

Dating Advice: How To Attract A Man Through Your Body Language



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the

best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating tips are to smile, hold eye contact, and lean into his personal space a bit.

1. Smile. One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

Related Link: [Dating Advice: First Date Do's and Don'ts](#)

2. Holding his eye contact for 2-3 seconds. Doing this shows that you're listening and are engaged in the conversation.

3. Lean in. Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like them.

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Weekend Date Idea: Walk for a Charity





By Gabby Robles. Updated by [Brooke Crawford](#).

The sun shines brightly, and the air is a cool. It's particularly enjoyable outside, and charity walks are perfect for this time of year. Throw on a pair of leggings and lightweight t-shirt to take a walk for a cause with your lover. Sometimes, weekend [date ideas](#) can get repetitive. The movie theater, a favorite restaurant, or the local art gallery are all typical date night spots. Try our dating advice and do something that will give back *and* get your heart rate up!

Give Back With This Date Idea

Finding a charity walk is simple. If one of your Facebook friends is not posting about one, check out local listings on your own. Check your local Starbucks; each store has a non-profit board that often has all sorts of charity events posted.

Related Link: [Celebrity Couples Who've Made the World a Better Place](#)

If you want to choose a cause that is close to your heart, search for events related to that cause and see if there is a walk going on. Runs that fund breast cancer or leukemia research and poverty are pretty common. You and your significant other can talk about what charities are important to you. Make it a topic of discussion to deepen your bond and open you up to each other.

Doing a charity walk not only promotes and helps out the cause, but it's also a great way to do a fun workout with your sweetheart. Usually, these walks are at least a 5K, so you'll be able to replace gym time. Even if you opt to walk rather than run, as many people do, you can have some alone time with your significant other and possibly make a few friends along the way.

Related Link: [Date Idea: Volunteer Together](#)

Most walks take place in the morning, so end this charitable date idea by heading to your favorite brunch spot to recap the morning and share a delicious meal.

What charity events have you participated in? Share with us in the comments below.

Weekend Date Idea: Bases, Peanuts, and Home Runs!





By Gabby Robles. Updated by [Brooke Crawford](#).

It's time to make a baseball game your next weekend date idea. Although tickets can be pricey, it is possible to watch a baseball game without breaking the bank. It only takes a little creativity and thinking out the box to make this date idea happen on a budget! Don't worry – Cupid is here to provide [dating advice](#) to help you flesh out the details.

Enjoy a Baseball Game on This Date Idea

Taking your man to watch a baseball game is the perfect opportunity to let your beau see your sportier side. Use this date idea to let loose. Impress your man with your passion for the sport and knowledge of its history.

Related Link: [Date Idea: Learn a New Sport Together](#)

Make it a group date by inviting some friends to join in on the fun. You may even be able to play matchmaker! Or if you want to keep it in the family, ask your guy's siblings or

parents to join you. This will give you a chance to get closer to his loved ones in a social, relaxed setting. Either way, it's a great time to make some memories.

Instead of taking a trip to your major league team's stadium, stay local. Find a sports bar near you where you can watch the game and have a few wings. As long as you're both into the game and enjoying your time like the rest of the baseball fanatics, you are sure to have almost as much fun as actually being there. You can also wear your favorite jersey or your team's color to really get in the mood.

If you are not into the bar scene, take your date to check out a local county or high school baseball game. Most cities have baseball teams that play open games on the weekends. Be sure to bring snacks (boiled peanuts and Cracker Jacks are two winners!) and wear your favorite baseball attire.

Related Link: [Melissa Malamut – How to Love Sports](#)

While there, see how you can get involved. Maybe they have a co-ed team that you could join! Athletic skills are one of the many ways couples can connect. It's also a great way to meet friends and possibly find a new baseball-loving crew. Doing something that you both love is essential to a strong relationship, and when you keep it light-hearted, you're sure to have a great date!

