

# Relationship Experts Reveal 5 Ways To Survive A First Date



On this week's dating advice video from [Single in Stilettos](#), matchmaker Suzanne Oshima and [relationship author](#) Robert Manni give us five ways to survive a first date. Check out what these relationship experts have to say!

## Dating Advice Video: Best First Dates Tips For Women

**1. Make a good first impression:** These relationship experts remind us that you only get one chance to make a great first impression. Within three seconds of meeting you, a man will

decide whether or not he wants to see you again, so make those three seconds count!

**Related Link:** [Dating Experts Give First Date Tips](#)

**2. Don't show up late:** If you aren't punctual, then you're telling your date that you don't respect their time. If you're running late, make sure to send a text at least 10 minutes before you're supposed to be there, just to be courteous.

**3. Don't drink too much:** Men hate it when a woman gets too "sloppy" on a date and can't handle whatever amount of alcohol she drinks. After all, no one wants to date a lush!

**4. Have an exit strategy:** He's nice, but you aren't feeling it. If that's the case, don't waste your time – or his. Be polite and tell him that you think he's great, but there just isn't a connection. Most of the time, he'll appreciate your honesty.

**Related Link:** [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

**5. Don't have sex with him:** Can you have sex with a man on a first date? Sure. But will it work out? Highly unlikely. Men can have sex with anyone with no emotional connection, so if you're just looking for sex, then go ahead. But if you want a relationship and love, then you should wait!

If you follow these first date tips, you're more likely to succeed at getting a second date...and a third date and a fourth date!

*For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).*

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**What is your best first date tip? Tell us in the comments**

below!

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# Expert Dating Advice from Laurel House: First Date Conversation Tips



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s Famously Single dating coach, [Laurel House](#) shares great first date conversations tips to help you land that second

date. Her expert dating advice is to forget the small talk and open yourself up to deeper conversations.

## **E!'s *Famously Single* Dating Coach On What To Talk About On A First Date**

You may be wondering how to get passed the small talk on a first date in order to form a lasting relationship and love. "Be revealing, be vulnerable, be you," says the relationship author. The biggest mistake you can make is to view the first date as merely an opportunity to see if you're chemically drawn to each other. Doing so will set you up for a fast burn out of fireworks rather than a lasting flame. Remember that the initial hit of chemistry can be exciting but also blinding.

**Related Link:** [Dating Experts Give First Date Tips](#)

The first date is the perfect time to see if your core values align. Talking about shared interests is great, but you need to dig even deeper. The conversation should reflect your desire to have a substantive relationship. House's expert dating advice is to ask the most important question: Why? The first date is about learning new things, and the answer to that question will help you understand each other and your points of view. So pull your walls down! By sharing first, you're creating an environment of safety and trust.

*For more relationship advice videos from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What do you think is the best way to move beyond the small talk on a first date? Tell us in the comments below!**

# Dating Experts Say Your List Of Must-Haves Isn't That Important!



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) Marni Kinrys about why your list of must-haves isn't as important as you may think.



# Expert Love Advice About Your List of Must-Haves

Do you ever wonder why you can't find a relationship and love to last a lifetime? The truth is, you probably have a long list of must-haves and ridiculous expectations. Dating experts agree that women put too much pressure on men. For instance, they expect them to be charismatic and witty, like the guys we see in movies; however, in real life, these type of men are usually the jerks.

**Related Link:** [Love Advice: How To Increase Your Chances Of Meeting The One](#)

If you have a list of must-haves that is impossible to meet, listen to this expert love advice: Open your parameters and help a man out instead of waiting for him to fail! Add to the conversation and ask your date questions so he can feel more confident. Remember that you're looking for a life partner, and it just doesn't matter how tall he is or if he has a full head of hair. The more closed off you are and the more things you have on your list, the longer you'll be single. We all have a picture perfect man in our heads, but we need to let go of that idea in order to give the right guy a chance.

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**What's your best love advice for meeting The One? Tell us in the comments below!**

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# Relationship Advice Video: Should I Date More Than One Man?



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating consultant David Crowther about dating multiple people at once. Check out their best love advice in the video above!

## Relationship Advice Video Reveals That You Should Date More Than One

# Man At A Time

Finding a relationship and love that will last a lifetime can take awhile. That's why these two dating experts agree that you should never date only one man at a time *unless* you've decided to be exclusive with someone. According to this relationship advice video, you don't want to put all of your eggs in one basket!

