

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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