

*How to FIND and KEEP Lifelong LOVE*

HILDE WATTY

*How to*

FIND

*and*

KEEP

*lifelong*

LOVE



*Secrets of a Private Matchmaker*

## CONTENTS

*Foreword* ..... 7



PART ONE ..... 13

## PREPARING *for* LOVE

CHAPTER 1 ..... 15

*Secrets About How to Prepare for Love*

CHAPTER 2 ..... 33

*Secrets About the Power of Polarisation*

CHAPTER 3 ..... 51

*Secrets About Being Ready for  
a Relationship*



PART TWO ..... 67

## FINDING LOVE

CHAPTER 4 ..... 69

*Secrets About Choosing the Right Partner*

CHAPTER 5 ..... 87

*Secrets About Limiting Yourself  
Around Love*

## CONTENTS

CHAPTER 6 ..... 107

*The 3 U's and the 3 C's*



PART THREE ..... 123

## KEEPING LOVE

CHAPTER 7 ..... 125

*Secrets About Long-lasting  
Relationships*

CHAPTER 8 ..... 145

*Secrets About What Happens  
When the Chemistry Fades*

CHAPTER 9 ..... 161

*Secrets About How to Deal with  
Friction on the Line*

CHAPTER 10 ..... 175

*The Forgotten Little Secrets*



*Acknowledgements* ..... 189

## *Foreword*

I first met Hilde in July 2016 when she offered to visit me in my hometown. I remember thinking how wonderful it was that this woman would fly out to meet me just to hear what I wanted from a relationship. It seemed too good to be true. When we met, I immediately felt at ease as Hilde was very calm and intelligent.

While I thought about whether to sign up, I realised that if I waited for destiny to step in and help me meet the love of my life, I could be waiting forever. I had been single for almost two years after an eight-year relationship. I was fed up meeting married men who always forgot to mention they were married! I needed some help and someone to vet these men for me, so I signed the papers in August. A detailed questionnaire and an in-depth profiling call followed, which made me think about myself in a way I never had before. Hilde then had all the information she needed to search for a match for me.

It happened quickly. A couple of weeks later, on the 15th of September, I went on my first introduction and met Giovanni. I immediately knew we were very compatible, and he was someone I could share my life with. But the road to love is not always smooth, and we cannot expect

it to be. I knew we were a good fit, but Giovanni was more cautious. I have always been impatient and learned this about myself during my work with Hilde. But with her help, I learned to slow down and lower my expectations of how a relationship should develop. Hilde and I spoke about it a few times, and she told me to just let my and Giovanni's relationship unfold. It was the best advice she could have given me.

I learned that marriage isn't necessarily a sign of commitment. I remember Giovanni once said to me, 'Even if we don't marry, I will stay with you forever.' I realised our relationship already had more commitment than many married people experience. So I focused on enjoying our time with each other. Our relationship works because we have the maturity to know they take work. We make an effort with each other every single day, and we know that when one of us is down, the other will raise them up.

When Hilde asked if we would write the foreword to this book, we were delighted to reveal the secret! We want to share the story of our relationship with you and are happy to let you know our secrets and the ones Hilde taught us. It is the least we can do for Hilde, as her work changed the course of our lives in the best possible way.

LAURE BAUDUCCO



It is true that I was more cautious than Laure. People are different, and I didn't see why there was a rush. I was less certain at the beginning, even though I knew when I met Laure that it was something special. My story is slower than Laure's, and I had already been on four or five introductions before I met her. The women were very nice, but I knew they weren't right for me. I was also at the end of a long relationship and probably wasn't ready for a new one.

I first contacted Hilde in 2015 after seeing an article in a newspaper about the agency she was a part of. Clearly, her work was for people who wanted serious relationships and not just a bit of fun. I had lived in the US for a few years and recently moved from a bigger city to a small provincial town. The article interested me because I could meet people from all over Europe and the world who were more culturally interesting. I have experienced an international life and wanted an international partner.

When I met Laure for dinner at a restaurant, it was clear from the first moment that it was different from my other introductions. It was fun and natural. She made me laugh, and it was so easy, but I wasn't sure it would be a long-term relationship.

Laure's pragmatism helped me with that. In the early days, I told her on the telephone that I just wanted to be friends. Her response was, 'Okay, so we're friends. If we're friends, we can see each other at the weekend.' Since then, we have been in a relationship, and being with Laure has changed my views on marriage. I knew we would stay together forever, so why not get married? We married in 2024 in a chalet in southern France in front of all our friends.

My advice for anyone thinking of working with Hilde is to be transparent with her and to trust her. It's difficult to find love as we sometimes struggle to be honest with ourselves about what we want or need. It is much easier for us to talk about our virtues than our faults, but to find love, we need to consider both. It turns out that Hilde knew what I needed better than I did.

GIOVANNI IVALDI



PART ONE

PREPARING  
*for*  
LOVE

*How to FIND and KEEP Lifelong LOVE*

## CHAPTER 1

### *Secrets About How to Prepare for Love*

No amount of money, respect, acknowledgement or status will ever match the powerful fulfilment that comes from a passionate, loving relationship with someone you worship and who worships you in return.

We all know at least one couple who work in unison. Even after many years, they still laugh together while doing weekly chores, dream about the future and work together to make it happen. These are the couples I match every day, which is why people ask for my help in creating extraordinary lives for them.

