

Dating Advice: Our Cultures Are So Different, Can It Really Work?



By [David Wygant](#)

There's a saying I have in life as a [relationship expert](#). Date someone from common backgrounds. Why? Because you understand one another. When you have a common background, grew up the same way, in similar neighborhoods and schooling, then you've got a lot of familiarity between the two of you. Now it doesn't mean that if you've grown up differently it can't work out at all. What matters most is how you took your childhood experience and manifested it into adulthood. If your concerned about whether or not your differing cultures will cause relationship problems, follow my [dating advice](#) as someone who

has made it work personally.

Dating advice that will help you date outside your culture successfully.

We live in a multi-cultural world right now. Where people from all over the country are living all over the planet. A person who grew up in New York City might be living in the deep woods in the dark south. A person who lived in LA on the beach might be living in the middle of Manhattan. A guy from India might be living in New York City. A girl who grew up in Bangladesh might be living in the heart of Chicago. The great thing about the United States and the world nowadays is that it's so multi-cultural. So can it work out if a couple is from different cultures? Can a man from India fall in love with a small-town girl from Sioux City, Iowa after a single [date night](#). The answer is absolutely yes! You see, if they grew up the same way, meaning they grew up with love, similar morals, values, and parents that actually cared about them, then their cultural backgrounds actually make life far more interesting. You see, it's fascinating dating somebody from another culture, because really it just comes down to communication. And love is not a cultural thing. Love is really about how you relate to things, where your value system is, and how you can teach and show one another the lessons that you both need to go through.

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One of the most fascinating experiences I ever had was when I dated a girl from Vietnam. She was fascinating in so many different ways. She grew up in an entirely different time than I did. Her dad actually was an American GI and her mother was

a Vietnamese refugee. They met during the war and she was born. She never really got to see her dad because he was moved back to the U.S. and never returned. She ended up moving to the U.S. herself when she was a young adult and going to college. She actually got to meet her dad in the process and got to form the relationship she always wanted. She may have grown up dirt poor, but she grew up with values and a culture that was different than my own. She was appreciative. I on the other hand. grew up in New York, where everything was go, go, go! Despite these differences, our value systems were pretty much the same. Our cultures were very different. but it was a fascinating experience. When it comes down to dating, it's really about what somebody's heart says.

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So ask yourself some serious questions when you think of your significant other. What is their heart about? What does their heart say to you? It's fascinating that we can date within your culture, but isn't it more interesting to date outside your culture and learn some new, amazing and beautiful things?

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Dating Advice: Can An Open Relationship Ever Work?



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Julia Presten

Relationships, platonic and otherwise, provide us with something important and needed: love. The affection, care and intimacy that love gives is a beautiful part of life. But what happens when one partner wants to start seeing other people? Open relationships can be extremely difficult to handle and can ruin a perfectly good relationship if you're not careful. Check out NYC's top matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher's [dating advice](#) on whether or not an open relationship is a good idea for you.

Dating advice on whether you should consider an open relationship.

1. Why an open relationship? When deciding whether or not you and your partner are going to pursue an open relationship, the first question you have to ask yourself is why you're both looking for one in the first place. Have the two of you been having [relationship problems](#)? Fighting often? Some people begin open relationships because they think that one person, no matter how amazing they are, will never be able to give them everything they're looking for. Ask yourself whether or not it's a problem specific to this relationship or one that's more long-lasting.

2. What about you? Are you the jealous type? A little self-conscious? Or are you more laid-back? If you've always been a bit jealous or self-conscious when it comes to love, an open relationship is probably not the best fit for you. Keep in mind that if your partner starts seeing someone else it might shake your self-esteem even if you've never had those feelings before. Be as honest with yourself as possible. You'll also need to consider how adding a third or fourth (even if you never seen or met them) person into your relationship will affect both you and your partner. Could you handle seeing them text heart emojis to someone else? Spending the night in someone else's arms? Even at their best, relationships offer love *and* stability. You'll need to ask yourself whether you can feel loved by your partner while they're also intimate with someone else.

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3. Set ground rules and know your expectations. Will the two of you have a "don't ask, don't tell" policy? Is sex on the table? Is love on the table? When you talk with your partner,

you need to ask these questions. Make sure you set ground rules and have the same expectations for what an open relationship would mean. Would you go on dates with your *other* significant other? Or would you be hush-hush with the details? Establish some boundaries before diving into an additional relationship. If you and your partner aren't on the same page, both of you – plus whoever else you're bringing into the relationship – could end up really hurt.

4. Have an ongoing conversation. Is this one-sided? How does your partner feel about open relationships? What do they want out of it? As you continue with your first relationship, you should keep talking to your partner. Check in, see how they're feeling with everything going on. You and your partner are a team – team members have each others' backs. Be honest and tell your partner if you ever start feeling uncomfortable and need to change ground rules. If there's ever a point where you need to end the "open" part of your open relationship, it'll be easier to do so knowing that you've had an ongoing talk.

No matter what you and your partner decide to do, keep talking and listening to each other. Relationships are supposed to be fun! If you approach an open relationship with an open mind and a confident heart, it might work out. If it doesn't, remember you are loved by many different people – not just your boyfriend or girlfriend – who will support you no matter what happens.

For more advice on love and relationships from relationship experts, check out our [website](#).

Dating & Technology Q&A: My Partner Fishes For Likes, What Do I Do?



Question from Carolyn S.: I've been with my partner for a long time now. I love him, but he's always posting inappropriate stuff (like memes or outrageous status updates) on social media for likes. It's pretty cringe-worthy to watch. Why does he do this? And why is my support not enough? I can't figure out why he needs validation from his peers or strangers online.

Dating in the era of social media can put a strain on relationships, especially when one party is constantly seeking approval in a negative way. However do not fret, crude internet personas should not be the cause of your breakup (or

at least hopefully)! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's inappropriate behavior online.

Technology Dating Advice That Will Help You Deal An Inappropriate Partner Online

[Suzanne K. Oshima, Matchmaker](#): Remember back in high school, how everyone wanted to be the most popular person in school? The one that everyone liked? Well, this is no different. Your partner continually posting on social media is just to get likes and attention from others. While you may think it's inappropriate, I'm going to guess that this isn't something that he was doing before you became a couple. So, as long as it's not harming you or anyone else, don't try to change him. Just let it go and focus on more important things in the relationship.

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[Robert Manni, Guy's Guy](#): As long as he is only fishing for likes and not other fish, I wouldn't be overly concerned about this fairly common social media behavior. Maybe he feels like he needs validation, and for whatever reason maybe he feels he's not getting the validation he needs at home. A heart to heart conversation usually clarifies underlying relationship issues. Have "the talk" and make sure he shows up with an open mind. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: 5 Things To Do Before You Get Petty



By [Dr. Amy Osmond Cook](#)

[Katy Perry](#) has a new look, and her new attitude is the cherry on top. Between her sassy new song dissing Taylor Swift and her poorly reviewed album that just came out, Katy Perry has taken some heat in the past few weeks. Say what you will about

Katy Perry, [Taylor Swift](#), and any of the other celebrities caught up in the drama relationship problems, **cough Nicki Minaj cough**; but there are a few notes we can take to apply in our lives about being petty. Think about these four key pieces of [relationship advice](#) before you take any rash actions against your significant others, especially when it comes to breakups.

Relationship advice that will help you be the bigger person.

1. Put your phone away: Your first instinct may be to tweet or text your way through frustration, but this can blow any situation out of proportion. Whether it's your boyfriend or your best friend, putting your problems out on social media in the heat of the moment can lead you to say things you'll regret. Just think of all the celebrity Twitter drama that could have been avoided had these celebs given things some time to blow over. Try to keep things between the people involved until you feel like you have a handle on the situation.

