

DIANA KIRSCHNER, PHD

LOVE *in* 90 DAYS



*The Essential Guide
to Finding Your
Own True Love*

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In this fun, savvy, and grounded book, Dr Diana Kirschner tells women how to ditch their single days and find the potential man of their dreams in just 90 days.

Love in 90 Days: The Essential Guide to Finding Your Own True Love Details

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Author : Diana Kirschner

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Nancy Weil says

Dr. Diana knows her stuff. She truly cares about helping people break through their faulty thoughts, bad habits and other blocks to finding the "one." Many of my clients want a relationship, but aren't willing to do the work to get one. I recommend this book to them and I recommend it to you as well. Stop making excuses for why you are alone and start learning how to search and connect with a wonderful partner.

Holly Bluemlein says

If you are single and don't want to be READ THIS BOOK!!! I have read a lot of relationship books and this one is hands down the best one. I recommend it to all of my friends and give it the bulk of credit for the fact that I'm happily married now.

Lynne Torgersen says

I think this woman is out of her mind. All the things she is suggesting for women to do in order to find a man would take a helluva lot more time than I have available in my life. Plus I've been using the online dating sites for years and I'm lucky if I can get one date with a guy every few months let alone find 3 to date on a regular basis.

One thing the book has done for me is convinced me that I am better off being single and if I'm truly meant to be with someone then God will make that happen.

Kimberly says

Now, in my Pantheon of relationship books, it might seem that I'm a cupid addict. I'm actually far from it. I consider it a challenge (not a curse) of someone always learning and searching for more information. I've read every type of relationship book (it seems) in a quest of knowledge and humor. But, I'm in on the joke. Every book says pretty much the same thing, yet slightly different.

So, how does "Love in 90 Days: The Essential Guide to Finding Your Own True Love" shape up in the scheme of other books? Better than average, actually. In fact, the distinctive difference between this book and the other are the following:

1. Kirschner highlights the counterproductive dating types that most women go for before they realize that they will never get the results they want (a relationship, marriage, commitment, etc)
2. She advocates online dating and approaches it in a way that promotes dating as a "numbers game".

3. Dating three men at once so you don't become obsessed with one man before he shows honest signs of commitment is also a key selling point for Kirschner.

4. Her signs of a DUD vs a STUD are refreshing. However, what's really interesting is her inclusion of "a man that is willing to learn / grow spiritually and is emotionally in touch with himself" is distinctively different from other relationship books.

5. Her specialty chapter 11, in which she speaks directly to those insecure about being Black and dating, Smart and dating, With kids, any other insecurity you could think of that your social group has stated that makes you "less than", shock me. I would recommend this book just for that.

In short, in reading her book and practicing her techniques, can you really find love in 90 days? Sure. Would I recommend this book to read? Yes. Why? The text is approachable and friendly. Kirschner does not assault the assumed female reader with harsh demands on looks and how to conform yourself to a stereotypical light that "Men" want. In fact, her Diamond Self section is rather enjoyable in that it pushes you to cultivate your own inner beauty spark.

So, read it. It can't hurt - only help and heal.

*Note, the social group / love mentor / support area that she says is available on her website is no longer there.

Jaye says

I typically don't pay titles like this any mind but I'm actually glad I picked this one up. It's very detailed and insightful. It's almost like therapy in a book. I would have to say that Dr. Diana is a very skilled professional and has many good suggestions on ways a woman can change negative patterns and beliefs.

The only thing I didn't like was the part where she said that a woman should go on roller coaster rides (I could be misquoting) or anything that gets your adrenaline pumping to make yourself "fall" for a man that's not your "type." I feel like this: if I have to jump through hoops to make myself attracted to or fall in love with a man, guess what-I don't love him. There's nothing there and I'm not going to turn all kinds of tricks to make myself like him.

That aside. I really enjoyed the book! It was eye-opening. I could see patterns in myself and others as well. Being a writer, understanding behaviors and motivations is important in order to create believable characters. Great job, Dr. Diana!

Samantha says

This book worked for me. After the death of a loved one I wasn't sure if I was even ready for a serious relationship yet, but I met (reconnected with an old acquaintance actually) the guy who I'm going to marry while reading this book. It's all about taking care of yourself and how to find someone who is crazy about

you and treats you well.

Azure says

Helpful, but much more so because I went to the website and found a Love Mentor to coach me through it.

Mie says

It is very practical and if you really try all of these, I am sure you can get a boyfriend within 90 days,,,but the truth is it is really hard to keep dating three men at the same time. Maybe we can have a casual date but once we are in love and the relationships turn into serious one, I feel not everybody can manage having three guys at the same time. I feel it's a bit insincere. But I am sure this is very useful book.

Marta hoelscher says

By Diana Kirschnew, PhD

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"In LOVE IN 90 DAYS, Dr. Diana reveals the secrets to finding Mr. Right and the crucial steps single women can take to create fulfilling love that lasts. Most singles unconsciously make the same mistakes over and over again in love, regardless of age, work success, or the type of man they are dating. Using her unique four-pronged approach, Dr. Diana pulls no punches. She outlines a program that gets women on the path to smash through their self-sabotage and forge a healthy love relationship."

This book is awesome! It is so practical! It's not filled with a bunch of feel good tactics that are so far out that they won't work. We've all read those books, ladies. Instead, Diana Kirschner lays out a step by step plan to getting into the dating pool and doing it in a very thought out way. No more jumping into things, take them slowly, make the right decisions. This is a book I think every woman should read in her early dating years. What a lot of mistakes it would have saved me!

