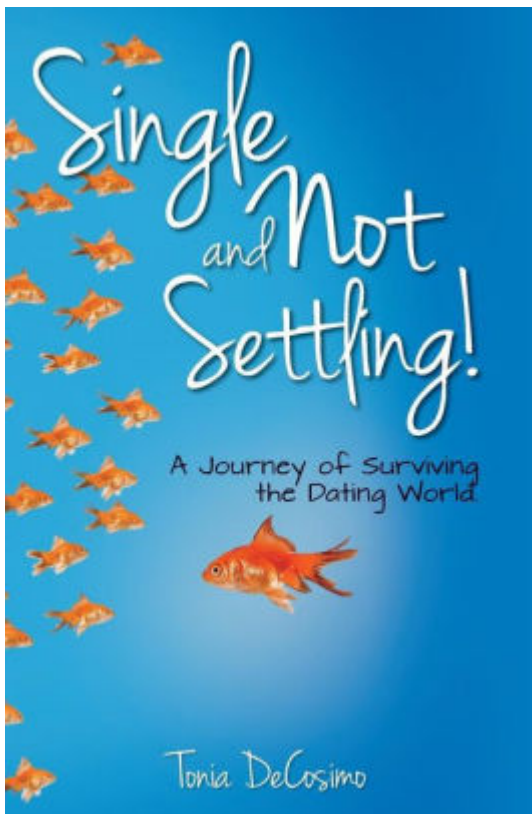


# Author Interview: Tonia DeCosimo Discusses Book 'Single & Not Settling!: A Journey of Surviving the Dating World'



By [Jessica Gomez](#)

Entrepreneur, author, and columnist Tonia DeCosimo pours out her heart in her new book [Single & Not Settling!: A Journey of Surviving the Dating World](#). This memoir and self-help book gives readers a look into the life of being a single forty-something searching for love in the 21st century. DeCosimo has experienced both serious heartache and blissful love, which

motivated her to write her book for other women. Her memoir will speak to those who have been searching for love and to those who thought they found it but had to let it go. DeCosimo draws from experiences she has gone through and incorporates her professional background as a bi-weekly [love advice](#) columnist for *The Date Mix*, the web magazine hosted by *Zoosk.com*, one of the largest dating sites in the United States. *Single & Not Settling!: A Journey of Surviving the Dating World* is a wonderful summer read this year.

## **Check out our exclusive [author interview](#) with Tonia DeCosimo:**

**What makes the personal stories you chose to highlight in your book relatable to other women?**

After talking with friends and interviewing multiple women, and even some men, who are single in the 21st century, common threads developed. They all felt that finding the right person has become very difficult and the ways to date have become very complicated (especially for those of us who are over the age of 40). Even though everyone's story is unique, I found many similarities to what I experienced in my dating journey. The particular details of my stories, however, are different which allows the reader to discover new hilarious and bad dating stories while still being able to relate to them. It also allows them to keep the faith and realize that there is a light at the end of the tunnel.

**Which relationship do you discuss in your book that you feel taught you your biggest lesson? What was that lesson?**

My high school first love, that I was with for 9 years, taught me the biggest lesson. Even though you think you really know someone, trust them and are planning on marrying them, you may not know them at all! When he asked me to marry him and wanted

me to pick out the ring, that very same day I found out that he was cheating on me. I was 23 years old, devastated, and realized from that point on, trust became something I could not take lightly and had to be earned. When we say we trust someone, do we really? And how do you know who you could ever trust? From then on, I learned to listen to my gut intuition, keep my eyes wide open, and be realistic when it comes to relationships.

**What do you say to women who just cannot find “the one” to settle down with like you did?**

No one ever knows who, when, or where they are going to meet “the one.” Some people’s lives follow their plan, while others take many turns and follow other paths. Keep an open mind, be realistic, and go about your life – while still making an effort to meet new people. Keep the faith and whatever is meant to be will be.

**Related Link:** [Expert Dating Advice: Why You and Your Partner are Constantly Arguing](#)

**No partner is perfect, so how should a woman decide whether she is settling or just compromising?**

Settling is basically giving up and giving in, even though your needs are not being met. Compromising is meeting in the middle and understanding that not everything is going to go your way. When two people are in love, compromise is an everyday occurrence which for the most part, occurs naturally. Settling would be compromising your true self.

**What are the top 3 deal breakers in a relationship? Is there ever a time a woman should adjust her deal-breakers when in a long-term committed relationship?**

For the most part, deal breakers are different for everyone. There are certain ones, however, that are universal. The top three, in my opinion, are verbal and physical abuse,

addiction, and chronic cheating. These three deal breakers should never be adjusted. While people have worked through a one-time affair, numerous affairs should never be tolerated. Only you can decide if one of your personal deal breakers is negotiable, given the circumstances of your current long-term relationship.

### **What do you hope women will do after they read your book?**

I want women to take a realistic look at themselves and their relationship history. Look for patterns that have not been working and try and learn from your past experiences. Understand that no one is perfect, and you can't always judge a book by its cover. However, listen to your gut feelings and don't try to fight it. You should never have to settle, but sometimes you have to compromise. We are all on a journey and what makes your journey unique is by you staying true to yourself.