2. Take some time: Similar to the phone tip, take a few hours or days to think about things before making any decisions. You might be contemplating a breakup or deciding on whether it's time to meet the family; give yourself time with your thoughts. "Respect is earned simply by giving it," relationship expert Toni Coleman says, "And, if you are disrespectful, this is what will come back to you." Even if someone betrays your trust or says something rude, taking the time to evaluate the situation will help you decide what the best way to handle it.

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3. Consider their perspective: Have you ever heard the phrase, “Broken hearts break hearts?” Well, sometimes it’s true. Maybe your heart was recently broken. Maybe your boyfriend said the wrong thing at the wrong time. Maybe your crush bailed on plans. Emotions are natural, but when thinking about their situation, feelings, and intention, you can gain a little perspective of your own. “When you act without regard to how your behavior will impact your partner and relationship, you are sending a very clear signal that their feelings and needs are not a priority,” Coleman says. If they need some time to sort through personal hardships or just don’t feel the connection like they once did, hearing them out and giving them the benefit of the doubt can be very healing. However, this isn’t an excuse to justify actions that are disrespectful, manipulative, or unkind.

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4. Talk to a friend: If you’ve taken the time cool off, now might be the perfect time to talk to a friend. He or she can give you a different outlook on the situation, be a safe person to vent to, and help you avoid making any rash decisions. Your friends might know you better than you know yourself, and they can be a source of honesty when you’re looking for advice. Confide in someone you trust. Ask them what they see in the relationship.

5. Change your look: If all else fails and you feel the need for a little control in your life, follow Katy Perry’s lead and freshen up your look. I’m not saying chop all your hair off, but trying a new style out or adding some color to your wardrobe can give you an extra boost of confidence.

Being petty hardly ever pays off. Try these tips to deal with the rough patches in the varied relationships of your life, so you’re more likely to keep your dignity, have fewer regrets, and avoid burning bridges.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: Getting Over a Grudge



By Dr. Jane Greer

In [celebrity news](#), social media is going crazy after pop star [Taylor Swift](#) decided to release her entire back catalog of music on all streaming services on the same day that [Katy Perry](#) released her new album, *Witness*. It was especially big news because Taylor had previously pulled her songs from

Spotify in 2014. Some fans took it to be an intentional act, possibly to take the attention away from Katy on that important day. At the very least, the timing was interesting since Katy has publicly discussed her feud with Taylor multiple times in the last few weeks while promoting her new record. This is the perfect example of two people holding onto a grudge and resentment for a long time.

For Taylor and Katy, the grudge seems to be born out of creative competition that went on between them, but grudges can be kept over almost anything. Check out this [relationship advice](#):

Usually at a grudge's core is both people believing that they were wronged by the other person, and feeling justified in their anger, entitled to an apology, and basically hurt by the other person putting their own interest and needs ahead of the friendship. Very often, the pain that the betrayal causes can run so deep that people easily become consumed in their desire for retaliation and/or revenge. When this happens, the goal is to make the other person suffer and pay for the pain they put you through.

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In my book *How Could You Do This To Me?: Learning To Trust After Betrayal*, my chapter "I'll Make You Pay" speaks to the nature of revenge and the toll it takes. When you lock into getting back at the other person, it keeps you connected to that person in a negative way. It is one thing to feel

resentful over something a friend has done and decide to end the friendship and not have anything more to do with that person. It is another thing entirely to get mad and end the relationship, but stay connected by way of your anger. It also can be difficult for the people around you who may be drawn into the controversy as they are asked to choose sides, or worry about offending you by wanting to still be involved with the person you are feuding against. Too often there is collateral damage.

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The question becomes, how do you end a grudge when you feel you have been betrayed? It isn't easy to let go when you believe you have been wronged, but here are a few things to keep in mind as you attempt to do just that. The first step is realizing that if you are in this situation it is like giving bad energy free rent in your mind which could be used for more productive things. If you keep the flame of anger burning you will have less available fuel for engaging in activities and doing things that could actually make you feel good. Recognizing this can help you choose to let go of all these vindictive thoughts so you can begin to shift your focus to what you can do for yourself, something you can control, and away from focusing on what you hope might happen to the other person, which you can't control.

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Another option is to deal directly with the person you have a grudge against. If you do go this route, it is important to give up the notion that you are in the right and the other is in the wrong, and that you deserve an apology. Instead, recognize that both of you are dealing with a misunderstanding, and tackle it like a team. Consider saying to the other person that obviously you both have hurt

feelings, and that you are sorry for what happened and you hope that is mutual. If you try to get into your view versus theirs, it is likely that tempers might flare and you might end up being accusatory and have a difficult time problem solving. If that should occur, the only choice might be to agree to disagree, and accept that you may never get to the bottom of it, but concur that the relationship matters more and you are willing to put the disagreement behind you. At that point, you can talk about how to put guidelines in place so you can check things out with each other and be more considerate, so hopefully you can avoid altercations in the future.

Perhaps Katy and Taylor are on the brink of letting go of their grudge, and time will tell.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. **For more on Dr. Greer, visit <http://www.drjanegreer.com>.***

Relationship Advice: What To

Do When You're No Longer In Love?



By [David Wygant](#)

This could be the easiest question that I could ever answer for anyone. What do you do when you're no longer in love? Here's what the typical person does. They stay in the relationship. That's right. 80 percent of the people that are no longer in love stay in the relationship for an endless amount of time because they feel guilty that they actually no longer love their partner. So they'll sign up for a life of misery in order to protect their partner's feelings. When in reality it's ridiculous because if you're miserable and you don't even love your partner anymore, your partner is definitely feeling that on so many different core levels. The two of you can just sit around the house, make each other

miserable. Sleep in the same bed or separate rooms. Never touch one another, never have sex, but yet stay together for the sake of the children. Or stay together for the sake of not wanting to hurt someone instead of confronting relationship problems head on.

Dating Advice That Will Help You Deal With The Partner You No Longer Love

Although I'm now a [relationship expert](#) and matchmaker, I also reacted the same. I remember a long time ago I was no longer in love with somebody that I was with. I hovered in that relationship for at least a year before I finally had the guts to end that relationship. What did I do? I basically took a year of someone's life away from them. That's right, you're a life stealer when you don't have the guts to go and literally talk to somebody about the way you're feeling. And being a life stealer is one of the worst possible stealers you can possibly be. Because in life, when we die, all we ever wish for is more time. Basically you're taking somebody's time away from them.

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So here's my [relationship advice](#). If you're no longer in love with somebody you need to really – well first off, maybe get coaching or maybe some therapy to figure out what it is you fell out of love with. But it's important to take responsibility for your feelings, own your feelings. Own who you are as a person so you're no longer hiding behind the fear. Then, you need to let that person go. Sting said ever so wisely in a song, "when you love somebody, set them free." You once loved this person. You no longer do. So set them free so

they're able to literally go on and have the life they're looking for. The longer you keep them in this relationship because the feelings of guilt and fear of being honest or breaking up, the longer you're going to – well literally, increase the anger that's going to come out of them. Have some guts. Tell somebody what you really think when you're no longer in love. It really is that clear.

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For more expert relationship advice from David, click [here](#).

Relationship Advice: Can You Move Too Fast Moving In?





By Dr. Jane Greer

Actress Ariel Winter revealed that she's moved in with her boyfriend, Levi Meaden, after just several months of being together. While this is an exciting next step in the relationship, it raises the question of if it is ever too soon to move in with your significant other.

