



Mr Unavailable and the Fallback Girl

Natalie Lue

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Are you the Fallback Girl?

If you've ever found yourself in a relationship that feels and seemingly looks like one but you're struggling with commitment or you've been in the ambiguous territory of a 'casual relationship', you've likely tried to change them, wondered what you 'did' to cause this, what you can do to win their love and commitment, or even whether you're going crazy.

Mr Unavailable and the Fallback Girl is the definitive guide to understanding the relationship between emotionally unavailable men and the women that love them. From explaining how and why they blow hot and cold, to where that future they promised went to, how you've ended up being a booty call, why you've been together for a gazillion years but aren't going anywhere, and more importantly how and why you're involved with them in the first place, all of the answers are here.

Mr Unavailable and the Fallback Girl Details

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From Reader Review Mr Unavailable and the Fallback Girl for online ebook

Susan Hug says

I'd give it 5 stars if it wasn't such a slap in the face. If I had a daughter, I'd one day make her read this. It's an important book.

Nicole says

Natalie Lue is my savior. She is so honest and dedicated to help other women and men overcome the difficult dating and relationships culture we have now. She truly tells it like it is. No bullshit. If I could say that an author has saved my life, it would be her.

Ektoras (Ross) says

Despite some grammatical and syntax mistakes (the book reads like a rough draft at times which is why I knocked off a star), this book really cut through a lot of the dating and relationship insanity we engage in and made me rethink my own dating habits and past experiences. It almost in a way feels like coming out of rehab; you look at the way pop culture gives examples of relationships and 'love' in movies and music and you kind of have to laugh at the insanity of it all after reading this book. It's written for women but as a guy I found it just as applicable. Wish I would have read this earlier in my life. Forget getting dating advice from your friends or family as they likely are themselves "Unavailables." Read this instead. Highly recommended.

Vaishali Bhat says

Gosh, gut-wrenching read!! Author has done great work putting down words as nearly to real world as possible. Nothing bullshit, each chapter is full of Epiphany Moments.

Colleen Barkley says

A definite must read book for all women! This book changed my perspective on so many things in my life, including my pending divorce. Fantastic book, and a life (and self-esteem) saver!

Tom Comey says

Don't be confused by the title - this book is a must read for men and women who find themselves in the same types of relationships with different people.

Mai says

Empowering,intense and No bullshit guide to get over unavailable guys.This is a very heavy book that took me too long to finish because it is about all the baggage you carry "pun intended " as a fallback girl ,a girl who has low self-esteem and got issues to deal with that she always fall for unavailable guys who hurt her and break her heart over and over again and she is always around ,refusing to leave no matter how worse it gets .This book is A must-read for every woman because it will protect you from falling for assholes ,players and any unavailable guy out there .you wont get stuck in relationships drama again after reading this powerful book ,as the author suggests Get on a bullshit diet ,stop giving excuses and take the focus from him and bring it back to you.Highly recommend

The most important quotes from the book :

“From the moment that they started pulling back from you and failed to deliver on that initial promise displayed or became an entirely different person, or started treating you in ways that completely overstepped your boundaries, it was a glaring signal that you needed to get the hell out. Mr Unavailable is not about permanency and building a relationship, so you both want different things. Blaming yourself and trying to love him to death so that he sees how wonderful you are is a total waste of your time and a serious depletion of your self-esteem resources. Take the focus off him and bring it back to you.”

“good things don't feel bad. From the moment that I was feeling bad - negative, uneasy, wary, scared, distrusting, etc, I knew that it was time for me to sit down and have a calm, rational, self-discussion and evaluate the situation.

Feeling bad in itself became it's own early warning system.”

“Kick-start your move towards being available, by addressing some key areas and consistently working at them while increasing your self-awareness.