How have you incorporated baseball into a date idea? Tell us in the comments below!

Dating Advice: First Date Do's and Don'ts



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

- 1. Show up natural.** Be yourself and don't have an agenda.

Throw away that checklist and don't prequalify the person you're dating.

2. Get to know each other. Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

Related Link: [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

3. Be clear if you don't like him. Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

4. Don't be negative. A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

5. Don't talk about the long term future on a first date. Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

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Weekend Date Idea: Spring

Cleaning



By Ché Blackwood. Updated by [Brooke Crawford](#).

A fresh breeze through your curtains and the smell of Daffodils only means one thing: It's Spring! With the great scents and not-so great-showers comes the sudden urge to read outside together, plan a picnic, and, unfortunately, clean. This year, turn one of the most daunting tasks of the changing season into a great date by taking on the challenge with your sweetheart. This weekend [date idea](#) is sure to spruce up your love life *and* your home.

Tackle Spring Cleaning With These

Dating Tips

Related Link: [Dating Advice: Is Spring the Time for a New Fling?](#)

Grab some bagels and head over to your beau's place. Bring garbage bags and Lysol to help him clean until his pad shines and smells of lemons. If he's a true bachelor, you might need a box of rubber gloves too. Since getting rid of the old to make room for the new can cause anxiety, be sure to stay encouraging and upbeat. Go through his items together, as doing so will give you the opportunity to learn more about him. You will be able to hear the story of his favorite old sweatshirt or that strange, vintage lamp, giving you a glimpse into his past.

If you are motivated enough, then head on over to his office, and help discard old papers and files. Most companies have an [office cleaning service](#) but unfortunately, they can't go through years of documents. So, he will need your help with that.

After his home and office are spotless, switch roles and turn the focus onto your own home. Stay open-minded and don't be afraid to share intimate details of your life before you met him. Testing your boundaries will make you grow closer – and you'll be freeing up closet space at the same time!

Related Link: [Dating Tips: Spring Cleaning Your Online Dating Profile](#)

After you have had all the cleaning you can take, celebrate by going shopping together. Pick out a pretty picture or unique clock to fill up all that new, empty wall or bookshelf space. If you are really feeling romantic, purchase an engraved picture frame to memorialize the day. There is nothing better than a fresh-scented home filled with even fresher memories. These dating tips are sure to help when you are struggling for

a few date ideas this Spring!

How can you use this dating advice to keep spring cleaning fun? Share your thoughts below!

Weekend Date Idea: Rack Up a Few Laughs At a Comedy Show!



By Daniela Agurcia and [Brooke Crawford](#)

With April Fools Day today, why not step away from your normal date idea and attend a comedy show this weekend? A stand-up show can be the perfect way to trigger that funny bone for you and your partner. Forget about all of the awkwardness of an

ordinary dinner-and-a-movie date. If your sweetheart has a sense of humor, then the comedian's inappropriate jokes will be ironically appropriate. Consider this [dating advice](#) by heading to one of the three spots below!

Related Link: [Date Idea: Laugh Out Loud Fun](#)

Follow This Dating Advice to Second City

This world renowned comedy club was first opened during 1959 in the Old Town neighborhood of Chicago, Illinois. The Chicago Second City has helped mold comedians such as Bill Murray and Steve Carell. It is not only a comedy club, but this legendary establishment is host to classes as well. Check their website for your next weekend date idea, and who knows, maybe you will catch someone famous while you're there!

Formerly located in the heart of Chelsea, New York, Caroline's has become a prime New York nightlife spot for those looking to take in a few laughs. The newest location was one of the prime establishments in the renewal of the Times Square district. Headliners such as Kathy Griffin, Dave Chappelle, and Tracy Morgan have graced the stage. This place is sure to give you a great night out on the town.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

The Comedy Store, nestled in the heart of Hollywood, is not only a historical location, but it also has a story behind the name. Co-founder Sammy Shore originally had a TV show before deciding to open the notorious club with his former wife Mitzi. The celebrity exes have a son who can often be seen there because the business is still owned by his mother. Be sure to get in a drink with a splash of laughter at this historical nightlife spot. As you can see, taking your beau to

a comedy show is a unique date idea when you're looking for something new to do.

