

# Lydia Belton

If you're looking for expert relationship advice and mental health tips, then you've come to the right place! **Lydia Belton**, also known as Dr. Tranquility, has a background in Psychology and Relaxation Physiology for Mind-Body Medicine from Harvard University's Mind Body Institute and Columbia University's Rosenthal Center in Botanical Medicine. She gives dating and relationship advice that references [celebrity couples](#) and helps singles and couples in their everyday life, like how to turn a date into a long-term relationship and love, how to break up without breaking down, or how to enjoy stress-free dating. Over the last decade, from her platforms on [drtranquility.com](#), Belton has worked with, promoted, and interviewed countless [dating experts](#) in New York City, Los Angeles, London and around the globe. She has been featured as a dating expert on Forbes.com, Yahoo.com, Match.com, and more.

Widget not in any sidebars

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