1. Understand code red and amber behaviour.
2. End unavailable relationships and cut ties.
3. Define and maintain boundaries.
4. Break your pattern.
5. Address your beliefs.
6. Discover your values.
7. Own and use your power instead of being helpless.
8. Use dating as a discovery phase.
9. Ask questions and make decisions.
10. Be accountable and responsible - no absorbing the blame for others and shaming yourself.
11. Get on the Bullshit Diet.
12. Get a life.”

Nicole G. says

Some solid advice here. Unavailable does not mean, necessarily, that the person you are after is not

physically present. Unavailability can also stretch to emotional, as well. The book could have been a little shorter, however, as some of the middle part, with the descriptions of the various types of Mr. Unavailables, seemed redundant. In addition, this book did not appear to have had a proofreader. Poor grammar abounds - especially mistaking plurals for possessives, which is a personal peeve of mine.

However, if you notice a pattern to your relationships, and they are all fraught with various issues, then you are part of the problem. You are the fallback girl. And until you learn this and how to fix it, you will continue to have unsatisfying relationships.

Cedar says

This book is Cruel to be Kind. Sure wish I had been taught this in Jr. High school.

Holly says

Literally. Changed. My. Life. And my future. That is all. :) That's just all that needs to be said. Natalie needs to be awarded with some kind of Nobel prize, and I'm not even joking. <3

Julie says

I don't know if the writer channeled this book, if she has been in therapy since birth or if it's just plain ole wisdom. This book is "spot on"...it was a painful read at times. Forces you to look at yourself and your issues that maybe you're (I'm) not ready to confront. It's a wordy book, lotsa words...but each necessary, there's no fluff here. It's a good - honest - necessary read for someone like me.

Definitely not a read-once and throw to the back of the closet book. This book will be a reference for me - a reminder - a mini course if you will, if I ever backslide.

Michelle says

Should be required reading for all high school girls before they get out into the dating world. One of my favorite books ever.

Lisa says

Sounds like the most dysfunctional superhero team ever

Mercy says

This was by far one of my top 5 life changing books I have EVER READ. I always say that one of my biggest downfalls is relationships. I tend to over think them, over compensate for the man's short comings and blame the guy for my own issues. It wasn't until recently that I realized that in all of these relationship issues, I was the common denominator. My lack of confidence in myself drew in Unavailable men. I was emotionally unavailable and by picking these guys that would either give me a whirlwind initial romance or come in to a relationship broken, it excused me from having to face my own internal hang ups. This book helped me break up my trends and see where I go wrong. It gave me the confidence to excuse myself and not carry all of the blame. I learned that I need to trust my instinct and set boundaries. Over all the book was absolutely FANTASTIC. I finished this book in 24 hours (with sleep and kids in the mix) and I must say I finally "get it". I finally get what my ex boyfriend said about my self- fulfilling prophecy. I understand where I build myself up and let myself down. I see so many things I didn't see before and I honestly feel great and rejuvenated. I know it is going to take some self effort to follow along with Natalie's recommendations but I am going to commit to it. I need to grow from these experiences and focus on being a better me and loving myself unconditionally. I recommend this book to all women. This isn't a book recommending "games" like The Rules or Why Men Love Bitches (though Natalie does bring up some of their same points i.e sex etc) On the contrary it is more about loving and valuing yourself and letting go of inhibitions. Not allowing situations that go awry to determine who you are. I give this book a million stars. Like I said, one of my most favorite reads.

Chantel says

I stumbled upon Natalie's blog site, watched a few of her videos, and liked her angle enough to buy her first book! If you do choose to read this book I urge you to watch a video or two of hers first so you can envision her posh london accent and punchy sarcastic wit talking to you!

It tells you the truth about the choices that WE make when we go after a relationship. It's about the facts that you don't want to consider or are running away from blindly. Sometimes we get so caught up in the heated pursuit of the chase (Yes, women do just like men), that we ignore lack of care or compatibility in efforts of seeking validation and avoiding rejection.

If you are someone who tends to get emotionally wrapped up in the wrong relationships and find it hard to untangle yourself after, this read will be a wake up call for you.
