

Humorist Nancy Lee Gulbrandsen Launches the Ultimate Guide to Decoding Men's Dating Profiles

ORLANDO, FL, UNITED STATES, December 1, 2025 /EINPresswire.com/ -- Forget Prince Charming. Most women are just hoping to dodge Catfish Calvin and Gym-Rat Jake. With the digital dating pool more like a murky puddle of red flags, [Swipe Left: The Savvy Woman's Guide to Decoding Men's Dating Profiles](#) is the hilarious handbook every single woman didn't know she needed.

Written by humorist [Nancy Lee Gulbrandsen](#), a happily single survivor of more first-date fiascos than she can count, *Swipe Left* skewers the absurdities of app-based romance, from cryptic bios and questionable emojis to "what even is that?" selfies. Drawing from a real-life rogues' gallery of would-be suitors (Boozy Bruce, Flatulent Floyd and Pyramid Pete, to name just a few), Gulbrandsen transforms her own romantic misfires into comedy gold and teachable moments.

"After years of navigating the online dating world — and connecting with countless women who shared the same horror stories — I realized we were all matching with the same men in different zip codes," Gulbrandsen said. "I wrote this book because women deserve to laugh at the absurdity of modern dating while learning to trust their instincts and protect their time and energy."

With wit, warmth and a wicked sense of humor, *Swipe Left* offers a field guide to over 100 profile archetypes — from Friendzone Fred to Clingy Clint, Distant Dylan to Boring Bob. Each is dissected with both satire and substance, teaching readers how to read between the lines (and spot trouble before it swipes right on them).

Gulbrandsen exposes the telltale signs hidden in language, photos and self-descriptions that



If modern dating has taught women anything, it's that the sea of possibilities is mostly stocked with bottom feeders. Fortunately, humorist Nancy Lee Gulbrandsen has surfaced with *Swipe Left: The Savvy Woman's Guide to Decoding Men's Dating Profiles*.

reveal a man's true intentions long before the first date disaster. By the end, readers learn to spot trouble faster than a double text after midnight.

Beyond profile decoding, *Swipe Left* explores the deeper dynamics of dating in the digital age, from burnout caused by endless swiping to the pressure women feel to "be nice" even when their gut says run. Gulbrandsen's tone is that of a wise, witty best friend who's seen it all and wants to save readers from wasting mascara (and sanity) on another "nice guy" who just "isn't ready for a relationship."

What began as a tongue-in-cheek poem (included in the book) about her own misadventures evolved into *Swipe Left*, a dating guide that's as empowering as it is entertaining.

"It's not about finding 'the one,'" Gulbrandsen added. "It's about learning not to waste time on the wrong ones. Your time is valuable, your instincts are correct, and you deserve better than someone whose main photo is him holding a fish."

About the Author

Nancy Lee Gulbrandsen is a published author and humorist whose mission is to entertain, educate and empower women. Her satirical dating guide, *Swipe Left: The Savvy Woman's Guide to Decoding Men's Dating Profiles*, was born from a poem about her own online dating debacles and has resonated with women who recognize the universal truths in modern romance. Based in Lake Mary, Florida, Gulbrandsen is also the author of the children's books *My Little Max: The Gift of Friendship* and *A Dog Like Me: A Caribbean Shelter Dog's Quest to Find His Forever Family*.

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Humorist Nancy Lee Gulbrandsen

When she's not writing or helping women dodge digital dating disasters, she enjoys reading to elementary school students, baking and traveling. Her signature blend of humor, honesty and heart makes her a refreshing voice for women navigating today's relationship rollercoaster.

For more information, please visit www.nancyleegulbrandsen.com, or connect with her on Facebook ([swipeleftbook](https://www.facebook.com/swipeleftbook)), Instagram ([@swipeleftbook](https://www.instagram.com/swipeleftbook)) and TikTok ([swipe_left_book](https://www.tiktok.com/@swipe_left_book)).

Swipe Left: The Savvy Woman's Guide to Decoding Men's Dating Profiles

Prepare yourself for the ultimate swipe at online dating!

Tired of fish pics, bathroom selfies, and profiles more mysterious than crop circles? *Swipe Left* is your witty compass through the wilderness of men's dating profiles!

Written by a woman who's survived the trenches of online dating, this savvy guide takes aim at the cavalcade of curious characters filling your inbox - from Catch-of-the-Day Carl with his dead fish photos to Commitment-Phobe Charlie, whose longest relationship is with his Netflix account.

But this isn't just about the laughs (though there are plenty). From "The Red Flag Parade" to "The Green Flag Gallery," *Swipe Left* serves up wit and wisdom in equal measure, tackling everything from decoding attachment styles to essential safety concerns. Think of it as your personal survival guide in the sea of questionable matches.

Whether you're a seasoned swiper or new to the game, *Swipe Left* is your ticket to turning eye-rolls into empowerment. Remember: in the wilderness of online dating, knowledge is power, but knowing when to swipe left is survival!

Warning: Side effects may include spontaneous laughter, increased swiping confidence, and a sudden ability to spot red flags from a mile away.



Nancy turned her dating app disasters into literary lemonade with her signature blend of wit and wisdom. When she's not writing about red flags and green flags in the dating world, you can find her walking with her trusted dating consultant, Max (a dog with better taste in humans than she has), writing children's books, or adding to her collection of cringe-worthy dating stories. A Jersey Girl who now calls Florida home, Nancy has a knack for turning trauma into comedy and believes that sometimes the best swipe is a left swipe, and the best love story might just be the one you write yourself.

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