**Related Link:** [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

To follow their dating advice, date several men at once and weed out the people who aren't right for you. As time goes on, you'll get to know your dates on a more intimate level and eventually discover who isn't a good fit for you. When that happens, you can move on to someone who is more compatible with you for a long-term relationship.

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## Love Advice: What Makes A Great Online Dating Profile







By [E!'s Famously Single Dating Coach, Laurel House](#)

Most dating experts agree that, when it comes to online dating, creating your profile is of the utmost importance. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) says, "Online dating isn't a game!" Her best love advice is to have a strategy to invite the right people into your life and eliminate the wrong people.

## **E!'s *Famously Single* Dating Expert Laurel House Talks About Online Dating**

It's no surprise that the relationship expert believes that photos play a major role in your online dating profile. "This is especially true for a woman's profile because men are visual creatures, while women are emotional creatures," she shares. Make sure that your photos are high quality and that they show your best self—living your best life. Your pictures

should be a visual biography of where you hang out, what activities you enjoy, and who you like to hang out with. "All of these things reveal who you are," House explains.

**Related Link:** [Dating Expert Shares Number One Rule of Successful Online Dating](#)

However, the most important element to your profile is that "it's an authentic depiction of who you are. Your profile should make the reader feel like they're getting a good sense of *you*." In order to do so, you may need to hire someone to write it for you – and that isn't a bad thing! House's love advice can teach you how to create your best profile and also how to evaluate the profiles of potential dates.

*For more relationship advice videos from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What elements do you think make a great online dating profile? Tell us in the comments below!**

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## Dating Experts Share Best Online Dating Advice





In this week's [relationship advice video](#), matchmaker Suzanne Oshima talks to dating expert Matt Adams about online dating tips, including how to email a man and what to include in your profile. Don't miss this helpful online dating advice!

## Consider This Online Dating Advice!

If you're searching online for your next relationship and love, then this dating advice may help you find The One. Dating experts agree that the message you send to a potential partner should be very personal. For example, tell him that he caught your attention and then say something about his profile. You can compliment a picture he has or discuss common interests. It's smart to show him that you read his profile and then invite him to reply back. "If you want to stand out, stay away from short greetings," Adams says.

**Related Link:** [Love Advice: How To Increase Your Chances Of Meeting The One](#)

However, you don't just need to be concerned with his profile

but with yours as well. Make sure you have good photos that will capture his attention and that it's well written. "If you aren't getting responses back, that means something's going on with your profile," Oshima advises.

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**Share your best online dating advice with us in the comments below!**

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## **Relationship Advice Video: Two Quick Ways To Figure Out If He's The One**





On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how to figure out if he's The One.

**Related Link:** [Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?](#)

## Relationship Author Shares Love Advice On Figuring Out If He's The One

**1. Look, lean, and listen:** First, lean close to your date; then, look directly in their eyes; and lastly, listen to what they have to say. While you're doing these three things, ask him open-ended questions. According to this relationship advice video, this method completely disarms people because everyone wants someone who will listen to them.

The relationship author encourages you to ask *this* question: "You know, I've had some relationships that didn't work out, and I imagine you have as well. Can you tell me what your ex



would say when asked why you're not still together?"

**2. Write a list of every single thing that you want in a life partner:** Welch shares her love advice and says you need to write everything from the sublime to the ridiculous on the list. Then, divide it into must-haves (the shorter list) and put everything else on your wants.

When you go on a date, find creative ways to learn if there are any deal breakers. Look at dating as a job interview. You don't want to wait until you're already in love to ask those important questions!

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## Dating Expert Gives Love Advice On When To Date After a Break-up





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) knows how important it is to jump back into the dating world after a break-up and the questions that come up after a break-up. "Getting back out there isn't always the purpose of getting into a relationship," the dating expert explains. "You need to be alone, focus on yourself, and move on in a healthy way. But going out, flirting, feeling sexy, and being picked up in the early post-break-up stage can show you that there truly are lots of fish in the sea."

## Dating Expert From E!'s *Famously Single* Talks About Dating After a Break-Up

In this week's relationship advice video post, the *Screwing the Rules* dating expert shares the six steps that you should

complete before you start dating again after a break-up:

**Related Link:** [Dating Expert Shares Number One Rule of Successful Online Dating](#)

**1. Put an end to social media friendships:** You don't want to see what your ex is up to. You don't want the temptation nor do you want to reach out. That means you might need to block them on Facebook and unfollow them on Instagram.