What are some great comedy shows you have attended? Share below.

Relationship Advice: How and Where To Meet Men



On this week's [Single in Stiletto's](#) video, matchmaker Suzanne Oshima and dating expert Marni Kinrys give [relationship advice](#) on how and where to meet the man of your dreams.

Relationship Advice On How To Meet 'The One'

Meeting 'the one' can seem like an impossible task, but this expert love advice will have you dating someone new in no time. To start, the experts say that you have to put yourself out there. Having a social life requires work and effort. Delegate one day a week where you will do something that will put you in a position to meet a man. Whether that be having a dinner party for singles, going to a bar, going to a singles event, joining a running club for singles, or online dating, there are so many places to meet someone new.

Related Link: [Expert Dating Advice On How To Handle Dating A Player](#)

Remember, it's important to be active and do more than two things to meet someone. Men (and women) are everywhere, it's just a matter of opening your eyes and looking around. Women: Don't be afraid to approach a man and just say hi. If he's interested, he'll take the lead from there. The biggest confusion and misconception is that people don't want to be approached.

Related Link: [Expert Dating Advice On How To Flirt With Men](#)

You can even start a conversation with someone on the subway or at the grocery store. Just opening yourself up to any and all opportunities will help you find the man of your dreams. Follow this relationship advice, because the only way you can have people in your life, is to be open to it.

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

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How and where did you meet the man of your dreams? Tell us in the comments below!

Tease Your Taste Buds on This Weekend Date Idea



By Brooke Crawford

If you're in need of a new weekend date idea, improve your palate and tease your taste buds by taking a couples trip to a winery or brewery. Napa Valley is one of the world's premier locations for fine wine. If you live on the West Coast, you can plan a romantic getaway to one of the region's romantic

vineyards. On the East Coast, north Georgia is home to some wineries too.

A Beer and Wine-Filled Date Idea

Is your partner more of a beer fan? New York City is home to a variety of wonderful options. The Brooklyn Brewery not only serves an assortment of beer, but it also offers tours and allows customers to order food from the surrounding area. Or with summer approaching, try the Standard Biergarten's lovely outdoor facility, which is right below the beautiful High Line.

Related Link: [Weekend Date Idea: Pop the Cork](#)

Put a spin on the winery date idea by visiting The Sommelier Society of America. Since 1954, the organization offers wine education classes and tasting programs for couples who want to become more knowledgeable about reds, whites, and roses.

Maybe you don't have a weekend to plan a trip away. You and your partner could also enjoy a fun-filled day activity touring one of the famous Anheuser-Busch breweries. The St. Louis location is currently the number one ranked brewery in the United States. Tours are available in four other states as well.

Related Link: [Relationship Advice: Wine Taste Your Way to An Intimate Date](#)

Dating Advice from a Favorite Celebrity Couple

Famous couple [Angelina Jolie](#) and [Brad Pitt](#) took wine-tasting to a whole new level by buying Chateau Miraval, a winemaking estate in France, in 2012 after leasing the property for three years. This is the same location that the celebrity couple

held their wedding. Grab a bottle of the vineyard's famous rose Miraval (formerly known as Pink Floyd) for your next date night!

Do you have any great date ideas centered around wine or beer? Share with us in the comments below!

Weekend Date Idea: Kinkajous, Horses, and Clown Fish – Oh My!



By [Brooke Crawford](#)

According to *HelpGuide.org*, spending time with a furry friend can provide both mental and physical health benefits. So take a step away from your normal date night activities and invite a furry friend along next time! Our [dating advice](#) below could help you relieve some stress and take your relationship to a new level.

