



The One: A Realistic Guide To Choosing Your Soul Mate

Ben Young, Samuel Adams

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In their bestselling book, *The Ten Commandments of Dating*, Ben Young and Samuel Adams showed singles how to date effectively. Now "*The One*" shows Christians who to date and how to negotiate the difficulties of choosing a soul mate. The biggest question on the minds of the 78 million singles in America is simply this: "How can I find the right one?" This book answers that question, giving entertaining yet practical advice for that seemingly endless quest to find "*The One*." This book emphasizes free will, personal responsibility, proactivity, and preparation, helping singles avoid the pitfalls of dangerous beliefs and hyper-spirituality. Single Christians will learn what approaches to avoid in mate selection, recognize the myths about finding true love, and learn practical strategies for finding the right person to marry.

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