**2. Write down the bad:** It's way too easy to fantasize about the amazing moments you shared. Instead, remind yourself of all of the bad things. Write down a list of why you broke up in the first place and then read it whenever you need a reminder.

**3. Refresh your look:** It's time to make yourself feel attractive again. Get back into the gym. Get a facial. Do *something*. Just think it through before you dramatically alter your hairstyle!

**Related Link:** [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

**4. Reconnect with yourself:** Break-ups are all about bummers with benefits, so extract the good from the bad. Think about what lessons you learned, how you changed, and what you're going to do differently next time.

**5. Explore your passions:** Indulge in a class that you've always wanted to take. Join a group and go on hikes with like-minded people. Sign up for a cooking class and learn how to make Spanish tapas. You have time to spare now and maybe even some money, so start working on yourself again.

**6. Stop crying and start online dating:** This is a chance to window shop your future options. It also simultaneously keeps you busy late at night when you're feeling the most lonely, sad, and tempted to reach out to your ex.

For more love advice from Laurel House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).


When did you start dating again after a break-up? Tell us your story below!

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# Love Advice: How To Increase Your Chances Of Meeting The One



★ Celebrities. Love. Opinions. ★



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette



**Robert Manni**  
Author of  
"The Guys' Guy's Guide to Love"



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about how to increase your chances of meeting The One. Check out their best love advice in the video above!

## Relationship Experts Discuss How To Increase Your Chances of Finding Love

Finding a relationship and love isn't always easy. With that thought in mind, dating experts believe that there are things you can do to actively attract the right person. Consider these three dating tips if you're ready to find your soul mate:

**1. Pay attention to the people in front of you:** Instead of looking online or through an app, start to notice the people you see every day. Maybe it's time to ask out that guy from the coffee shop!

**Related Link:** [Dating Experts Give First Date Tips](#)

**2. Be thankful for the dates you do have:** Show some gratitude for the dates that you're going on. Even if he's not the right man for you, you can still appreciate the time you spend together. Remember that you can learn something from everyone you meet!

**Related Link:** [Expert Dating Advice: How to Find True Love Fast](#)

**3. Give yourself permission to have the love you really desire:** If you're clear about your wants and needs, then you'll be one step closer to finding your soul mate. Still, you don't want to make a long list of impossible expectations. You're trying to *attract* the right man, not detract the right man!



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What's your best love advice for attracting The One? Tell us in the comments below!

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# Dating Experts Give First Date Tips



On this week's [Single in Stilettos](#) show, matchmaker Suzanne

Oshima and dating expert Des O'Connor discuss first date tips for women.

## Relationship Advice Video Reveals First Date Tips

Women often go on a first date and expect to have a connection right away. However, that doesn't always happen. According to this [relationship advice video](#), these two dating experts believe that chemistry can grow over time. Don't decide if you'll go on a second date based on your initial feelings or lack thereof. If your date has potential, then plan a second date – you don't know where it will end up!

**Related Link:** [Why Are You Single? Dating Experts Answer That Dreaded Question](#)

As these relationship experts say, you need to have a plan in place when you go on a date. Make sure you don't talk too much about yourself. Guys are turned off by that. Instead, ask questions and show an interest in what your date does. First dates are kind of like an interview process for a relationship and love, so make sure the date is interesting! When in doubt, just remember that you can't change a first impression.

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**What first date tips do you have? Tell us in the comments below!**

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# Dating Expert Shares Number One Rule of Successful Online Dating



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s Famously Single dating coach, [Laurel House](#) discusses the rules of online dating.

# Dating Expert Laurel House, part of E!'s '*Famously Single*' Talks About Being Honest In Your Online Dating Profile

If you've ever tried online dating, then you know how hard it is to create the perfect profile. But don't worry, because relationship author and dating expert Laurel House shares her best love advice about the number one rule of successful online dating. "Make sure your online dating profile is honest!" she shares. In this week's relationship advice video, the dating expert will help you understand how to turn off the wrong partner while simultaneously turning on the right one.

**Related Link:** [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

The relationship expert believes that "the most essential but often ignored strategy when it comes to online dating is elimination." This means that you need to focus on turning people away who you would never be interested in to begin with. "You can try to narrow your reach within the preferences section, but many people don't actually look at those preferences," House shares. They also don't address some of the more important particulars, including the personality traits. If you have a sarcastic side, be sure to mention that! Honesty is the number one rule of online dating.