An Exotic Weekend Date Idea

The Exotic Animal Experience, located in Orlando, Florida, is home to many endangered and exquisite animals. According to the owner, these animals have been raised together since birth and are now interactive with each other as well as guests. Some of the animals that can be seen include lemurs, kangaroos, and even a kinkajou. If you want to spend time with these cute companions, call ahead to make a reservation.

Related Link: [Why Having a Pet Can Be Beneficial to Your Relationship](#)

Although horses aren't as exotic as the animals mentioned above, horseback riding can still provide the type of one-on-one time that you and your partner are craving. Sequoia and King Canyon, located in the Sequoia National Park in California, offers three different areas for your next horseback riding adventure. These trails give riders a refreshing view of beautiful scenery – perfect for a tranquil and romantic weekend date idea. Again, be sure to call ahead for accommodations.

Tropical Adventures is a California-based company that provides not only scuba diving classes but trips for divers with various levels of experience. Room, board, and dives are included in their year-round package deals. See who can spot Nemo and his clown fish friends first!

Related Link: [Anne Hathaway and Adam Shulman Adopt Adorable](#)

[Puppy](#)

Dating Advice from a Favorite Celebrity Couple

Incorporate your love for animals into your relationship with this date idea. If you need a little inspiration, look to celebrity couple [Ian Somerhalder](#) and wife [Nikki Reed](#), as the pair are often seen rescuing and loving on furry friends of all kinds.

What's your favorite way to spend time with animals? Share with us in the comments below!

Enjoy the Outdoors With This Challenging Date Idea!





By [Brooke Crawford](#)

According to PsychologyToday.com, one of the qualities of a very successful relationship is the ability to stand together in the face of external challenges. Why not embark on a walk on the wild side and take your date outdoors? Not only will you learn about yourself, but you'll learn how to navigate through challenges as a couple – and you'll grow closer in the process. Consider our [dating advice](#) below to add a little adventure to your next date.

Follow This Dating Advice All the Way to Acadia National Park

During the 20th century, large parcels of land were donated in order to form what is now called Acadia National Park. This park is home to natural life, three campgrounds, five lean-to shelters, and the tallest mountain on the Atlantic coast. If you're looking to fit in some exercise on this weekend date idea, it boasts hiking trails for the thrill seeker. It's also a great spot if you're just looking for a little fresh air.

Related Link: [Weekend Date Idea: Connect with Nature](#)

Another great outdoor activity to consider is whitewater rafting. If you live in West Virginia, the Gauley River, nicknamed the Beast of the East, boasts the most intense whitewater rafting east of the Mississippi. This 105-mile long river creates the perfect space to test your endurance and coordination as a couple. If you're concerned about intensity, New River is an easier path to navigate. Choose this activity for your next outdoor, water adventure!

Date Idea: Get Wet and Wild at the Columbia River Gorge

The Columbia River Gorge is the perfect getaway for windy water sports, including windsurfing, paddle boarding, and kiteboarding. This gorge is said to be the largest scenic area in the United States and includes a mixture of trails, forests, and windy rivers. Whether you fancy a trail walk or a windy ride on a paddle board, there is something for every couple looking for some outdoor fun. Leave your phones at home and spend a weekend here connecting with nature and one another.

Related Link: [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

These outdoor date ideas allow you and your partner to focus on your relationship without the strain of your normal day-to-day expectations. Challenge your relationship by tackling these activities as a team and grow through your new experiences.

What's your favorite outdoor date idea? Share with us in the comments below!

Date Ideas: Be Thankful (And Chefs) Together



By Erika Mionis. Updated by [Josh Ringler](#)

It's that time of year again. It's time for family, friends, and slaving over a hot stove. Are you a newlywed or a new couple and are worried about preparing your first Thanksgiving dinner? Don't worry, you're not the only one! Cupid's got you covered.

