

Dating Advice Q&A: How Has Technology Changed the Way We Date?



Question from Sandy L.: I'm a recently divorced mom of three who is jumping back into the wonderful world of dating. I can already tell that things are very different than when I was last single! How has technology changed the way we date? Should I definitely try online dating?

Dating can be complicated. Add social media and electronic devices into the mix, and it can get even more tricky to find a compatible partner. This feat is especially challenging for new singles leaving failed marriages. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online

dating is here to stay, after all, so don't be afraid to jump in and catch up with the times!

Technology Dating Advice After Divorce

[Suzanne K. Oshima, Matchmaker](#): Dating after divorce can be scary, exciting and challenging all at the same time. But wait, don't let that scare you... because while things have completely changed since the last time you dated, it's also a really great time to be single. Meeting men has never been easier, especially with the advent of online dating. And while it can seem a little scary to put yourself out there so publicly, online dating is actually one of the best ways to meet someone. Just put together a profile with great photos (men are very visual, so you need to attract him) and an essay that shows your fun personality and what you're passionate about...soon your calendar will be booked up with dates! And if you need more dating advice on how to get back into dating after divorce, you can grab a free copy of my eBook: "Dating After Divorce: A New Beginning."

Related Link: [Q&A: Is It Okay If My Boyfriend and I Text Each Other to Stay in Touch?](#)

[Robert Manni, Guy's Guy](#): Technology has had a huge impact on dating, and it can be a great tool for meeting prospective partners. So, the answer is a resounding "yes" for trying online dating. Here are a few tips to help you get started. Before signing up for any sites or apps, decide what you want from the experience. Save time, psychic energy, and money by limiting your initial foray into the online dating world by signing up for only a few services. Talk to your single friends about their experiences and ask them for dating tips in setting up your profile. Most importantly, don't limit your dating life to the online world. Meeting other singles the old

fashioned way—through friends, at work, by taking a class, and just by living your life still works. After all, no matter how successful you are at meeting people online, the real chemistry test for a new relationship happens when you meet face-to-face.

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.

How has technology affected your dating life? Share your stories in the comments below.

Celebrity Trainer Harley Pasternak Tells Us About ‘The Body Reset Diet’





By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he’s teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. “This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off,” he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you’re your best self.

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