One of the benefits of online dating is that you are able to expand your reach, but you don't want to attract the wrong people. "You need to take a proactive approach," the dating expert says. "If you say you are a lover of the finer things in life, guys who can appreciate and afford those things will find that a turn on. Men who are turned off by a woman who likes expensive things will not contact you. And that's a good

thing.” At the end of the day, you want to find somebody who understands and shares your lifestyle preferences. “You’re not there to please everyone,” House says. “You’re there to weed out the ones who might take issue with elements of who you are and what they’re expectations are of you.”

*For more relationship advice videos from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What do you think the number one rule of online dating is? Tell us your story below!**

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## **Why Are You Single? Dating Experts Answer That Dreaded Question**







In this relationship advice video, matchmaker and [relationship expert](#) Suzanne Oshima talks to relationship author Tinzley Bradford about how to answer the dreaded question, “Why are you single?”

## Dating Experts Reveal How to Handle a Dreaded First Date Question

When you’re on a first date, the question about why you’re single is bound to come up. Dating experts say that this question will immediately bring down the energy of the date, and you’ll find yourself searching for the best way to answer it. So, here are some great tips to get past this dreaded question with confidence:

**Related Link:** [Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!](#)

**1. Take a lighthearted attitude and use humor.** The worst thing you can do is get defensive when someone asks you that question on a date. Be lighthearted, laugh, and ask the

question right back. After all, they're single, too!

**2. Let them know that you don't want to be in a relationship for the sake of being in a relationship.** Make sure your date knows that you want to find the right person to be part of your life; you don't want to be with just anyone.

**3. Be honest and tell them you haven't had the chance to focus on a relationship until now.** You can be honest and tell your date that dating hasn't been your priority because you've been busy with other things, like your career.

These dating experts say it's inevitable that you will get asked this question at some point, but it's important to not get insecure. Instead, use your sense of humor and put a positive spin on it. And then...you can change the subject to a topic that makes you feel more comfortable!

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# Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!





Relationship advice video, matchmaker Suzanne Oshima talks to relationship author Robert Manni about how to improve your chances of finding love.

## Relationship Advice Video Gives Tips On Finding Love

We all know that finding someone special isn't easy. If it were, then everyone would be in love, right? In this [relationship advice video](#), these dating experts agree that, with these four tips, your chances of finding a relationship and love will increase.

**Related Link:** [Expert Dating Advice: The Secrets Men Will Never Tell You](#)

**1. Put the gadgets away:** Your cell phone, computer, or tablet is creating a barrier between you and any man that wants to meet you. By holding your phone or looking at your laptop in a coffee shop, it seems like you're busy and don't want to be bothered.

**2. Pay attention:** It's important to pay attention and be fully present. Notice the men around you and be open to meeting them organically.

**3. Get real:** Be realistic and clear about who you are and what you're looking for. Once you know what you want, don't focus on a long list of "must haves." If you do, you'll be single for a long time!

**4. Reach out:** If you had a great time, it's important to acknowledge and follow-up after the first date. Be available and don't wait too long to schedule the second date. You don't want him to lose interest.

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## Relationship Expert Shares Best Love Advice for How To Break Up Over Email





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

## **E!'s *Famously Single* Laurel House Shares Love Advice On Breaking Up Over Email**

The dating expert believes that, if your relationship meets these three qualifications, then an email break-up is the way to go: You've been dating for less than six months; you're not



living together, and you haven't said I love you. Or if your relationship can be described by one of these circumstances, email is the best way to end it: It's a long-term digital relationship; you're unable to connect with your partner in another way; he's truly an asshole who cheated on you or conned you; or he's dangerous.

**Related Link:** [Love Advice Video: How To Say Goodbye To Your Ex For Good](#)

An email break-up is best for these romances because "you have the opportunity to explain yourself without being sidetracked." Most likely, the person you're dating is a good person, but you're just not into it. They don't "deserve a hasty brush off because you feel bad." When you write the email, remember that you need to be honest and vulnerable and tell them what's happening in your mind and why it's not working for you. End your email by saying that you'd be happy to discuss it over the phone if they want to.