Check out these Thanksgiving date ideas!

First, you have to determine how many people you'll be entertaining. Here's a great piece of [dating advice](#): Always be prepared! Obviously, the more people, the more work you will have to do. But that doesn't necessarily have to be true. Try checking out some recipes for large groups of people. These recipes will make it very easy to cook for a crowd. For a small, intimate crowd, try some unique appetizers that will fit perfectly on a small side table, like cheese fondue.

Related Link: [Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together](#)

Unfortunately, not all recipes can be as easy as cheese fondue. Turkey definitely isn't easy to do! The *Meleagris gallopavo* was first domesticated by the Aztecs around the year 1100 A.D, and, coincidentally, is extremely hard to cook. Try putting some Rosemary and Thyme under the breast skin, and be sure to check out a few other tips to ensure a delectable main course. And involve your new husband as much as possible. Don't do all the work yourself. At the very least, take him in as the turkey carver.

Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces. Or, you can choose to see what your favorite [celebrity couples](#) made for Turkey Day last year! Get inspired!

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-american

pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

Have any romantic Thanksgiving recipes to share? Comment below and share with our other readers. If you want some more Thanksgiving meal ideas, let us know! Until next week, Happy Thanksgiving!

Dating Advice: Get Inspired by Childhood Fun

A video frame showing two people in a discussion. On the left is Suzanne Oshima, a woman with long dark hair and large hoop earrings, wearing a purple top. On the right is Nick Karson, a man with dark hair, wearing a light-colored jacket over a dark shirt. Behind them are promotional banners for 'Single in Stiletto's' and 'The Power of Women Over Men'.

Suzanne Oshima
Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Nick Karson
Author of "The Power of Women Over Men
and How to Use It"

By [Brooke Crawford](#)

It's easy to get bogged down with your school work or job and other adult responsibilities, but sometimes, you need to embrace your inner kid and let loose. Luckily, Cupid is here to help with these fun date ideas! Whether you are a busy college student, a mom of two, or an account executive, follow our [dating advice](#) and get inspired by childhood fun.

Follow This Dating Advice and Visit Historical Coney Island

Located in the borough of Brooklyn, Coney Island is host to two amusement parks, Luna Park and Deno's Wonder Wheel Amusement Park, as well as rides not associated with the parks. The Wonder Wheel was built in 1918, has stationary and rocking cars, and is illuminated at night by neon tubes. Built in 1927 with an 85-foot drop, the Cyclone is one of the oldest wooden roller coasters in the United States. To top it off, the Thunderbolt was recently built and includes a 90-degree vertical drop followed by a 100-foot loop. If you're looking for more relaxed activities on this weekend date idea, there are multiple tossing and shooting games as well as a carousel and circus sideshows. This historical location is the perfect place to put this dating advice into action!

Related Link: [Weekend Date Idea: A Day at Sea](#)

Another way to enjoy this date idea filled with childhood fun is to go on a scavenger hunt. There are endless organizations and groups that organize monthly get-togethers. The popular website Meet Up maintains a vibrant New York group that hosts an underground scavenger hunt throughout the subway system. Teams meet at a particular subway stop and begin the hunt for various subway items along the system. Additionally, Stray Boots organizes pre-arranged private, corporate, individual and group quests in over 40 different cities. You even have the option to organize a scavenger hunt with other couples. A scavenger hunt can get the adrenaline pumping and help you

grow closer while working to win.

Take This Date Idea to the Happiest Place on Earth

Orlando, Florida is host to one of the happiest places on Earth: Disney World. Home to four theme parks, two water parks, 24 themed hotels, many golf courses, and downtown Disney, it hosts millions of people a year. Themed ride, cultured foods, and exotic animals make for an extra special date idea. If you truly want to embrace your inner kid, it's the place to go. Who knows – you may even see a celebrity wedding during your visit!