Is it how long you've been together, or the quality of the time you have shared that determines when the time to move in with your partner is right? Check out my [relationship advice](#).

In today's age of Skype, Facetime, and Google Hangouts people can almost be with each other all the time, texting or even Skyping in the middle of the night. When you are in love and spending all your time with your partner, it feels logical to

want to take that next step and live with them. If your lives have become entwined, you may feel your relationship is resilient enough to deal with the ins and outs of joint living. Others, though, find that marking the passage of time as a couple helps give them security that the relationship is solid before feeling ready to consider moving in with their significant other. You are already sharing your heart, but are you ready to share your home?

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The most important thing is to be aware of the responsibilities that come with making a home together, and knowing if you have a deep enough foundation to work through it all as a team. It becomes about more than just the love you share and begins to include housework, the bills, child and or pet care, the actual square footage, who gets more closet space, food shopping, cooking, and whatever else goes along with cohabitating. Much of that requires clear communication about what you both need for yourselves and expect from each other, and most important, the compromise it takes to accomplish it. If you are ready to share the space and everything that comes with it, that is the first step in knowing you might be ready. Another thing to consider is how involved you have become in each other's lives. Do you spend most of your time together, including each other when making plans with family and friends? Are you basically doing everything as a pair anyway? If so, that is another indication that you might be in a good position to take that next step. Another clue that you might be heading down this road is if you are already pretty much living together at one location, with a lot of your stuff still at your own place and really being inconvenienced because you don't have what you need a lot of the time. In that case, making the decision to consolidate and be in one house or apartment becomes the practical and considerate thing to do.

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On the other hand, if it seems like a sacrifice or an effort to make room for your partner, if you feel they are encroaching on your personal space, and or if you feel that your partner is reluctant and unwilling to accommodate your needs, then it might be worth taking some extra time to see where your relationship stands. Similarly, if you worry about losing personal time with your family and friends, about potentially now having to be accountable to your partner for your whereabouts, this is another red flag that you might not be quite ready. Finally, if your relationship has not been stable and you've had a breakup along the way, there is no need to rush into anything. You might stand a better chance of going the long haul if you make sure you have the important tools in place to tackle the daily challenges of living together.

Ultimately it is up to you to sort out where you stand with all of these issues, and determine when making that big decision suits both of you. There is no right or wrong time, it just depends on your own personal situation. It seems Ariel and Levi are ready, so here's to luck and happiness ahead for them.

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Dating Advice: Should I Drop All The Other People I'm Interested In?



By [David Wygant](#)

This is always a controversial subject, especially in today's modern "swipe dating." 93 percent of the people that go out on a date meet on Bumble, Tinder, Hinge or Match will go home that night and literally get back online to see whether or not there's somebody else that's better. Somebody that might be cuter. Somebody that might have a better body. These online dating services are a brilliant marketing ploy to get people

to think that there's a huge paradox of choice. It's literally like going on Amazon, but instead you get to look at all the men and women out on the market. You see, by getting on all these devices constantly, there's no reason to ever settle for somebody that's awesome. So we continually get on this treadmill hoping that there's something better. I personally have been a victim of this as well. I've been single for four years, and even that's with all my knowledge in the dating field as a [relationship expert](#). I have definitely had my share of going out with somebody and then going home and swiping to see if she is out there. Whatever the version of she or he is, you know that they might be out there, because every day the inventory is changing. Just like your favorite supermarket. Why buy a mushy avocado when you can go buy a brand new one the very next day?

Dating Advice That Will Help You Figure Out If You Should Drop Potential Partners

So how do you know when to stop the treadmill dating? When you find somebody you actually connect with. Somebody that makes it easy to hang out. Somebody that's authentic and real. Somebody that communicates their needs, wants, and desires and does not play games with you. Somebody that you're really attracted to, and realize that there's no perfect person out there, but yet this person is somebody that you've never met before. There's not much to say about this, except grow up. There's a reason why people are swiping and dating is that they have no idea what they're doing. People are not giving each other chances anymore to really connect on a deeper level. There are major issues that go on with the swiping and dating, and they contribute to major [relationship problems](#) in the future.

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You can either get off the treadmill and give somebody amazing a chance for at least a month or two, and if it doesn't work out, then go back to the hamster wheel of dating. By all means, run back to the roulette wheel and spin and see if you get lucky again; but know that the only way to get to truly know somebody is to actually give them an opportunity to get to know you. Give them a chance, have a mini-relationship. Plus, sincere relationships are far better than minute relationships that last three hours on a first date. Even if you only hang with somebody for 30 days or 60 days, you're going to learn something amazing about yourself. So my [dating advice](#), I suggest all you swipers, go out there and give somebody a real opportunity. Give them 60 days. See what happens. See if you can form a relationship. Get to know who they are. And make sure to remember that anybody can put on their best game face for 90 minutes on a first [date night](#); but what you truly need is to get to a level of intimacy that you can trust somebody, feel something for them, and have sex that blows you away. If have any questions on this, let me know.

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Relationship Advice: What To Do If Your Partner's Family Doesn't Like You



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Alexandra Ciuffo

We've all been there: you're dating the man or woman of your dreams and then all of a sudden they suggest meeting their parents. *gasp* This can either go really well or be something of a disaster. When a loved one's parents don't like you dating their son or daughter, well, it can bring a lot of stressful elements into your relationship. Here is some [relationship advice](#) from VIP Matchmakers from Project Soulmate on getting through tough times with your "in-laws" – and how you can come out from it even stronger than before!

Relationship Advice That Will Help You Deal With Difficult Parents

1. Take A Second To Think: Before even talking to your significant other's parents, take a second to decide how you feel. If you've met their parents, chances are things are pretty serious. However, if you've been having doubts about your relationship, this might be a sign of a deeper problem. If you decide that you are happy with your partner, then keep that in mind for the next few steps. Finding love in NYC can be hard enough, so if you've found it, hold onto it! Your love for them is what will make all the hardships of your relationship, including difficulties with their parents, worthwhile.

2. Talk To Your Partner: Once you've thought about your feelings, bring them up to your partner. Getting this awful feeling off your chest will ease your relationship and will open up true honesty between the both of you. By talking to your partner, it will give both of you the opportunity to express your true feelings and see what the next steps should be. Tell them how you feel and ask them to do the same. Chances are they may have noticed their parents behavior too! They might even have insight to help you improve your relationship with their parents. Keep in mind that they may need some time to think about what's going on, especially if they weren't aware of [relationship problems](#) in the first place.

Related Link: [Relationship Advice: How to Handle Your Significant Other's Family](#)

3. Talk To Their Parents: Once you've talked to your partner, the two of you should take the discussion to their parents. A laid-back and open talk gives you and your significant other and their parents an opportunity to express and understand

each other's feelings with compassion. Here's helpful relationship advice that will help you move forward during this talk:

- Start off by telling your S/O's parents what you've noticed tension and how it makes you feel. Focus on yourself. Remember those "I" statements you had to learn in middle school? Bring those back. Tap into your own emotions and avoid blaming them.
- Come together as a united front. Make sure the parents know that you and your S/O have talked about this and are on the same page. Have each other's backs, and support each other during the discussion.
- Listen to what their parents have to say. Maybe this whole thing has been a misunderstanding. Or maybe something you said when you first met your S/O's parents left a bad taste in their mouth and they didn't know how to approach you about it. Maybe they genuinely just don't like you. You won't know until you ask and listen to what they have to say.
- [Relationship experts](#) and NYC Matchmakers Jenn and Lori say that the most important step is to express your feelings towards their son or daughter. Tell them that you care about your S/O and want to have a better relationship. Also tell them that their actions will not influence your relationship with your loved one. You should be friendly when you talk with them, but don't let them push you and your S/O around.