I know from experience that there is no greater source of joy and happiness – and of heartbreak and pain – than the area of human relationships. All of our emotions, such as love, passion, ecstasy, frustration and fear, are intensified by our intimate relationships. Relationships magnify our feelings and what it means to be human. I would much



rather someone ask for a helping hand than give up on ever finding love or be fearful of opening up. So, thank you for joining me and taking this first step, which I promise is the biggest one. I am very happy to meet you.

For ten years, I have helped hundreds of couples of all sexual orientations find love in one of the world's most exclusive matchmaking agencies. With a personal success rate of 87%, I know how to draw out of people what they truly want rather than what they think they might like.

It is not easy to find and keep love. If it were, everyone would be in a happy union. We often approach finding a life partner with the incorrect mindset, expectations or intentions, and resolving this is part of my work with clients. If you have opened this book, then there might be some small or even seismic changes you need to make to find love. But you have already taken the most significant step by recognising there is more to learn in this area.

Whenever I meet a new client, we sit opposite each other on a sofa. They can be nervous and unsure of what to expect, or they might have a folder containing a list of attributes they believe are non-negotiable. Many of them will show me photos of famous actors on social media and, following our meeting, send me a further twenty photographs of men or women they admire. Whether you fall on the nervous or highly organised side, please know you have opened the right book. I understand how it feels because I have also sat in your seat opposite a private matchmaker. I also know that taking that first step, the same one you are doing by reading these pages, transformed my life.

I will be sharing some of my clients' stories with their names and some details changed to keep their identities private. When people seek my help, they have shown the

courage to acknowledge their personal challenges with finding love. Some of the stories I share are the mistakes they have made in finding and keeping love so that you can learn from them. We only learn through our own mistakes or by witnessing other people's. The stories I will share with you are ones where people have acted like normal human beings, as we all do. They learned from their mistakes, and most of them went on to find love. Everyone I have had the pleasure of working with is extraordinary, but we all have our little challenges that we need to deal with. This is also why I often don't take clients for a second calendar year. I am convinced that if someone cannot find love in the first year, it won't happen until they resolve those little challenges.

I certainly had my own challenges around love to face. Following my divorce, I threw myself into the business I had owned with my ex-husband. I had bought him out and was determined to make it a success. After a few months of working incredibly long hours, I hired a coach. This was a decision I came to at 3am while sitting at my desk with a coffee and going through my emails. I had been struggling to sleep for months and knew I couldn't continue in this way.

It was only our second meeting when my coach told me, 'Hilde, you are too young to be alone. You need to find someone.' Do you know what I did? I dismissed the idea and changed the subject, but he wasn't going to give up easily.

At the next session, he told me again that I needed to find someone. This time, my response was much firmer. It was impossible to find love when I worked so much, and anyway, I didn't need anyone. I had built a business for twenty years, had a successful career and consequently rarely went out. I wasn't the woman who would go to bars on a Friday night with a Post-it note on her forehead saying, 'Looking for love'.

He listened patiently before asking if I had heard of the introduction agency he was recommending. At the time I hadn't, and found the suggestion that I needed an introduction agency quite triggering. So I said, 'Are you kidding? Me, using an introduction agency?' Little did I know that a few years later, I would change careers and become an exclusive matchmaker who guides and empowers her clients with her own expertise.

I left that coaching session unsure if I would return for the next one. My response to his suggestion of using an introduction agency was not unusual, especially as so many of us tell ourselves we are doing just fine alone. It is difficult to admit you should give love another chance, or you might need help finding it. So many of us, particularly in the area of love, feel we should be able to work it out ourselves. But that's not true. Instead, we should congratulate ourselves on taking that first brave step.

The following day, I looked into the introduction agency and read about how it worked. Once I knew what was involved, it didn't seem such a scary thing to do. My indignation the previous day had really come from fear, as so many of our emotions do, and because I worked so much and had little free time, I knew it would be impossible to find love without some help. So, I booked a meeting, sat on a sofa opposite a matchmaker, signed up, and met my partner on my fifth introduction.

Once I found love, so many other things changed in my life. I allowed myself to work less and began to enjoy all that life could offer. Two years later, I sold my company as I had discovered my purpose for being here on this earth: helping people find love. This work is a gift in my life, and I am so grateful I can contribute to someone else's happiness.

*How to Find and Keep Lifelong Love* is an extension of my client work and is for people looking for relationships, as well as for those in them. I will share some of the many stories I have gathered over the years to help you learn how to prepare for love, find and keep it. My clients' names and identifying features have been changed to protect them and their own relationship 'secrets', but the lessons they provide remain the same. Together, through the following chapters, we will cover the core principles needed to achieve a lasting union and an extraordinary relationship.

Everyone needs and deserves warmth and affection. Loneliness is a disease easily masked by a busy life, responding to a hundred emails a day or attending eight meetings where we aren't really sharing real human experiences with one another. Whether we are in a relationship or not, we need to open our hearts to love, and to do this, we first need to look inside.

## HOW ARE WE SHOWING UP TO A RELATIONSHIP?

So many women and men, all from different backgrounds, careers, countries, ethnicities and religions, have sat across from me on a sofa. I have listened for ten years and heard their stories of disappointment and heartbreak, as well as their tentative hopes for the future. I have empathised with their situations and held their hands if they needed to process their grief. After all this time, I have noticed two commonalities, two ways most people approach this process of looking for love, and I invite you to see if you recognise yourself in either of them. This self-awareness