*For more relationship advice videos from House, click [here](#).*

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**Have you ever broken up with someone over email? Tell us your story below!**

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## **Expert Dating Advice: The Secrets Men Will Never Tell**

# You



It's no secret that men and women think and act totally different, especially when it comes to love. According to this expert dating advice, ladies, if you know the things that men will never tell you, it'll help you be more successful in your search for The One.

**Related Link:** [Dating Advice for Attracting an Alpha Male](#)

Here are three secrets that you need to keep in mind:

- 1. Men are afraid to approach you:** They're terrified of rejection, so they'd rather not risk it and not say anything to you at all.
- 2. Men put a lot of pressure on themselves:** They want everything from your first date to your first kiss to be

perfect, so give them a break!

**3. Men can't read your signals:** Just like you don't always understand them, they don't always understand you. They need help understanding your signals, so make your feelings very clear for them.

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## Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

**Related Link:** [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

## Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on

loving you.”

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# Love Advice Video: How To Say Goodbye To Your Ex For Good



By [E!'s Famously Single Dating Coach, Laurel House](#)

No matter how nasty the break-up was or how badly your ex

treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

## **E! 's *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex**

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of realizing that "it's time to unhook your heart from his." You shouldn't allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by "removing yourself from the triggers that tempt you to go back." Once you do that, you will be able to experience a healthy and real romantic relationship.

*For more relationship advice videos from House, click [here](#).*

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# Do Men Want to Date Younger Women? Find Out What Dating Experts Think!



On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

## Relationship Advice Video Reveals If Men Want to Date Younger Women

**Related Link:** [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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**Do you think men want to date younger women? Tell us in the comments below!**

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## **Expert Dating Advice: How to Find True Love Fast**





Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

**Related Link:** [The Secrets of Meeting Men](#)

## Expert Dating Advice to Help You Find Love Fast

Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

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# Relationship Advice: How To Get Engaged In A Year!



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

**Related Link:** [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

# Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life. By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

**Related Link:** [Relationship Advice On Finding True Love](#)

Watch the video above for more great relationship advice!

*For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What is your best relationship advice to change your dating life? Tell us in the comments below!**

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## Relationship Expert Shares How To Get Over a Breakup







By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

## Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:



**Related Link:** [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bumpers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

**Related Link:** [Dating Advice: Create The Person You Want To Be](#)

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.
12. Now you're ready to start dating.

*For more dating advice videos from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**How do you get over a breakup? Tell us in the comments below!**

# Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

## Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

**Related Link:** [Single in Stilettos Show: Love Advice for Winning Him Over](#)

- 1. What you focus on is what you become:** If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.
- 2. You need to strike a balance.**
- 3. Men need to feel needed.**

**4. Stop saying, “I don’t need a man!”:** If you keep sending that idea out into the universe, guess what? You won’t find a guy to invite into your life!

**Related Link:** [Des O’Connor Reveals Why You Keep Attracting the Wrong Men](#)

**5. Men aren’t intimidated by strong, independent women:** If you keep running into this issue, you’re attracting the wrong type of men.

*For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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## Expert Love Advice Reveals Four Reasons Why Men Disappear





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about why men disappear.

## Dating Experts Explain Why Men Disappear

The author of *Settle Free Dating Method for Women* explains that dating is hard enough without having to worry about the great guy in your life suddenly disappearing. According to her expert love advice, here are four reasons why a man may vanish:

**Related Link:** [How to Kick That Bad Relationship to the Curb](#)

**1. He met someone else:** While it may be hard to accept, until you're in a committed, monogamous relationship, he's free to date multiple people at once – and so are you!

**2. He already has someone:** You may be the other woman and not even know it. If he suddenly stops calling, there's a chance he's focusing all of his attention on his girlfriend or wife.

Unfortunately, some men enjoy the thrill of cheating.

**3. He just wants sex:** He may want sex without any strings attached. If so, if you don't give him what he wants, he'll disappear.

**4. He's bored:** He may think your relationship has become predictable and mundane. In that case, he may stop calling without any explanation.

If you're dating a man who disappears, it's important to remember that he's doing you a favor: Any guy who leaves without an explanation isn't the right one for you!

*For more expert love advice and additional information about Single in Stilettos shows, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**How do you handle a man who disappears? Share your relationship advice below!**

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## **Expert Dating Advice: How To Find The Good Guys Sexy**







By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) finally explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

## **Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy**

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you

always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let him know your boundaries; let him talk dirty to you; and let him know it's annoying when he texts or calls too often.
5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

*For more expert dating advice from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!**