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Pigs be not proud: Tips for dating safely

By ANNE BENDHEIM · STAFF WRITER · November 21, 2010

We have to admit it: We were once a member of the Men Are Scum sisterhood. This was brought on by a long string of bad, not to say bizarre, dates and relationships. We were going to have T-shirts made but then decided it would be better not to participate in social activity with men of the scum persuasion.

That's pretty much the thesis of Jersey author Norah Marler's newest book, "No More Dating Pigs: You Are What You Date." She gives "scum" a porcine appellation, which, admittedly, is likely to make for a better T-shirt.

And what qualifies men as pigs? Marler writes: "A Pig is a selfish and often cunning man who pursues women on pretext of romantic relations, but basically tells women anything and everything they want to hear in order to a) satisfy his excessive need for constant attention and admiration, b) feed his ego, and finally, c) get them into bed."

Ah, memories, misty water-colored memories.

Marler writes with her tongue occasionally pressed to her cheek, but she's apparently serious in her intent to keep women away from hurtful relationships. Her book is chock full of tidbits, question-and-answer sections and straight-out didactic lectures. The chapters include "How to Spot a Pig," "Steering Clear of Cloven Hoofs" and "Be a Better Dater, Not a Bitter Dater."

The author doesn't shy away from the darker side of this decidedly nonkosher meal of a book. There are serious and painful consequences to participating in unhealthy relationships. But she's relentlessly upbeat in her narrative — admonitions and all.

Brielle's Norah Marler empowers women to find strength & courage in love, life

Women have always found the power and strength within to rise above adversity.

Brielle resident Norah Marler, 43, formerly of Sea Girt and New York City, is one such woman who remains passionate about leading women in need to a better life.

Through her book, *No More Dating Pigs — You Are What You Date*, and serving as a women's rights activist, Ms. Marler continues to give women hope and courage to face battles in life and love.

Ms. Marler, in her years working with women of all ages and backgrounds, noted some women who have demonstrated remarkable strength for survival — even fighting cancer — have displayed weakness when it comes to matters of the heart.

Ms. Marler said she met women "who could conquer anything."

"But matters related to the heart destroyed us," she said.

Ms. Marler's yearning to help women in need led her to founding a nonprofit organization for women, *Leading The Way*, and later to hosting a *No More Dating Pigs* Web forum, and successfully publishing a book in May.

Ms. Marler, who grew up in Toms River and Brick, was born to Marilyn Fenz, of Toms River, and the late Dennis Marler.

She has two brothers and one sister — Billy, 45, of Toms River, Mark, 35, of Toms River and Renes, 37, of Whiting.

Ms. Marler attended Hooper Avenue Elementary School, in Toms River, and graduated Brick Township High School in 1985.

Ms. Marler enjoyed playing writing and language arts and attended Ocean County College in Toms River and Monmouth College, now Monmouth University, in West Long Branch, where she studied psychology, English and communications.

Ms. Marler left college to begin working in the field of marketing, where she has been successful in multi-media marketing, including starting her own production company in 2003.

Following her passion for writing, Ms. Marler said she began writing several books, but never finished one.

"I decided I would finish a book," said Ms. Marler.

Ms. Marler said she had "been through significant relationship disappointments" and began to see a "pattern" with her and friends' mistakes in relationships.

"And instead of blaming the guys I was dating, I decided to take accountability for my mistakes," she said, and began to write a dating diary in 2007.

"The book just started writing itself," she said, adding everything in *No More Dating Pigs — You Are What You Date* "is a real experience."

No More Dating Pigs — You Are What You Date "offers female readers a step-by-step guide on how to avoid the dating no-no's that keep landing them in bad relationships and how to develop the skills necessary for healthy dating choices that ultimately transcend to relationship success."

In her book, Ms. Marler captivates her audience with humor, using words referencing pigs.

For example, Ms. Marler writes, "once you have yourself on a pedestal, then get out there, but don't look for love with your eyes. Find it with your heart. If you stumble, if you accidentally find yourself 'en-wined,' back out of the city and forgive yourself! Whining over missing it is a waste of time. Be a better date, not a bitter date."

Ms. Marler shares her own hurts with her readers, including the end of her 10-year marriage in 2006. She declined naming her ex-husband.

While the book's title may suggest otherwise, Ms. Marler said the book is not about "man bashing."

"I wrote this book because I am one of them [women] who has these same heartaches — the divorce blues and the upsets," she said.

Ms. Marler said her father died when she was 17 years old.

One month before he died, she recalled that he told her, "it is a man's world out there and you will have to work twice as hard to get the things you want."