Love In 90 Days blog: <http://blog.lovein90days.com/>

Love In 90 Days website: <http://www.lovein90days.com/>

Webisodes: Love In 90 Days bootcamp: <http://www.lovein90daysbootcamp.com/>

Interview on Blogtalk Radio With Diana Kirschner [HERE](#)

Marlene Landauer says

an amazing book! I learned so much and am finally in a beautiful and loving relationship! Diana Kirschner is a very helpful teacher!

Judith Joshel says

This is the best book on the market for women wanting to find Mr. Right and to create a loving committed relationship with him. I am a dating and relationship coach and it's required reading for all my clients. Dr. Diana is a world-renowned expert psychologist who shares her vast knowledge around finding and creating a great loving relationship. The book deals with all the ways women sabotage themselves in the dating world and has specific information on how to meet guys, how to date, what to look for when vetting the guys you meet, and how to understand men. I would advise any woman longing for the love of her life to study and follow the wisdom presented in this book.

Bridget says

I never really had a problem finding guys. My problem was finding a good guy. Even though I am happily married, I still want to learn all that I can because I want this love to last forever. One thing that was difficult for me was learning to love myself. How can you expect someone to fall in love with you if you don't think that you are worthy of love? Understanding yourself is the key to learning what you want and need out of a relationship. This book is a great guide to loving yourself, your friends and a lover.

The step-by-step instructions are easy to understand but aren't always easy to follow. The heart has different ideas than the brain and one thing you can take away from this book is knowing that the heart and the brain must reach a common ground before a relationship can blossom.

I really liked this book because Diana talks to you like a friend. She doesn't make you feel stupid and she truly understands how important love is in life.

Sarah Sammis says

Love in 90 Days by Diana Kirschner is not a book I would have read or agreed to review if I had been asked. I am not part of her narrowly defined target audience. Except for the fact that I am female and was one upon a time briefly single I am not nor would ever have been interested in this book. Yet a publicist rather than risk taking "no" (I would have been polite about it) sent it to me unsolicited. Now I could have just given the book away or wild released it through BookCrossing but I would prefer to instead give one negative review amongst all the fawning praise this book has garnered (mostly from the press). I have a feeling there were many more unsolicited copies sent out to regular book blogs such as mine that have been quietly disposed of.

Love in 90 Days has a catchy and promising title. Were it as inclusive of more kinds of romantic partnerships as Hold Me Tight by Sue Johnson is, then the advice might actually be useful and credible. The problem I have with this book is it is designed solely for single heterosexual women who want to find the

perfect hunk among all those eligible bachelors out there because of course that is the one true road to happiness! (Sorry guys of either sexual orientation or lesbians).

Kirschner mentions studies that show married people are happier, healthier and more secure in their lives than their single counterparts. What she doesn't mention is that correlations do not equal cause and effect. Happy, healthy and secure people might be more likely to seek out or find relationships because they are happy, healthy and secure.

The book offers advice on how to attract a man and includes things like how to make yourself pretty (gag), how to flirt with threatening men in public places (yikes!), how to do online dating and speed dating (how infomercially!) and finally the importance of dating three men at once to find THE ONE. Oh yeah, and you had best be white, well educated and not too fat for this program to work. Otherwise you have to do extra credit for your problem areas (bletch).

To wrap everything together in this 90 day program there are sets of affirmations and daily journal writing. These homework assignments. Because of course writing things like "I am a good person and I deserve love" x number of times a day will of course cure you of whatever funk you're in. Or you might actually be depressed!

When I was briefly single I suddenly found myself being pursued by three men. One man clearly just wanted to get in my pants, one might have been okay but rubbed the wrong way and then there was the smart one who was a great conversationalist and a bit of a klutz. From my own limited experience, three is too many to handle at once. I felt so much better when I gave two of the three the heave-ho. I stuck with the klutz and later married him. We've been a couple now for almost 18 years.

Now had this book existed 18 years ago and had I been foolish enough to read it, I probably would have gussied myself up and gone after the drop dead gorgeous player despite my better judgment. I would have ended up just another of the drunk floozies who hung out in his room until they dropped out of college with an std or two. See if you by the STUD or DUD test, Mr. player would have gotten higher points on the STUD test because he knew how to play the game (and he ran the dorm's bible study group).

Nanette Stavis says

Diana Kirschner, Ph.D. is an expert in affairs of the heart. From the start, Dr. Kirschner's "Love in 90 Days" affirms a sense of hope and confidence that we will find that special someone. Building on that mindset, Dr. Kirschner's has laid out the program to do just that. Additionally, her beautifully crafted progression of exercises expertly brings us to a place of self-love which is so essential for a lasting, healthy relationship. Through each step in the process we learn to discern and recognize the qualitative characteristics of an optimal love partner as well as navigate the paths to finding them. All along the way, Dr. Kirschner gently guides us into finding more and more about who we ourselves are as well as who we can become to sustain that ultimate love once we discover it.

Read less

Lisa Shultz says

This book is well written with good strategies, but I think it can take more than 90 days to find the love of your life. If you drop everything and do all the exercises and date like crazy, 90 days might work, but for the average person, it might be a bit longer. I have recommended the book to many girl friends.