Related Link: [Date Idea: Road Trip Your Way to Romance](#)

Every couple can benefit from some child's play. From the Big Apple to the Sunshine State, there are plenty of activities that spark your favorite childhood memories. Remember that dating is always a fun-filled adventure with the right person!

How do you embrace your inner kid on date night? Share with us in the comments below!

Dating Advice: Love the Way You Search For Love With Online Dating





By [Michelle Foti](#)

Imagine standing in a crowded bar with the music blasting, the lights down low, someone's drink spilled on you, and a bar fight breaking out five feet away. Definitely not the way to meet the man of your dreams, is it? Your quest to find your knight in shining armor is not looking too good, so why not just stay home curled up on the couch with your computer on your lap and search for a guy online?

If your fear of being catfished (remember [Manti Te'o](#)?) is stopping you, just wait until it's last call and the lights come on. Did he really have a biker ponytail and face tattoo the whole time? Online dating can save you so much time and money while you search around for someone you really like. In addition, you will be able to research potential matches, have time to plan your responses, and use actual science to help you find matches.

A great way to start online dating is by trying out a few sites and seeing which you like best. Luckily, reputable sites like these that also offer free trials can be easily found [at DatingAdvice.com](#). By signing up for these free trials, you can

usually peruse others images, profile text, and sometimes even contact them. Either way, you will be able to choose a site that you are most comfortable with and that matches your dating goals.

Dating Advice: 5 Advantages to Online Dating Over the Bar Scene

1. Cool, confident, collected: If your face turns red, you look down when you talk, or you get sweaty palms when you're nervous, it sounds like you may not make the best first impression on the guy at the end of the bar. One of the many perks of online dating is that it takes that pressure off. After you've messaged someone on a site, you can start texting and even talking on the phone. It's a process of communication and can take as long or as short as you both want before meeting in person. When you're ready to talk to him, you can be cool, confident, and collected. You can even have stock conversation ready to go next to your long list of cute and witty comments. Moreover, you can even take your time to plan your wardrobe, whether you want to be sweet and sexy like [Jessica Alba](#) or New York City Chic like [Kelly Ripa](#).

2. Take a second and think about it: Think about whether or not you can see yourself with this person. Is this the man you imagine in first date selfies, engagement photos, and standing at the altar? Online dating allows you to take your time to decide on these important factors. There's no last call on a dating site.

3. Check him out without him knowing: If he catches you checking him out in person, he may take this as an invitation to approach you. But when you search for love online, you can decide first whether or not he's your type for reasons that stem beyond his perfect hair and rock-solid chest.

4. Investigate thoroughly: When you meet someone at a bar,

you won't know until you get home (unless you take your smartphone to the bathroom), who that person really is that you are spending your time talking to. When you date online, you have more time to take his name and plug it into Instagram, Facebook, or even Google away. You can find out more than his relationship status including any criminal history, if he has a job, if he has kids: all things that are important to know!

5. Matchmaking science, not vodka: This time it's not your drunken best friend pushing you into the arms of disaster, but a matchmaker and science pushing you into the arms of love. It's not about who is checking you out, who bought you a drink, or who the last man standing in the bar is, it's about compatibility. There are even studies that show that online daters find someone within 6 months of going online, so any cost you do decide to spend is actually reasonable.

What benefits of online dating have you experienced? Share in the comments below!

Expert Dating Advice: Mastering the Nonverbal Cues of Flirting





By Jared Sais

I have written a lot of articles over the years offering [dating advice](#), but perhaps none as special as this. This is what my new book (still in the works) is all about. I won't give away all the secrets I have, you'll have to read the book to get them yourself, but I will give you a few nonverbal cues to be on the look-out for and tips on how you can master them yourself. The truth is, if you were to perfect these flirting cues, you just might have lines of people waiting to get to know you. Some of these cues may seem overly simplistic, you may even say "oh come on, give me something I don't know." Yes, you may know how to smile, but for how long? Do you show teeth or not? Is your head tilted to the side or down? What are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

