

# Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

## Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

**1. Be brave:** "The things that we dream of most are the things we are most scared of," Welch shares. Face your fear in order

to pursue your dream relationship. It's easier to sit on the couch and wallow in heartache, but that doesn't help you move on. Dating is scary, but as the relationship author says, "Do it anyway."

**Related Link:** [Relationship Advice: Dealing with a Dating Burnout](#)

**2. Move on:** May Weather once said, "The best way to get over someone is to get under someone else." Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**3. Learn relationship science:** There are boundless resources that can teach you about the human mating cycle. While that's not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn't. If you're already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, "Taking no steps is guaranteed failure."

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