4. Move Forward, But Don't Obsess: If the talk goes well, great! If the talk doesn't go well, don't worry! All is not lost! Remember what has grounded you throughout this experience: your love for your significant other. If you don't think that your relationship with your boyfriend's or girlfriend's parents will improve, there's nothing more you can do at this point to help the situation. Ultimately, you and your partner decide what's best for the two of you. Dating

in NYC can be tough, but just keep calm and focus on being happy with your cutie!

For more advice on love and relationships from relationship experts, check out our [website](#).

Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't



By [Amy Osmond Cook, Ph.D.](#)

What do actresses Bonnie Hunt, Julie Walters, and recording

artists Paul Brandt and Tina Turner have in common? They were all trained as nurses! In honor of the “Year of the Healthy Nurse,” now is a great time to recognize the role nurses play in our lives. The demands placed on nurses every day are huge. Our nurses are committed to providing the best care possible, and they try their hardest to meet that challenge every day. And sometimes that commitment means being brutally honest about a patient’s symptoms or habits. Your friends may not tell you that your moodiness has hung around for weeks, or your jeans are fitting a bit tight – but a nurse will tell you. In the spirit of good health and valuable [relationship advice](#), here are five things your nurse is willing to discuss that your friends aren’t.

Relationship Advice That Come Straight From Nurses

1. Weight gain. Despite your friends insisting they can’t see a difference in your waistline, your nurse on the other hand will likely confirm your biggest fears – yep, you have gained weight. If you have been diligent about exercise and diet, your nurse will discuss the possible reasons behind the weight gain. Things to consider may be your medications or your thyroid. A nurse may also discuss your sleep patterns or your ability to cope with stress. Putting a stop to unhealthy weight gain in the early stages will make you feel better sooner. Not to mention, your nurse probably has an arsenal of [fitness secrets](#) that can help you get in shape and ready for the dating scene.

2. Skin symptoms. Your friends may discount your less-than-glowing skin, but a nurse will explore the reasons why your skin is less than luxurious. Who couldn’t use helpful [beauty tips](#) from someone who actually studied medicine? “A helpful acronym to remember the specific questions to ask patients when taking a skin history is ‘OLD CARTS,’ which gives a

systematic approach to questioning in a skin assessment,” health writer [Julie Van Onselen](#) says. This includes onset, location, duration, character, aggravating factors, relieving factors, timing, and severity.

Related Link: [Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life](#)

3. Mood swings. You may not realize it, but a nurse assesses mental status during your physical. “The mental status assessment is an essential part of the examination,” experts at the [Nurses Learning Network](#) say. In general terms, mental status could be described as an individual’s state of awareness and responsiveness to the environment. It also includes the more complex areas of a person’s mental functioning, such as intelligence, orientation, thought process and judgment. Your friends may steer clear of the neighborhood grouchy pants, but a nurse will face your behavior head-on to determine the root of your negative feelings and [relationship problems](#).

4. Lack of exercise and poor diet. We may try to lie about our daily habits, but our vitals will always paint another picture. Unlike a friend who may look the other way, a nurse will know the truth about how many times we hit the treadmill versus how many sets of pants are draped over it at the moment. “It is so important for patients to be truthful about their daily habits. When patients try to hide their smoking or drug and alcohol use, for example, it prevents us from providing the best care to fit their needs,” Julie Aiken, CEO of Ameritech College of Healthcare, said. “Another thing patients don’t think about is the importance of mentioning any dietary supplements or over-the-counter medications that they’re taking along with prescribed medications. Doctors need a comprehensive view of a patient’s health history to design the ideal treatment plan.

Related Link: [Relationship Advice: Our Connection With Sleep](#)

5. Address your stress. Stress kills. And as much as you may try to hide it, the effects of prolonged stress can affect your physical well-being. Nurses know a thing or two about controlling stress; it's a large part of the job. So when the topic of stress comes out in the open, a nurse may prescribe a variety of helpful remedies. Things like taking a walk, reading, soaking in a hot bath, talking with friends, or crocheting, are popular ways for nurses to deal with stress. Many nurses have also found a healthy connection with yoga, meditation, and other relaxation exercises. "We bring in a massage therapist for staff every few weeks where they can receive a 15-minute neck and upper back massage," said Julie Aiken, CEO of [Ameritech College of Healthcare](#). She added that faculty and staff could participate in weekly yoga sessions, daily group walks, and both students and staff are encouraged to use essential oils to help with stress relief.

We love our trusted friends, and we count on them to support us when we need it most. But when it comes to our health, and sometimes even relationship advice, the dedication of our nurses is something we can truly count on to keep us healthy every day.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful

Relationships



By [Joshua Pompey](#)

As someone who lives in New York City, I can say with full enthusiasm that it is one of the greatest cities in the world. The food! The culture! The diversity! And of course, the incredible women are right up there with any other city. Unfortunately, one aspect of city life often lets women down though, and it affects their ability to forge meaningful relationships. And while it's easy to claim that men in the city just don't want to settle down, I've personally found that this is far from the case for most men I've worked with or encountered. Sometimes it's just a matter of avoiding certain mistakes and making the right adjustments to find love. In this article I will be discussing four big reasons many women often struggle to find relationships in big cities, and [dating advice](#) to help you avoid these issues.

Dating advice that will benefit young women living in a city.

1. Not prioritizing: There is always a lot going on in a city. If you don't get your priorities straight about what's truly the most important thing to you, you will never find love. When I was single there were so many times I would attempt to arrange a date with a city girl, only to find out that she wasn't free for another two weeks. Yoga class, the gym, and happy hours with friends took priority over their first [date nights](#) with me. This is a big mistake. There will always be another happy hour. There will always be another yoga class. Friends will always be around. But a great guy with the potential to form a meaningful connection? That doesn't come around every day. Dating needs to be the priority if you are really serious about it.

2. Your career will not be emotionally there for you when you get old: A big part of the city mentality is often, "I'll get into a relationship at age X, get married at age X, then have children at age X. In the meantime, I'll just focus on my career." This fictitious notion that you can time when you find love, get married, and have kids is completely misguided. Not to mention forcing these aspects of life can cause [relationship problems](#). Having drive is a positive thing. But before you sacrifice your entire youth by prioritizing your career over your relationships, ask yourself, will your career be there for you one day as much as a loving partner?

Related Link: [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

3. The paradox of choice: The city life creates this illusion that there are millions of potential partners out there for you. Just sit on one city block and you'll probably see hundreds of men walk by in one hour. Sometimes this creates a

serial dating mentality. With so many men around, good isn't good enough. Why settle for good when you could find perfect? Unfortunately, that perfect guy may have already been on a date with you, but you passed up on him because he didn't blow your mind during the first date. Sometimes it takes time to build chemistry and realize how strong a potential suitor is. So my dating advice as a [relationship expert](#) is to be careful when dismissing men who don't seem to be "perfect" matches just because you believe there might be someone better around the corner.

4. Not breaking out of your social circle: Even though there is always so much going on in big cities, sometimes we tend to fall into repetitive patterns of seeing the same people every day and going to the same places. Take advantage of the diversity and opportunities that cities provide by joining new clubs, going to new social groups, and meeting new people. The more people you meet from different walks of life, the more likely you'll meet someone that you connect with.

For more online dating advice from Joshua Pompey, visit his [website](#), or you can find free advice for women by visiting [this page](#).

Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?