"I had an attitude about that," said Ms. Marler, adding she often thinks of her father's words.

"It is a man's world, but it is a woman's universe," she said. "I have the power to make choices and have anything I want."

"Women do have all the power and you have to stand up for what you believe in," she added.

Ms. Marler said women have to "hold true to loving oneself before you can expect anyone else to love you."

In addition to helping women through writing, Ms. Marler has brought joy to women and children, including those who have been torn by domestic violence and abuse.

Ms. Marler founded her own nonprofit group, *Leading The Way*, in

domestic violence need extra TLC."

After *Leading The Way* closed its doors in 2009, Ms. Marler decided to donate its remaining funds to 180 Turning Lives Around, a nonprofit organization based out of Hackett dedicated to ending domestic and sexual violence in Monmouth County.

Barbara Lovell-Napoli, a development associate at 180 Turning Lives Around, said Ms. Marler "had funds and looked around a bit and called me one day to ask about our program."

"She wrote a very very generous check and closed out her nonprofit," said Ms. Lovell-Napoli. "But more valuable than that is she offered her services."

Ms. Lovell-Napoli said Ms. Marler has a "tremendous amount of marketing experience" and is a "savvy business woman who turned her skills for the greater good."

"With her background, she will be a very valuable addition to our team," she said.

Ms. Lovell-Napoli said Ms. Marler's vision of kite flying also became a part of 180 Turning Lives Around and continues to grow.

"She was in her glory watching them [families]," said Ms. Lovell-Napoli, during this past May's event.

The day goes further "a carefree day on the beach," said Ms. Lovell-Napoli. "Everyone deserves that ... the last thing on your mind, when trying to escape a life of violence, is having a carefree event with your child."

"She has worked really hard to put families in a good place," said Ms. Lovell-Napoli. "She has a backbone made of steel."

"She is a beautiful woman. Who can I help? That is all about who she is," she said.

Brielle resident Gail Feltham, 45, Ms. Marler's friend and neighbor, said Ms. Marler "exudes positive energy."

"She is driven and makes you want to be more — I don't know many people like her," said Ms. Feltham.

"Norah is very discerning, and deliberate in her decision making," said Ms. Feltham. "She knows what she wants but she conducts herself with great class."

Ms. Feltham said she felt "privileged" because Ms. Marler "would run things by me" while writing her book.

"I think a lot of women



Norah Marler, of Brielle, is driven by her passion to lead women in need to a better life. Ms. Marler is a women's rights activist and author.

**STORY BY
CAREN CATERINA**

drive to deliver thousands of toy donations to needy mothers during the holidays. She also began an annual kite flying event held in the spring at Jerkness's, in Point Pleasant, to benefit women and children of domestic violence.

"I had the idea of going on the beach and seeing the kites fly," said Ms. Marler, adding the kites were symbolic to remind women of their life and to never give up on themselves.

"I am a strong woman and I like to stand up for women's rights," said Ms. Marler. "I think of women as a beautiful coalition."

"Women are natural caretakers ... they want to be taken care of too," she said. "Especially women

who want to be more — I don't know many people like her," said Ms. Feltham.

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— Barbara Lovell-Napoli
180 Turning Lives Around

— Gail Feltham
Friend

in Monmouth County need to read that book," said Ms. Feltham, adding it "gives women some dating guidelines to say enough is enough, and hopefully, to raise nicer boys."

"When you are reading the book, you will know that it is speaking to your experience," said Ms. Feltham, adding she was married for three years and divorced for four and was "thrown into the trenches [of dating] again."

Ms. Feltham said she is now "dating someone amazing."

"It took a lot of pigs, swine and mud before I met my boyfriend," she said.

Ms. Feltham said Ms. Marler's book "is genuine and comes from her own experiences and struggles as a woman, and what she had to experience in life."

Ms. Feltham said Ms. Marler "always wanted women to be respected, and to maximize their potential and have them be the best they can be."

"She is a real believer in the American dream," she said.

Ms. Feltham also said Ms. Marler is helping those "trying to find their way."

"She is an amazing person, a marvel, and I think the book is just the beginning for her," she added.

"The clothing, the look — she knows how to bring it, but she is also comfortable in jeans and flip flops," said Ms. Feltham. "She can be my woman."

Ms. Marler said she has also been happily dating someone for six months.

Ms. Marler also said many enjoy learning she was born on Valentine's Day.

"We all joke that it helps make me an expert on love ... I've got a direct line with the love gods," she said.

