, are her biggest strengths -- if she only knew how to refocus them. By drawing attention to and celebrating these positive attributes, Dr. Stork reveals how to cultivate and take advantage of them in ways that will lead you to the confidence and happiness that you deserve. Whether you are in a relationship, hopelessly searching, or somewhere in between, this book will arm you with practical insights so you will never again have to ask yourself, *Is it me or is it him?*

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