Question from Shan G.: My boyfriend is very popular online. He has a Youtube channel, many subscribers and followers, and a very active social media presence. Our relationship is still new, but I'm not sure how to handle this all. It almost feels like I'm dating a celebrity, and that I'm not on his level. I'm not sure what I should do.

Dating in the era of social media can put a strain on relationships, especially when one party happens to be a popular figure online. But don't let internet fame damage what you have! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's online persona.

Technology Dating Advice That Will Help You Deal With Your Partner's

Online Popularity

[Suzanne K. Oshima, Matchmaker](#): What should you do? Absolutely nothing! Don't treat him any differently or put him on a pedestal. He's just your boyfriend, who happens to be an internet celebrity. Trust me, he doesn't want a girlfriend who is also an internet celebrity, he wants you. Have confidence in yourself and just keep being the best version of yourself... the one that attracted him to you in the first place.

Related Link: [Dating & Relationship Q&A: At My Wits End, He Won't Stop Flirting Online. Should I End It?](#)

[Robert Manni, Guy's Guy](#): As a published author, syndicated blogger, and podcaster with a growing audience on social media, I assure you that developing a social media platform is hard work and initially, not necessarily profitable. Building a personal "brand" requires passion, talent, and lots of time. So unless your guy has an inflated ego I doubt he feels superior. In fact, he may even harbor his own insecurities about his career and bank account relative to your own if you work in a traditional job. If you believe in him, support his dream, enjoy the ride, but never doubt your self worth. I assure you that if he has a good head on his shoulders, he needs you and values your support.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: Can Humor Go Too Far?



By Dr. Jane Greer

Caustic comedian Don Rickles has recently [passed away](#). His true talent was in his ability to insult his audience and have them join in and laugh with him, rather than feeling laughed at by him. He had no qualms about going for people's vulnerabilities, whether they were short, bald, late, whatever it might be. His shows centered around those derisive comments about people's looks, their spouses, their jobs, their ethnicity – anything he could find to insult. He went right for the Achilles heel when targeting someone. Nothing was sacred, nothing was off limits. While so many fans were able to enjoy this unique brand of humor, others saw him as mean spirited and potentially hurtful. There is no question that he

had his own style and people either loved him or hated him.

This raises the question of what crosses the line in trying to be funny. How far is too far? Here's some relationship advice.

Many people act like Rickles and will use humor to say something "in jest" that they think is funny or maybe even as a way to express a true issue that is bothering them. How many times are you angry with your partner or spouse and say something mean spirited or devaluing? Often the disparaging thing is said in a joking manner, and is shared only when one or the other feels annoyed. When they are called out on it, they might say, "I was just kidding! Can't you take a joke?" While it might have been meant to be light, comments like that can often feel stunning and cause the other partner pain.

Related Link: [Date Idea: Laugh Out Loud Fun](#)

Rickles worked long and hard to develop his style and craft to be able to push the boundaries and get away with truth under the banner of humor. In a relationship, however, whether it be a spouse, girlfriend or boyfriend, sister or a friend, if you think you are being funny and they aren't laughing then you might have gone too far. It's crucial to be aware of when your partner is actually upset or offended by a "joke" you made. If that happens, apologize. Always be open to communicating that you weren't looking to be hurtful, and if it still isn't coming across as funny, consider re-evaluating your choice of "humorous" comments. At the same time, think about what motivated your comment, are you actually upset about something that needs to be discussed directly with your partner? Along those lines, if you are the recipient of the "joke" it is worth considering if there is some underlying annoyance or

negative feeling your partner has toward you that is moving him or her to say these things. Either way, it would be good to have a conversation to check out if there is something under the surface that is going on that needs to be dealt with. When one of those comments is lobbed around your house, if it is unwelcome and unappreciated, seize the opportunity to work through whatever might be fueling it.

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Rickles was good at giving you the punch and the pain killer at the same time. If you went to his show you were basically giving your permission to be verbally attacked, if he saw fit. When you are in a relationship, people think they have permission to take a shot, but that is not always the case. Be aware of your partner's reactions, or speak up if you are feeling unfairly made fun of or ridiculed.

And remember, there really was only one Don Rickles.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: From Cheater to Keeper – How to Make Amends



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

Cheater – someone who is in a committed relationship and breaks the trust of his or her partner by physically or emotionally involving themselves with another person. We've all been there, either in the form of the cheater, or as the cheated. The cheater is generally remorseful, claiming they "made a mistake" and "are willing to go the extra mile to mend what's broken." The cheated generally experiences emotional chaos as they decide between swallowing the heartbreak and moving forward, or letting the heartbreak crumble the

relationship. Studies have shown that over 50 percent of men and women alike admit to being unfaithful at least once. With this statistic being so high, cheating has become a commonality, or an expectation, for most relationships. Some couples have the maturity to overcome infidelity scandals through in-house methods. However, most of us are guilty of spilling our heartbreak to any and all individuals with ears and time. Here's where the majority of the problem lie; everyone has their own opinion regarding how to handle a cheater. Most [relationship advice](#) includes conducting a dramatic breakup, followed by an overt exit, and finalized by the removal all social media posts hinting at the existence of any form of a relationship. Realizing that at time colleagues, friends, family members, and even complete strangers are quick to give their relationship advice and [dating tips](#) before taking into account your thoughts and feelings. Professional [matchmakers](#) and [relationship experts](#) Lori Zaslow and Jennifer Zucher, founders of Bravo TV's *Love Brokers* and Project Soulmate, are here to provide an outside perspective on the situation, giving you three scenarios that will hopefully allow you to decipher between a cheater and a keeper.

Relationship Advice On Handling Cheating Scandals

Friend advice #1 – “Don't fall for a dog who has eyes for every bitch. If he really loved you, he wouldn't be tempted to stray.” The art of checking out another person. Men think they've mastered it; women don't think they're actually doing it. Either way, your partner always seems to catch you mid check. At this point, no physical cheating has occurred, however, everyone can admit even a glance at another person stirs the insecurity pot. Feeling insecure, an immediate text is sent to the first group chat in your phone. Your friends, siding with you obviously, return advice strikingly similar to

the quote above. Yes, there is some truth to their advice, however, they may be premature in their responses. You must keep in mind that your partner is human, and it is a natural human instinct to look at things we find beautiful or attractive. The act of simply looking at another person does not mean your partner is not happy with you, wants you to look like them, or wants to be with them. Your partner will most likely look at them, recognize some form of harmless attraction, and then move on with their day, completely forgetting the interaction. In this particular situation, your partner is guilty of human behavior, not infidelity, labeling him or her as a keeper.

Relationship Advice: [Relationship Advice: How to Handle Your Significant Other's Family](#)

Friend Advice #2 – “Once a cheater, always a cheater.” So you're in a new relationship. You ask your friends what they know, what they've heard, or how they feel about your new partner. They inevitably reply with the cliché, “A cheating scandal ended the last relationship. Once a cheater, always a cheater.” This is the most common cop-out for anyone trying to not get hurt in a relationship, and provides an excuse to not trust their partner. Unfortunately, this is too easy, and cheating is never that easy. Ultimately the most important thing to understand is why your partner cheated previously, or why people assume they cheated. Trust after affairs in previous relationships or in your current relationship lies in your own hands. It is your choice whether you want to trust your partner again. If your partner has yet to cheat on you personally, but you've heard he or she has cheated in the past, you must make the decision to trust them or not. You must also keep in mind that there are two sides to every story. Although they may have cheated in the past, they may not have been as stable as they are now, or they may have felt insecure with the person they were with. The fact of the matter is that you do not know. In this situation especially,

you must ask yourself the right questions, find out the full story, and decide if you have a keeper.

