

Kris Jenner Gives Her Best Dating Advice



B

y [Jessica DeRubbo](#)

[Kris Jenner](#) was all about giving some important [dating advice](#) on *Elle.com* recently, according to [UsMagazine.com](#). Among other things, she discussed how the best way to live within singledom is to be yourself. She said, "Don't try too hard. Because if you're not your true self and putting on a lot of airs, then I think what's going to happen is when you finally come up for air, it's going to be really uncomfortable trying to keep up with that." For the past two years, the reality TV star has been in a relationship with Corey Gamble, [Justin Bieber](#)'s former tour manager. She's been through heartbreak with Bruce Jenner, and she's certainly qualified to give

important [relationship advice](#) to the masses.

This celebrity news shows those who have been through a lot are often times the best at giving dating advice. How do you know if a source is reliable for relationship advice?

Cupid's Advice:

Sometimes you're floundering in your relationship and you need reliable advice. The fact of the matter is, not all dating advice is created equal. Cupid has some tips that the advice you're getting is legit:

1. It's substantiated: Whether it's through academic research or tons of experience, the advice someone is giving you needs to be substantiated in some way. Don't just take someone's word for it. Always ask, "Why?"

Related Link: [Dating Advice: How To Get Noticed on Dating Sites](#)

2. The book is published through a big name publisher: If you're getting your advice by reading a book, it's often a good sign if the book was published by one of the well-known publishers. Often times independent publishers release 100 copies of a book, and those aren't the ones you want to take as a say all end all.

Related Link: [Dating Experts Share Best Online Dating Advice](#)

3. You're close to the person giving the advice: Obviously family and friends only want you to be happy, so they aren't

going to purposely steer you in the wrong direction. What they say probably holds more truth than someone who's a stranger and is spouting off ideas.

What are some other ways to know the advice you're getting is reliable? Share your thoughts below.