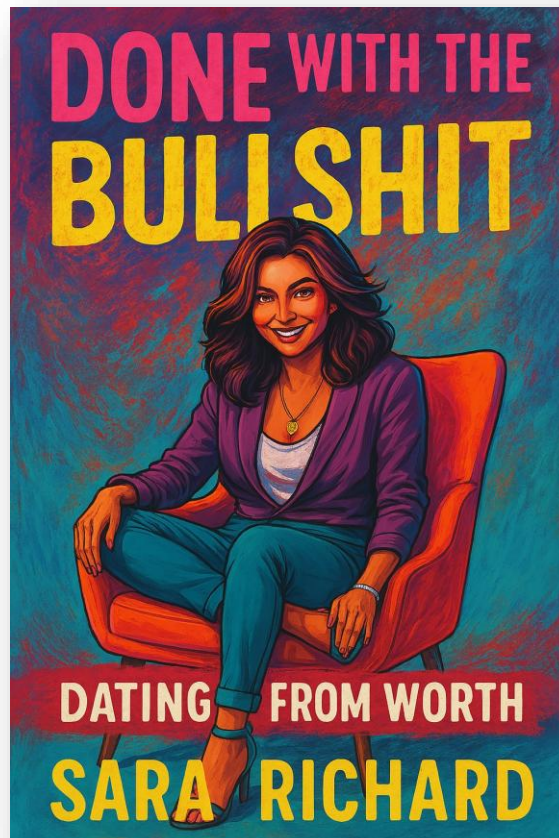




**DONE WITH THE BULLSHIT**  
**DATING BY WORTH**

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## Introduction

Let me say this upfront: This is not another fucking dating book promising to help you "catch" someone through manipulation disguised as strategy. I'm not here to tell you how to be more appealing, more accommodating, or more strategic in your approach to relationships.

This book isn't about feeding you the same tired lines that promise a fairy tale romance only to leave you feeling like you're starring in a slow-motion train wreck. It's about dismantling the absurd norms of modern dating by reclaiming your inherent self-worth. We're flipping the script on a world that tells you your value is tied to how many matches you get or how damn quickly you respond to a text. Instead, we're learning to find that worth deep within ourselves - beyond the superficial likes and empty compliments, into a space where authenticity, power, and honesty reign.

This is the story of how I stopped trying to be chosen and started doing the choosing. How I transformed from someone who treated dating like an audition for the role of "girlfriend" to someone who recognized my inherent value regardless of relationship status. My messy, non-linear journey from seeking validation to operating from worth.

If you're looking for "the rules" or "the secret" to making someone love you, I don't have them. What I do have is something more valuable: a roadmap from seeing myself as the product to recognizing myself as the customer in the dating marketplace. That shift changes everything - it's the difference between waiting to be selected and confidently making your own choices based on what truly serves your highest good.

The pages that follow aren't filled with sugar-coated platitudes or quick-fix solutions. They contain raw truths, embarrassing confessions, and hard-won wisdom from someone who's crawled through the trenches of toxic relationships and emerged with a revolutionary perspective. Consider this your wake-up call, your permission slip to walk away from half-hearted connections, and your guide to recognizing your immeasurable value in a world that constantly tries to diminish it.

### **Dating By Worth: A Revolution in How We Connect**

Modern dating has become a relentless audition - a performance where you pour out your best lines to impress someone who might just ghost you or turn out to be a walking red flag. We've been conditioned to chase that fleeting dopamine hit, desperately looking for external validation through likes, messages, and champagne-fueled hook-ups that leave you questioning every goddamn decision you've ever made.

But here's the cold, hard truth: your value isn't determined by whether someone happens to approve of you in a moment of lust or infatuation. Your worth is inherent, deep-rooted, and irrevocable - even if society and dating apps keep trying to convince you otherwise.

When you start dating from a place of self-empowerment, the entire game changes. When you realize that your value is not dependent on someone else's validation but is carved into your very DNA, you begin to see dating for what it is - a series of encounters that can either add to your joy or take away from it.

It's no secret that, as single women navigating modern dating, we've been trolled by the notion that our worth depreciates over time. But here's something more powerful: your value isn't on sale, it isn't a knock-off that loses its shine after a few bad dates - it's the real fucking deal, priceless and immovable. Recognizing this truth is the beginning of reclaiming not only your dating life but your entire sense of self.

### **The Four Revelations That Changed Everything**

My journey from dating disaster to self-worth discovery follows what I think of as a relationship revelation roadmap - the path from validation-seeking to worth-based dating. This wasn't a straight journey but a series of crucial insights that fundamentally changed how I approached both relationships and myself.

This roadmap consists of four transformative insights:

- 1. Understanding the difference between chemical reactions and genuine compatibility*
- 2. Recognizing how we actively participate in creating our dating patterns*
- 3. Identifying when we're settling for the absence of bad rather than the presence of good*
- 4. Reclaiming our inherent value separate from external validation*

These revelations form the backbone of dating by worth, an approach that focuses on developing internal clarity rather than external strategy. Throughout this book, I'll share how each revelation emerged through my own messy experiences, showing how they transformed both my understanding and my choices.

### **How to Use This Book**

This isn't your typical self-help manual with neat steps and tidy solutions. It's raw, messy, and real - just like actual dating. As you read, you'll encounter several recurring elements designed to help you integrate these concepts into your own journey:

**Worth Wisdom boxes:** These contain distilled insights from hard-earned experience. Think of them as the advice I wish someone had tattooed on my forehead before my dating disasters.

**Worth Reflection prompts:** Moments to pause and apply these concepts to your own life. These aren't just rhetorical questions - grab a journal and actually explore them.

**Red Flag/Green Flag sections:** Practical guidance to distinguish between concerning patterns and promising indicators in potential partners.

**Power Plays:** Concrete practices to transform understanding into behavioral change.

I recommend reading this book in order, as each chapter builds on insights from previous sections, but feel free to jump to chapters addressing your most immediate concerns. The goal isn't perfect implementation but gradual integration of worth-based thinking into your approach to relationships.

### **An Invitation to Laugh, Cry, and Thrive**

If you're reading this, you're probably exhausted from the heartbreaks and the bullshit, hungry for something real, and fiercely determined not to let the chaos of modern dating define your worth. This book is your old friend - the one who calls you out on your bullshit, makes you laugh, and then offers a hard truth with a side of profane honesty.

This is not a step-by-step dating manual filled with shallow tactics, but a memoir-style guide that tells it like it is. A journey through the brutal and ultimately empowering world of dating, where every experience - no matter how exasperating - holds the potential to lead you closer to the most important relationship: the one you have with yourself.

You are the prize, babe. And this isn't just another self-help spiel - it's a declaration of war on the dated and demeaning notions of modern dating. It's time to stop wasting your energy on those who can't appreciate your authentic, unapologetic self. Time to walk away from the bullshit, embrace your worth, and create a love life that is as vibrant, fierce, and unapologetically you as you are.

Welcome to your journey. Welcome to reclaiming your worth. Welcome to a revolution in modern dating - one ridiculous, honest, and utterly liberating step at a time.

**Ready to dive deeper into reclaiming your worth and revolutionizing your dating life?**

**Get your copy of *Done With the Bullshit: Dating by Worth* now from Wizard Press.**

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