

Celebrity Secrets for Lasting Love



By Dr. Diana Kirschner

“It” couple, Khloe Kardashian and Lamar Odom, are best friends who are madly in love and even launching their own reality TV series centered around their relationship. They got married after a mere one-month courtship and renewed their wedding vows at their first anniversary. How did they find committed love so quickly? It’s hard to say exactly what happened in their situation – true love always has its mysteries. But most probably there were certain factors at play – celebrity love secrets which you can use to create success in your own dating and love relationships. Here are a few of those secrets from my brand new book, *Sealing the Deal: The Love Mentor’s Guide to Lasting Love*.

One critical secret involves using the three-question reality check about a hottie you may be dating:

1. Is he or she crazy about you? This is a big question, since you don't want to pine after a person who is not into you!

2. Is this person willing to grow? There are no perfect partners out there, for sure. That said, if the person is gaga for you and willing to work on themselves, they could become an AMAZINGLY great partner!

3. Is he or she meeting the basics? In other words, is this a good person with integrity, who is successful, wants a relationship and shares some chemistry with you?

If your partner meets these criteria, give him or her a real chance. You could develop a crazy-in-love relationship that gets better and better... and lasts for 10, 20 or even 30 years!!

Another key secret: Look for consistently improving contact. When you meet a new hottie, the sparks are great and you are high as a kite. But the question is, how is the relationship changing over time?

Is there more closeness between you? Are you sharing more of your thoughts and feelings? Is the L word being used? Are you sharing each other's space, meeting each other's friends or family members? Are you beginning to talk about thoughts of a shared future together?

Really look at the trends in your relationship. Is it fading out? Is it getting boring? Are you starting to take each other for granted? Are you having longer or meaner fights?

Or is the trend improving over the months, or even years, just as it seems to be for Khloe and Lamar? There are always downticks in love, even in the beginning. But, if in the face of this, things bounce back, makeup sex happens and the

intimacy is actually getting better, this is a very good sign. This means you could be with the One.

So, while it is very rare to have a one-month courtship that leads to lasting love, like Khloe Kardashian and Lamar Odom seem to have, it's still possible to have a right-for-you courtship that works to create the love you really want. Bottom line: you can use these relationship secrets to get to your own happiest-ever-after!

*Diana Kirschner, Ph.D. is a frequent guest psychologist on The Today Show & author of the new book, **Sealing the Deal: The Love Mentor's Guide to Lasting Love** which has been acclaimed by 14 top self-help gurus, including Dr. Christiane Northrup & John Gray. She authored the bestselling book, "Love in 90 Days," which was the basis of a PBS Special on love. Get weekly support from Dr. Diana through her **FREE Relationship and Dating Advice Newsletter**.*

Dr. Diana Kirshner Talks 'Love in 90 Days'





By Krissy Dolor

A deadline for love? According to Dr. Diana Kirschner, it's possible! This love expert, media psychologist, and author has helped both singles and couples on their road to love. Based on clinical research and personal experience, *Love in 90 Days* guides you along your journey to self-discovery with good advice, and of course, tough love. The author also addresses common mistaken beliefs about relationships and dating, and shares stories from women who have been successful in their own 90-day path to a great relationship.

How can *you* find love in 90 days?

Cupid's Advice:

Love in 90 Days has step-by-step instructions, checklists, and homework assignments to aid those needing a little help in the romance department, as well as tips from women who have done it themselves. Cupid caught up with Dr. Kirschner via email last month to talk about the book. Take a look at what she had to say:

How did you come up with the ‘deadline,’ so to speak, of finding love in 90 days?

Because over the years, as I was helping more and more women find true love, they were able to do it faster and faster! Ninety days to change your love life became a real, doable possibility, and a reality for many women.

Are people skeptical of your claim that anyone can find love in 90 days?

Yes. But once I start outlining all the different steps you can use in the book to handle any dead-end-dating patterns and find lots of terrific men, they are convinced that it is possible!

There are exercises to use to stop yourself from being a “hermit,” or getting involved with guys too fast (the “Flame-Out”) so that it blows up in your face, and many more. I describe 13 of these Deadly Dating Patterns and what to do about them. And then we have dozens of ways to meet great guys, including ways to optimize your profile so that it comes up first on online dating sites when men search! Also, places to go that are loaded with great guys where there is very little competition – and much more.

I have had women go from zero guys to having 200 to choose from!

Here’s one secret: skyrocket the number of people you meet online by simply changing your profile a bit every day – you’ll go to the top of the search engine on the site, and hundreds more will see you.

While writing your book, what was the most surprising piece of research you came across that you wanted to share with your readers?

That if you don’t recover from the depression of a break up by

16 weeks there is decreased brain activity in regions associated with emotion, motivation, and attention.

The paperback now has as chapter entitled ‘Dating Games Men Play.’ What made you decide to include a new chapter – and a chapter on this topic in particular?

So often women choose the wrong guy to give everything to! And then when the relationship explodes, they suffer and tend to analyze what they did wrong to make it go south, and it wasn't necessarily anything they did. I wanted to give a clear road map to women to help them see who they are dealing with when they are dating.

Half the people in who are in relationships shouldn't be in them. There are 16 different sabotaging games men play in relationships. Three are completely unworkable, and call for an immediate dump! The other 13 are more workable. So if you're unhappy in a relationship, what you'll learn in the *Love in 90 Days* paperback is how to figure out what the guy's dead-end patterns are, and whether to keep him or dump him.

Best news of all – if you leave him, I can help you find someone new in 90 Days.

What's the one piece of advice you want your readers to come away with after reading your book?

Know that you can find true love no matter what your age, size, or baggage from the past is! You just need to learn how to do it.