Ms. Marler said sometimes women need to just "take a step back out of your everyday life and hit the refresh button."

"Don't carry your baggage with you, don't get bitter," she said. "It is a new day."

"We all want our cattle and our happily ever after," she said, adding she is happy, content and enjoying her life.

"I really am blessed," she said.

Ms. Marler has gone on a radio tour for her book, which launched on June 3 with well-known Seattle talk radio show *Chat With Howard*.

Additionally, CBS's King World Productions has interviewed Ms. Marler to appear on the *Rachael Ray* show this fall, as well as other popular television talk shows.

The book will be in full distribution by September and will be available in bookstores throughout the country.

Ms. Marler can be found on Twitter by searching for "TheLoxCoach."



A women's rights activist, Norah Marler, of Brielle, founded the nonprofit *Leading The Way*, before joining forces with 180 Turning Lives Around. Each year, she hosts a kite flying event (above) on the beach for women and children affected by domestic violence.

Finding a man: 'No More Dating Pigs — You Are What You Date' book review

TUESDAY, 15 JUNE 2010 14:44



"No More Dating Pigs — You Are What You Date" leads women out of the barnyard and into a happy, healthy ever-after.

This newly-released book by author Norah Marler offers female readers a step-by-step guide on how to avoid the dating No-No's that keep landing them in bad relationships and how to develop the skills necessary for healthy dating choices that ultimately transcend to relationship success.

The author first characterizes the disorder. Readers will quickly grasp the Dating-Don't, Foolish Patterns and Red Flag Warnings that always result in bad relationships and heartbreak.

"A woman's strongest commitment must be to herself, so falling in love with oneself is first and until that first step is achieved, readers should stay shy of the dating market," said publicist Melanie Knobel. "Once you have yourself on a pedestal, then get out there, she writes, but don't look for love with your eyes. Find it with your heart. If you stumble, if you accidentally find yourself "en-swined", back out of the sty and forgive yourself. Whining over swining is a waste of time. Be a better dater, not a bitter dater, she counsels."

Marler is a recognized women's rights activist in New Jersey. Her years of working with women of all ages and backgrounds demonstrated that women have an uncanny strength for survival, yet exceptional weakness for matters related to the heart. They can conquer cancer and survive nearly any catastrophe, but are immobilized by loneliness, betrayal and heartbreak ...

leading her first to her dedication and involvement in non-profit organizations for women, then to hosting the No More Dating Pigs web forum and now to this book.

So let's get down to the nitty-gritty.

Don't Get Caught With A Swine! Take The Pig Quiz:

Does he seem too good to be true?

Does he never remember to ask about you?

Does he "travel" a lot?

Is he unavailable on the weekends?

Does he avoid bringing you to his home?

Does he text more than he calls?

Do you always get his voicemail?

Has he avoided introducing you to his family and co-workers?

Does he ignore incoming phone calls when he's with you?

Does he always have a crisis, problem or predicament?

If you've answered: "Yes" to at least three of these questions there is a very good chance that you are dating a Pig!

Are You Dating A Liar?

Ask a liar to tell you the truth and they'll still tell you a lie. Liars do not tell the truth! (Duh!) There are many ways to catch a liar but it's not as simple as asking them to tell the truth. Here are some behavior patterns that may detect a liar:

Repeats the question

Shift in eyes

Increased heart rate

Light sweat on brow

Too much information

Changes in story

Over Defensive

And ladies, friends don't let friends get caught so don't bother asking his friends if he's telling the truth, they've got his back, according to Marler. "If you suspect your guy is telling a lie, you need to listen with your eyes, not your ears. His behavior will reveal the truth if you really want to see it."

— ANDY LAGOMARSINO, NEWJERSEYNEWSROOM.COM



Book Review: No More Dating Pigs: You Are What You Date by Norah Marler



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There must be men in the world who always seem to get involved with Ms. Wrong — the type of woman who manipulates, belittles, uses, or devalues — but men either have better coping mechanisms or just aren't manly enough to admit that they keep getting sucked into the same relationships again and again and seek advice on how to change. It can't possibly be that all men are pigs, can it?

One's first reaction to *No More Dating Pigs* is to wonder if author Norah Marler is being a bit hard on the guys. But when she says "You Are What You Date," it's apparent that she's trying to save some of us women from being treated like pigs. Marler guides her readers through the pitfalls and mines that dot the dating landscape, from first meetings to break-ups to building good relationships.