**Related Link:** [Expert Dating Advice: How to Handle Heartbreak](#)

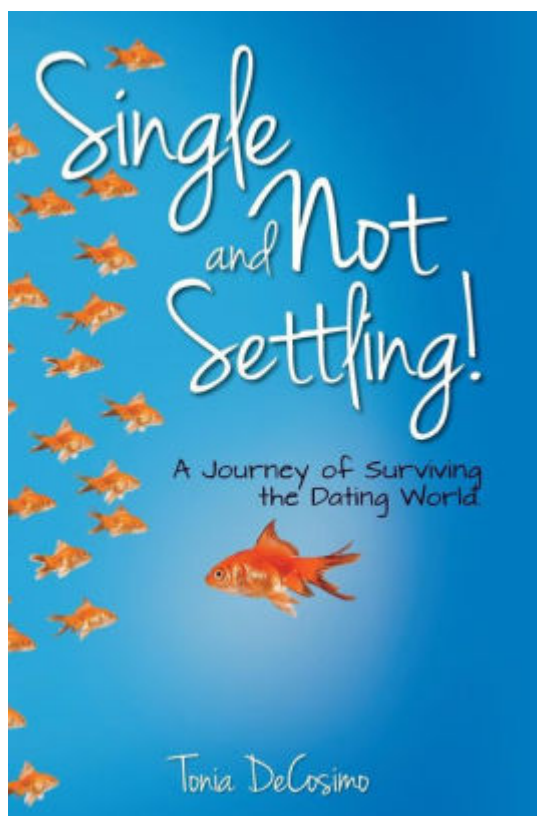
### **If there was only one piece of advice you could give about relationships and dating, what would it be?**

There is so much advice that I can give, as outlined in my book, "Single and Not Settling," but for me, the key is to not fight your own intuition. That gut feeling is God-given, and fighting it will always lead to disaster.

*You can purchase [Single & Not Settling!](#): A Journey of Surviving the Dating World on [Amazon.com](#) and at [Barnes and Nobles](#). For more information on Tonia DeCosimo, check out her [website](#).*

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# 5 Things We Can Learn from Justin Bieber & Selena Gomez's Rocky Relationship



By Ashton Dixey

There are a lot of beautiful [celebrity couples](#) out there, but there is one in particular that we've all come to admire and treasure: [Justin Bieber](#) and [Selena Gomez](#). Society has perhaps learned more from observing their dating story than we could from reading a [relationship book](#)! Although they're currently on a break right now, that doesn't mean that we can't learn from this super cute couple.

# Read on to learn more about the five things that celebrity couple Justin Bieber and Selena Gomez taught us about relationships:

**1. First loves are the hardest to get over:** Justin Bieber was only 16 and Selena Gomez was 18 when they both started dating each other. Fresh faced and in love, these two went everywhere together and were spotted packing on the PDA in full swing. Fast forward eight years later (past all of the drama) and these two are still in touch trying to make things work. It seemed like Bieber never fully recovered once Gomez and him broke-up. Gomez even wrote a song about it called "The Heart Wants What It Wants." Be careful who you fall in love with for the first time because that first break-up is the toughest to recover from.

**2. Learn to be okay alone:** It seemed as if these two kind-of lost their balance when they had their [celebrity break-up](#). One ended up in rehab and the other was caught peeing in random wash buckets in California. Be sure you are okay with who you are as a person inside so you can move on without racking up 20 tattoos on your neck to try and burn away the pain. One month shortly after the break-up, Justin ended up driving drunk without a license, running from the cops, and even egging his neighbor's house. When you go through a break-up, don't lose touch with yourself. Now is the perfect time to rediscover the greatness within you. Stay in touch with friends and family that truly support you so you can talk through your emotions instead of acting impulsively.

**Related Link:** [Celebrity Break-Ups: Find Out Why Justin Bieber & Selena Gomez Are Taking a Break](#)

**3. Keep a cool head after a break-up:** Sometimes it feels

really good to go on social media and unfollow your ex-boyfriend or girlfriend. Or, it might be fun to go out with a random person for the night and post pictures of yourself and them kissing. Although this may relieve the pain for a bit, it is not the best idea. Bieber put fuel on the Jelena rumor fires when he unfollowed Gomez and started posting steamy pictures of himself and other girls on Instagram. There was somewhat of an Instagram war occurring between the two. Try your best to keep a cool head after you break-up and don't do anything you'll regret. If you do end up back together at some point, you don't want to do anything that might spoil the relationship for the future. Collect yourself, you got this!

**4. Rebounds don't work:** If you're trying to get over an ex, it can be tempting to find someone that's available and willing to jump into a relationship with you. But when your heart is still reeling from wanting to be with your ex-lover, this can be a very bad decision. Instead of facing the pain, you're pouring it into a new relationship and settling to boot. Gomez ended up dating The Weeknd for about eight months before she ended up back in Bieber's arms after a sweet bicycle trip that turned out to be an awesome [date idea](#). As much as you try to forget that person that you're still in love with, it won't be easy, and it certainly won't be fair for the person who's serving as your rebound.

**Related Link:** [Celebrity News: Has Justin Bieber Moved On from Selena Gomez With Baskin Champion?](#)

**5. If at first you don't succeed, try try again:** Throughout Bieber and Gomez's rocky relationship, it seems that Bieber had tried to win Gomez back many times. From serenading her at a hotel in Beverly Hills, to posting photos complimenting Gomez on his Instagram, he tried and tried again to win her back. After several years of trying, it worked! They got officially back together and even made it Instagram official this month. If there's anything to learn here it's that true love never dies and that if there's someone you know you're

supposed to be with, it makes sense to fight for their love. Bieber did it for Gomez and even though they are on a break right now, true love is always worth fighting for.

*Ashton Dixey is a recent graduate of UVU and an avid reader of romance novels. When not spending time with her family, you can find her working on her website, [Awesome Date Ideas](#), and taking writing workshops.*