Relationship Advice: [Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies](#)

Friend Advice #3 – “Stop holding on to what hurts, and start making room for what feels good.”

You’ve been cheated on. It doesn’t matter what form, how it went down, or who caught who. Someone in the relationship is now labeled as a cheater. Every affair has two sides to every story, and overcoming an affair takes time to dissect both sides. Both sides will give an insight to what state the relationship was in, as well as the story behind the unfaithful partner. Unfortunately, cheating has a purpose. It doesn’t happen “just because” or “by mistake.” All behavior is purposeful. What’s important, however, is finding the purpose behind the act. If you chose you want to overcome the affair, you must become your own relationship detective- collecting data and evidence to solve the infidelity crime. You must ask both yourself and your partner the right questions in order to fully understand and comprehend the situation. This won’t be easy. This will hurt. This will take time. But, time heals. And with that time you have the ability to both work on your relationship and yourself. Finding the ability to forgive and trust your partner again is the most important part of overcoming an affair, and will help you turn a cheater into a keeper.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV’s Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.

Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life



By [Dr. Amy Osmond Cook](#)

Congratulations on your new relationship! It's an exciting time to join two lives together to build a bright future. You brought the pets and furniture while your partner brought along a big screen television—and bad credit history. Is this union doomed from the start? Not always. But the road to repair can be rocky. A bad credit history can be fixed, but it takes time, patience, honesty, and a lot of self-discipline to change the habits that got you in this financial situation in the first place. If you want to avoid [relationship problems](#) and change your spending habits, here are three ways bad

credit can impact your love life. With the following [relationship advice](#) and [dating tips](#), you can prevent heart ache and an empty wallet.

Relationship advice that history is wrecking your love life with the following relationship advice.

1. Deception invades your relationship. It's one thing to hide the department store shopping bags from your loved one or screen calls from creditors, but when your spending habits cause you to lie about how you are handling your financial responsibilities, it's time to make some changes—fast! “The best healthy financial habit you can make is to develop and maintain a good credit history,” Anthony Bell, a financial expert and blogger from [rescu.com.au](#) says. “The best way to do this is to spend less than you earn and budget your expenses so that you know what you can afford, what you need to repay, and by when.” It's solid and simple advice.

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2. Bad credit makes it hard to move forward with goals. It's hard to move forward with your goals when you face financial barriers. Think about the natural progression of a relationship; Those plans often include buying a home, a car, or other big-ticket conveniences. But when you bring a bad credit history into the relationship, those goals will either not be possible, or you will face high-interest rates in the purchase. Keep in mind, moving forward with goals isn't impossible, but it will take discipline and determination to achieve them.

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3. Bad credit destroys your self-confidence. Nobody enjoys rejection. Hearing “no” can ruin the mood of the most optimistic of people. Just imagine being denied day after day. In that case, even the most basic consumer decisions become an issue when you are denied a cell phone, a gas card, a new bank account, or even an apartment. Such negativity can take its toll on your self-worth and your relationship. “Partners should treat this as another relationship goal to solve together rather than letting it drive them apart,” Elle Kaplan, [relationship expert](#) and financial advisor says. “Both partners’ debts and credit scores are now tied together for the long run.” In other words, this requires a new attitude concerning money.

The good news is that you can repair your poor credit. Start by requesting a credit report, looking for possible errors, learning your credit score, and discussing financial strategies with an expert, such as [Lexington Law](#) or [CreditRepair.com](#). As you move from this moment on—make sure you are moving toward a life of happiness and financial health.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

**Dating Advice: 5 Online
Dating Photos That Will
Instantly Up Your Profile**

Game



By [Joshua Pompey](#)

Let's face it. Men are all about appearances. It's bred into our DNA. Sure we want to settle down with women who are well-rounded, fun, caring, intelligent, and all that other good stuff. But before we actually get to the good stuff that leads to a long-term bond, we still focus on the visuals. This is why it is so critical to perfect the photo galleries of our online dating profiles in ways that will ignite high levels of interest. The good news is that you don't have to be a supermodel, or even a model to spark high levels of attraction. But if you are one, call me ok? Where were we again? Oh yes... Creating a photo gallery that will ignite interest! The following five [dating tips](#) will put you on the path to a perfect photo gallery and hopefully increase your potential [date nights](#).

Dating Advice That Will Help You Improve Your Online Dating Chances With Pictures Alone!

1. Travel photos: Travel photos don't just show that you are well-traveled. They provide an insight into the fact that you have a sense of adventure and love new experiences. These are two winning qualities that you should be showcasing whenever possible.

2. The adventure picture: Speaking of adventure, if you have any pictures of yourself doing something slightly more adventurous than traveling, this will go a long way. Whether its a level 10 adventure like sky-diving, or skiing on a beginner slope, showing that you are willing to try new things will keep men thinking you are interesting, and more importantly, fun!

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3. The check me out picture: The check me out picture is you looking your absolute best! Dig through those Facebook archives for nights out with friends, weddings events, or simply a girls night out where everyone was literally checking you out. If you don't have one? No problem. There's always a Saturday night around the corner. Recruit your most loyal friend for one night, get dressed, and start snapping away.

4. The 'I can hang with your friends' picture: Think along the lines of pictures where you were at a sporting event, drinking a beer, or scratching your belly as you belch. Wait... Scratch that last one! But pictures that show you enjoy activities men typically also enjoy always go a long way. We don't actually want to date someone who acts more like our male friends, but it's nice to know you are wiling to do the things we like once

in a while, or even better, are actually into them.

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5. The friends and family oriented picture: At the end of the day, showcasing that you are a kind and caring friend or family member is something all men are attracted to. This shows that you will make a great long-term partner and are able to form strong bonds with people. Have at least one picture showcasing the most important relationships in your life.

Follow this [dating advice](#) and you'll have men reaching out to you in no time! However, the most important dating tip I want you to keep in mind is to be yourself in online photos, or you risk the chance of future [relationship problems](#). No one likes false advertisement, so be honest and upfront about how you look before you go on that first date. More importantly, make sure your personality matches your online persona.

Need more help with your online dating profile? To learn the top strategies our profile writers use writing an online dating profile, read this [article](#). Or visit our world famous profile writing service [here](#) and sign up for a free profile evaluation where we have been helping online daters since 2009.

Dating & Relationship Q&A: At My Wits End, He Won't Stop

Flirting Online. Should I End It?



Question from Ashley M.: I have been with my guy for over seventeen years, we're both flirty people, but as of lately he's crossed a line with a particular person. I've warned him and have had discussions about this person he swear is only a friend, but the same thing keeps happening. I've offered him a way out, but he insists that he wants to stay together. I'm not a super jealous person, but I don't want to be disrespected. We're trying to save what we have.

Dating can have its trying moments. Add the internet, social media and electronic devices into the mix, and temptation can creep into your relationship. However, do not fret! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Technology is here

to stay, after all, so take advantage of these amazing tools! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's online flirting.

Technology Dating Advice That Will Help You Deal With Your Partner's Online Flirting

[Suzanne K. Oshima, Matchmaker](#): When you've been with someone for a long time, sometimes the relationship may lose the spark and excitement it once had. Which may cause one person to seek out the thrill of attention from the opposite sex outside the relationship, while still maintaining the security of your relationship. Try to revive and spice up your relationship with flirtations and sexy moves in the bedroom, so he won't feel the need to seek attention elsewhere. If he continues with his behavior with his "friend," then it may be time to try working with a relationship coach who can help you work through the issues at hand. And if that fails, then it may be time to move on to a man who only wants to flirt and be with you.