Two concepts that Marler emphasizes are that women should be able to spot a pig before even considering getting involved with him, and that we are each responsible for our own happiness. She reminds readers that before trying to get to know a man, they should know themselves, specifically what they need from a relationship. While many people have a vague notion that they want to "love and be loved," there are so many more specific things we need, and knowing what those things are is an important foundation to future relationships.

Marler gives a smart definition of "bad boys" and is clear on the behaviors that separate the good from the bad. She not only divides the pigs (a/k/a "bad boys") into categories, but also the pig-daters — the women who repeatedly seek out the same type of inappropriate men, many of whom are women who define themselves by being in a relationship, any relationship.

While much of *No More Dating Pigs* is amusing, it is all dead serious. It's almost scary to compare the behavior of real pigs (the kind in pens) to the behavior of bad guys because of the striking similarities. If readers need a quick lesson in how to determine if a prospective boyfriend is a pig, there is a table outlining "The Pig Syndrome," 16 symptoms and behaviors of the men your mama doesn't want you bringing home.

[Continued on the next page](#)

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LOVE AND SEX, BOOK REVIEWS, AUTHORS, RELATIONSHIP ADVICE, NO MORE DATING PIGS, NORAH MARLER

LOCAL TALKS LOVE, LADIES: WHAT DATING MISTAKES ARE YOU MAKING?

In Books on June 17, 2010 at 6:06 am

★★★★★ 7 Votes

The author soon to be interviewed on the "Howard Stern Show," TheBPlot readers get an exclusive preview...

"No More Dating Pigs: You Are What You Date" by area resident Norah Marler, leads women out of the male barnyard and into a happy, healthy ever-after.

The author delivers practical strategies to resist the pitfalls of "animal husbandry." Backed up by advice and examples, Norah's book puts women on the road to true love. She knows our area and she knows the guys who date in our area.

The author offers female readers of all ages a motivational and step-by-step guide on how to:

1. avoid the dating mistakes that keep landing them in bad relationships
2. develop the skills necessary for healthy dating choices that ultimately transcend to relationship success

You will easily grasp the "Dating-Don'ts," "Foolish Patterns" and "Red Flag Warnings" – detailed in the book - that always result in bad relationships and heartbreak.

"A woman's strongest commitment must be to herself, so falling in love with oneself is first and until that first step is achieved, she should stay shy of the dating market," said Norah. "Once you have yourself on a pedestal, then get out there. Don't look for love with your eyes – find it with your heart.

"Whining over swining is a waste of time. Be a better dater, not a bitter dater."

More sage advice from a woman who says she has dated many pigs along the way, in "No More Dating Pigs" – available at NoMoreDatingPigs.com, Amazon.com and local retailers.

Richard@TheBPlot.com

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Kite contest has high-flying goals: Kite contest has high-flying goals

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STAFF WRITER

ON THE WEB: Please visit APP.COM to see a gallery of more photographs of this event.

A kite-flying contest Saturday raised cash for a nonprofit organization dedicated to helping less fortunate women get back on their feet.

Support Leading the Way of Brielle sponsored the contest at Jenkinson's, which was turned over to the group for the afternoon. For a \$10 donation, participants got to go on boardwalk rides for free and participate in the kite event on the beach.

Event organizer Norah Marler, president and founder of Support Leading the Way, said the group hoped to raise \$1,000, which will be donated to various charities that help women.

The kite contest is one of several events held each year by Support Leading the Way. The programs range from cookies-and-milk fundraisers to benefit teenage mothers to \$1,000 grants given to individual women who need help to get their lives back on track, Marler said.

Logan Rozakis, 7, of Farmingdale stood on the beach and said: "I picked out the kite because it looked like a butterfly and I thought it would go higher than the other kites." His sister, Skylar, said she "just liked the red and blue colors of the kite."

Event supporters also were on hand.

Blue Plate Special, a band from New York, performed for free.

"I know from personal experience that there are not enough places for a woman to go when she needs help," said lead singer Jessie Carolina.

Tom Faragalli, owner of T & T Coast automobile dealership in Wall, said he helped sponsor the event because he believes it is a good cause.

"I've always believed in sharing the wealth because it has a boomerang effect," Faragalli sai.

Mike Sullivan of the accounting firm of Parker, Remsen and Sullivan in Highland Park was also a sponsor.

"It's a way to help out this organization, and do some networking too," said Sullivan of Point Pleasant Beach.

Visit www.supportleadingtheway.com or call Marler at 908-715-8659 for more information.

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Abstract (Document Summary)

A kite-flying contest Saturday raised cash for a nonprofit organization dedicated to helping less fortunate women get back on their feet.

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