

### Testimonial from Dee (age 32; Philadelphia, PA)

“I followed Dana's (incredible and hilarious) content for several months before reaching out to her to ask for help with writing an online dating profile in May 2020. After our first meeting, I quickly realized I would receive much more in working with Dana: she led me to deeper healing in my ED recovery, helped me further release toxic relationships from my past, and taught me a variety of methods that would improve my experience with online dating.

I am so grateful for the tools that she taught me—how to write a unique and authentic description of myself and the qualities I was looking for in a partner, how to feel confident and motivated when reaching out to people first, to always respect my energy when it comes to things like swiping or app fatigue, and how to write scripts to uncover and achieve my goals, among many others. A few of my favorite lessons that stuck with me are that I'm not for everyone and that's okay, to take what resonates with me and leave the rest, and that the love I am seeking is already in my life.

After our time together and a handful of connections made with great people, I began to accept that I was not interested in dating during the pandemic. I would rather use this time to find stillness and discover more about myself, by myself. Dana helped me create a safe space to accept that truth. I could simultaneously sit with the discomfort of all external and internal signals telling me to partner up and connect with romantic love, *and* devote my time to nurturing my inner artist, practicing meditation and breathwork, and savoring the reconnection with myself.

So while Dana is the best anti-diet dating coach out there, she was much more than that for me. Dana is a revealer, a deprogrammer, and a healer. She listens to all of the messages you have collected in your life from society, old partners, and loved ones, and she helps you sort through the bullshit and see more clearly. There is no judgment; and she always holds a loving space. But she is not afraid to shed light on the dark lies you have come to believe about yourself, and help clear your road ahead so you can keep moving in whatever direction you desire.

Thanks to Dana's support, I know I will have great success when I am ready to revisit the dating world. But she gave me the greatest gift of all by validating and reminding me of who I am as an empowered single woman.”