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[Robert Manni, Guy's Guy](#): It's time for "the talk". Seventeen years is a long time, so there must be a strong bond. But, over time little things become big things when they're not addressed. You say he's crossed the line and you feel disrespected. He says she's only a friend and he wants to stay together. Something has to give. I say tell him to get his priorities in order. That means saying goodbye to her and paying attention to you. If he balks or shows any sign of hesitation, it's time to respect yourself and let him go.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice Guys Edition: When's The Right Time To Pop The Question (Marriage)?



By [David Wygant](#)

So you're under the influence of an amazing woman. You're thinking about popping the question. All you think about is the future. You think about the love that you're sharing. You think she's the one for you. Before you run off to pop that question, it's time you start smelling the sausages. Yes, sausages. You see, women need to smell the roses, men need to smell the sausages. Let's bring you back into reality with a real stinky, smelly, greasy, Italian Sausage that you get from the street fair. Before I go on, I need to warn you that I'm about to give you some hard hitting [relationship advice](#). It's going to hopefully wake you back into reality, and give you an opportunity to make the right decision.

Relationship Advice That Will Help You Figure Out If You're Ready For Marriage

Marriage is not something you take lightly. It's not something you rush into, as the great Elvis Presley song *Fools Rush In* has pointed out. Despite being a [relationship expert](#), in my life I've been married a few times. Every single time I got married, I was a fool – like in Elvis's song – and I always rushed in. I was rushing in based on a story I had. I had to marry her. I wanted to marry her. I'd never been so in love. Yet, I barely knew her... I don't want you to go through what I went through. Marriage is one of the biggest decisions you could possibly make, because from marriage, comes many different things: a lifetime partner (potentially), with children. And here comes the sausage part of it all – the mother of your children is the woman whose going to take half your money if it doesn't work out. Oh yeah, I had to throw that last bit in there because that is the truth. Make the wrong decision, and all of the sudden your bank account, and

everything you've ever worked for in your entire life, will go to somebody else. And if that doesn't scare you, maybe this will. The woman that you're so in love with right now, that you think you want to marry, will turn on you most likely. And most likely use your children as a way to manipulate things. Now this may not happen. You may have a future where divorce is amicable. She may not ask for all your money, and she may actually support a great father/daughter, father/son relationship. But I bring these subjects up because when you're under the influence of a new woman, and your under the influence of thinking you're going to marry somebody, somebody has to slap you across the virtual face, and wake you up from the fog that you're in.

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So now that I've scared you, and have given you some sort of reality check, I want to talk about when you should pop the question. What I'm about to tell you is probably, oh good <?>, it's an all conventional [dating tip](#). But I think you need to go through eight seasons with this woman. The seasons don't consist of the NFL, the Baseball or the Basketball season. The seasons consist of two Winters. Two Springs. Two Summers. And two Falls. You need to see this person in everyday situations, over and over, and over again. You see, if you're in some type of fog from the beginning of the relationship, you're most likely hanging out with her representative. The well behaved version of herself. You need to see somebody in all situations. How they handle adversity. How they handle conflict. How they handle life stuff that comes up. How they handle work stuff. You need to spend as much time with this person, you're evaluating them. Talk about how life is going to be when you get married. Talk about the style of parenting you're looking to do. And yes, you should absolutely discuss parenting style before having kids. Here's another thing, if you're going to be with somebody, they need to match your parenting style. If you haven't thought about parenting

styles, then you might just be under the fog of getting married. These are all important things you need to consider when you are thinking of popping the question. There's no rush.

Related Link: [Relationship Advice: True Love or Rebound?](#)

A great relationship builds. You want a best friend. A best friend you can rely on for life. You want somebody who knows you inside and out, so you, not only can feel safe around them, but they can feel safe around you. You need to have an amazing communication relationship between the two of you. These are just some of the things you need to think about before you go nuts, and marry somebody before you're ready. If you do, your partnership will be plagued with relationship problems. So I repeat, there is no rush! This is the biggest decision of your life! This is the potential mother of your children. This is the woman you're going to share your bed with. Hopefully for the remainder of your life. So take your time. Get to know her. Make a decision based on not pure emotion, but on pure reality.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Dating Advice Q&A: Am I His Catfish?



Tammy J.: The guy I've been seeing is nice, but I'm not sure if he's really "into" me. He's also distant and secretive so that makes me anxious. He hasn't gone public with our relationship online but he sends pictures of us to his mother. I want to think this is a good thing, but it kind of feels like he's using me. Could he be catfishing his mom? We haven't officially called each other boyfriend/girlfriend, but I think that's what he's been telling his mom otherwise.

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get confusing real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology to navigate your relationships.

Technology is here to stay, after all, so take advantage of these amazing tools! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on determining whether someone is using you as their catfish.

Technology Dating Advice That Will Help You Find A Catfish

[Suzanne K. Oshima, Matchmaker](#): It's time for you to first get clear on what you want and need in a relationship. Once you're clear, then you need to evaluate whether he's meeting your needs. If he is, then just share with him that you're confused as to what you are to him, and just let him clarify things for you. If he's not what you want or need in a relationship, then it's time for you to move on to a guy who is into you and is proud to declare you his girlfriend to everyone.

Related Link: [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

[Robert Manni, Guy's Guy](#): Unless you know your guy and his mom well, it's not easy to have a clear picture of their relationship. So, instead of focusing on something you have no control over, have a chat with him about *your* relationship. Since you are not sure where this new "relationship" stands, this is a good time to ask him where he sees things going with you. Don't pressure him, but get to the heart of the matter. If he's into you, he'll let you know. If he wavers or his responses are vague, you might want to reconsider where you're investing your emotions. I doubt you want to be with someone who does not feel the same way about you.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our

relationship experts, please e-mail them to cupid@cupidpulse.com.

Relationship Advice: How Do I Know If I'm Rebounding?



By [Joshua Pompey](#)

You're fresh out of a volatile relationship and ready to start something new. What an exciting time in your life, right? But not so fast! Before you go jumping into that next relationship, ask yourself the question: am I really ready, or am I simply on the rebound? Below are five signs you may not

be quite ready to take on a new partner yet. Follow this [relationship advice](#) so you can avoid hurting yourself and others.

Relationship Advice That Will Help You Determine Whether You're Rebounding

1. You're rushing into the process: These days we live in a world of unlimited options. Get out of a two year relationship and within seconds you could be online and swiping right for that next partner. But just because you can, doesn't mean you should. The heart takes time to heal, and even if you were the one who initiated the break up, or as people famously say, "It felt like we were broken up for months," you still need some time to breathe and be on your own first. Eventually you will be ready to swipe right until your fingers are bleeding, but in the beginning stages, take your time.

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2. Dating nostalgia: If you are on [date night](#) with someone new and find your mind constantly glamorizing the past with your ex, you are still on the rebound. Regardless of how many memories you have in certain locations, if you are truly ready to be with someone new those memories should fade to the back of your mind and allow yourself to be in the present. Allowing nostalgia to get the best of you means you just aren't ready.

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3. You still have an impulse to text your ex: If you have that impulse to text your ex every time you see an inside joke or something that reminds you of them, you are definitely still

on the rebound. No matter how innocent you convince yourself that sending your ex a text is, it's not. You are just using it as an excuse to make contact with someone you miss. That isn't fair to your future partner, so sort that out before you pursue a new relationship.

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4. Bringing baggage along for the ride: Sometimes bad relationships can be very volatile and come with a whole lot of fighting. But once you break free of that and move on to someone new. You can't bring the old tensions, suspicions, and unhealthy behavior along for the ride. A new relationship needs to be a completely fresh slate. If you can't do that, you aren't ready and will only set yourself up for countless [relationship problems](#).

