

Alyssa Dineen



# The Art of *Online* Dating

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Style Your Most Authentic Self and  
Cultivate a Mindful Dating Life

**A PDF COMPANION TO THE AUDIOBOOK**

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# CLOSET CLEANSE

## process

DO I LOVE IT?

Yes No

DO I FEEL  
GOOD IN IT?

Yes No

DOES IT SERVE AN  
IMPORTANT FUNCTION?  
(ENOUGH TO BUY A REPLACEMENT?)

Yes No



IS IT IN GOOD  
CONDITION?

Yes No

CAN IT BE TAILORED  
TO FIT BETTER?

Yes No



DO I HAVE ANYTHING  
TO WEAR WITH IT?

Yes No

CAN IT  
BE FIXED?

Yes No



DO I HAVE REGULAR  
OCCASIONS TO WEAR IT?

Yes No



IS IT WORTH PURCHASING  
SOMETHING TO GO WITH IT?

Yes No



KEEP IT



TAILOR IT



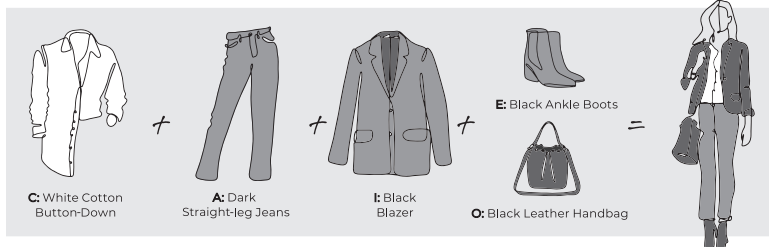
BUY IT



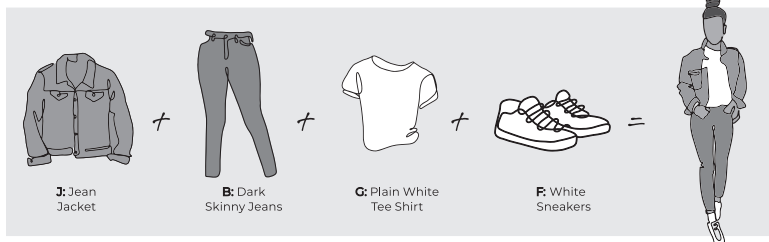
DONATE IT

# fashionMATH

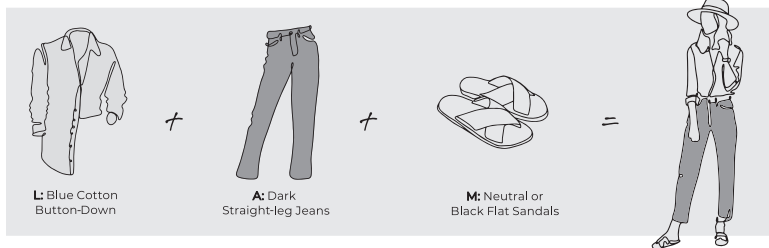
## FIRST DATE COFFEE



## SECOND DATE WALK IN THE PARK



## SATURDAY DATE TO THE MUSEUM



## FROM WORK TO A DRINKS DATE