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5. The effort isn't there: You can't put in a 110% effort physically or emotionally if you are still even the slightest bit focused on your ex. Block him or her on Facebook. Block text messages. Do whatever it is you need to do to forget that person. Not being on the rebound allows you to put your heart and soul into making that other person happy, and just as importantly, making yourself happy in the process!

For more information from our relationship expert Joshua Pompey, you can read free articles and advice [here](#), including why you should [avoid matchmakers if you are over 40](#).

Relationship Advice: Our Connection With Sleep



By [Dr. Amy Osmond Cook](#)

More people do this than you may think. [Taylor Swift](#) does it. [Kendall Jenner](#) does it, too. Some people have caught [Katy Perry](#) and Demi Lovato doing it, and supermodel Heidi Klum credits it as one of her best beauty secrets. What are they doing? They nap. And they make sure to get a good night's sleep. With less than 40 percent of Americans getting a satisfactory amount of sleep each night according to [gallup.com](#), it is evident we have a love/hate relationship with sleep. What happens when we sleep? And why is it so important for our well-being? "While we doze, our brains and bodies aren't slacking off, they're at work, repairing us after the day's battles and refueling us for tomorrow's

slog-in more ways than you likely realize,” [prevention.com](https://www.prevention.com) writer Sarah Klein says. The brain and heart are recharging, the liver is detoxifying the day’s activities, and skin cells are reproducing and repairing. With the role of sleep being such an important part of our wellness, it’s time we build a healthy relationship with sleep. Here are four ways to do it.

Want to feel less tired during the day? Then follow this relationship advice about sleep.

1. Don’t ignore sleep. The notion that sleepless people can accumulate a “sleep debt” is true. And the long-term effects of neglecting the need for better sleep can have a negative effect on daytime functions. “The curious thing is that with sleep deprivation, you can only pay off a recent debt,” Brandon Peters, M.D. says. “Fortunately, the short-term effects of sleep deprivation are quickly reversed by getting adequate rest.” Although the damage from years of not sleeping may be difficult to remedy, we can start improving our sleep habits now with immediate benefits like improved motor skills, better concentration, and decision-making skills.

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2. Pampering is required. The best way to welcome a good night’s sleep is to adhere to a routine. Experts from The Mayo Clinic suggest going to bed and waking up at the same time each day. And try adding a soothing ritual like a hot bath, relaxing music, reading a good book, or dimming the lights for quiet meditation. It will help lull you into a deep sleep that will allow you to wake up energized for the next day.

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3. Let the process progress naturally. Although getting seven to nine hours of sleep per night is the popular belief, some of us simply don't need that much sleep. The National Sleep Foundation conducted recent studies that place more emphasis on the way you feel rather than dictating a specific amount of time. "Pay careful attention to your mood, energy, and health after a poor night's sleep versus a good one," experts at Sleep Foundation say. "Ask yourself, 'How often do I get a good night's sleep?' Like good diet and exercise, sleep is a critical component to overall health." The National Sleep Foundation uses a series of questions to measure adequate sleep. For example, after sleeping seven hours, do you feel productive and happy? Are you overweight? Do you rely on caffeine to get you through the day? And do you feel sleepy while driving? The answers may help you better gauge how many hours your body needs to stay healthy.

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4. Give sleep your full attention. If you want to improve your sleep quickly, put down the electronic devices before you go to bed. "The pervasive glow of electronic devices may be an impediment to a good night's sleep," [Washington Post](#) writer Meeri Kim says. The culprit is the blue light emitted by computer and smartphone screens. The physiology behind it stems from the tiny pineal gland in the brain. It releases melatonin a couple of hours before you are ready for bed. However, the blue light of electronic devices prevents the pineal gland from releasing melatonin, which means you don't feel sleepy. And, morning arrives before you've had a chance to get a good night's sleep.

The health risks from a lack of sleep are enough to keep you awake at night. But by catching up on lost sleep, sticking to a routine, gauging how we feel each morning, and unplugging at night, we are on our way to a healthy lifestyle that can lead you to your future sweetheart. And, that's just dreamy!

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Handle Your Significant Other's Family



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread.

You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to be going well. After several attempts to reunite are turned down due to "last minute obligations," you begin to question your confidence regarding your family's approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other's family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other's family aren't fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

Relationship Advice on How to Handle Your Significant Other's Family

1. Don't force it : Just because you're in a new relationship, don't expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don't get offended if your significant other doesn't want to take

part in, or isn't invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don't patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses not to like you.

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2. Understand and learn to accept the outcome : Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to workout between the two of you.

Related Link: [Relationship Advice: How Far Will You Go for a Relationship?](#)

3. Remain respectful: As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial

situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as positive about the situation as possible.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.

Relationship Advice: How Far Will You Go for a Relationship?





Dr. Jane Greer

Singer Ed Sheeran found true love on another continent. When he first started dating girlfriend Cherry Seaborn, she lived in New York and he lived in England. The two, who met in school, made that work for a while before Seaborn moved to England to be closer to Ed. The latest buzz is that Ed plans to propose to her soon, sealing the deal that has seen a lot of miles traveled to build their relationship before finally ending up in the same place. This is not an unusual scenario.

Since celebrities and singers are so busy on set or on tour, they often meet and even strike up a relationship with someone who lives far away.

You certainly don't have to be a celebrity or songwriter to travel the world to find love. Sometimes, if you're lucky,

work will take you to another place where you might meet someone you feel a connection to, and then you find yourself trying to stay in touch with the hope of building a relationship. Other times you might be forced to become more creative in your pursuit of finding a romantic partner. Whatever the case, while long distance is never easy, it is much more doable these days with all the social media that keeps us connected and has bridged that gap that might literally be between you. With Skype, Instagram, Twitter, Facebook, email, and even a good old-fashioned phone call, people can interact and feel like they are together even when there is a great distance between them. This allows couples to not only feel close, but also to actually get to know each other and begin to date when they aren't in the same town or, in some cases, the same country.

So if you are contemplating broadening your horizons, what is the best way to go about it, especially if your job is not going to take you someplace new? Consider this relationship advice. This might be particularly timely now that Valentine's Day is over and spring is right around the corner, both which might spark your desire to step outside your comfort zone to meet that someone. Here's how to proceed. Use a dating app, which is a great tool in this process. Many people flinch at the thought of doing so, because they have tried it and it didn't work out, or they had a negative experience, or they feel they should be meeting someone spontaneously instead of in this formalized way. Consequently, they have tried it and won't use it again, or are reluctant to use it in the first place. However, one bad date doesn't translate into all dating apps being useless. Proceeding that way would be like having a cut on your wrist and amputating your arm. By excluding them from your options you could wind up missing out on a terrific way to meet a great person who could be your friend or even more.

So instead of generalizing all dating sites, consider them

individually. If you are ready to go abroad, AnastasiaDate.com, AsianDate.com, and AmoLatina.com are the apps for you because they specialize in international dating both in Europe and Asia. In using these apps you expand your search far and wide, give yourself the chance to experience the culture of another country, and create the opportunity to build travel into your lifestyle as well, all while achieving your main goal of finding love. Best of luck to Ed Sheeran and his girlfriend. They are the perfect example that absence makes the heart grow fonder.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice: Is it worth it to try relationship counseling in the dating phase, or is it a lost cause?



By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

Find out if you and your loved one could benefit from some counseling with the following relationship advice.

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

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There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your

problems.

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Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

Related Link: [Relationship Advice: Understand What You Don't Want](#)

So I'm all for couple counseling to negotiate through some of the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

David Wygant is an internationally-renowned dating and

relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).