Expert Dating Advice: Nonverbal

Cues of Flirting

If I asked what the first way people greet one other is, you may say with a wave, a smile or a handshake. Would you be surprised to learn that all of these are wrong? Maybe you'll be the first few to know that it is via eye contact. You may know that eye contact is important, but how long do you look for? Are you looking into the eyes, lips and or body? Not so easy, is it? Yet, it is so important. Eye contact is the first thing I observe that will tell me if two people will be a strong match. People will gaze into each other's eyes and not even consciously know. I know the exact amount of time that looking into someone's eyes means uninterested or extreme attraction. What would you do with this gift? I have helped a countless number of clients find true love, I have used it to find true love myself, and now I am using this gift of dating advice to write a book to help the masses. You can read my other posts about relationship and dating advice on CupidsPulse that tell you how to smile, how to spot a real versus fake smile, or how to give good eye contact, so I'll skip these things.

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

1. Lick lips/attention to your mouth. You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will trigger a response from the person you are targeting. Think of it like this, if I were to ask you "how are you" you would probably say "good, and you?" Now, you may not be good but that's what you say in response to that question; it's an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

Related Link: [Expert Dating Advice on How to Flirt with Men](#)

2. The trifecta. Slightly tilt your head down (chin closer to your chest), look up at your target and perform a slight smile. The smile should be closed mouth when the head is down, but when you pick your head up you can open your mouth to show teeth. If you are a woman, you can pull your hair back or tuck it behind your ear. This is a three step nonverbal cue that will bedazzle your person of interest. It sends a strong message that you're interested and are willing to have a conversation. It should not look creepy or forced, so before you go out, try it out. I tell my clients to practice this nonverbal trifecta in the mirror and to break up the trifecta into steps, then mash it all together. This can be quick, lasting a few seconds in time.

Related Link: [Body Language to Create Instant Attraction](#)

3. Separate from group. Almost no man will approach a big group of women and rarely in America does the woman approach the man. As the woman you need to separate from the pack and make yourself approachable. Also, you may want to leave behind your wing-woman/wing-man if that person is the "mother hen." The mother hen tends to be a bit over-protective; men don't need a background check when first approaching you, don't let "mother hen" send him away from you. Instead, go alone to the bar and get a drink or take a friend who is fun and can create conversation to help the flow of your first meeting.

If you can perfect these dating tips from a dating expert, you will see just how quickly people will approach you. Have fun.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Expert Dating Advice On How To Flirt With Men



In this week's episode of [Single in Stiletto](#), founder of the [dating advice](#) site and matchmaker Suzanne Oshima sat down with dating and flirting expert, Tracey Steinberg to share tips on how to flirt with men.

Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. "Flirting is one of

life's greatest pleasures and if you're missing out on it that's a shame," Steinberg says. "As women it's our right to flirt, let's not give that up." Below are a few of her tips on how to flirt with men!

1. Eye contact. Flirting is about nonverbal language and your inner voice shines through your eyes. Show him you're interested in him by making strong eye contact, while keeping the spoken conversation light and fun.

Related Link: [Dating Expert Gives Five Body Language Cues to Look for on a First Date](#)

2. Complement freely. Confident men love to be around women who make them feel confident and who support what makes them so confident. A great piece of dating advice: men love being complimented just as much as women. Steinberg said men swoon over compliments about features like their biceps, because they work out routinely waiting for a cute girl to notice.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

3. Align yourself with his passions. If you're talking about what he loves, he's going to love talking to you. Maybe the conversation will continue to a second date at a fancy restaurant (we like the way Steinberg thinks!). If you find yourself wanting to have this conversation, but getting lost in it, be honest and have him teach you a thing or two. He'll love it.

4. Let him feel confident that you're interested. The relationship expert said even the most confident men fear rejection. If you really want that date with him, make it clear to him that you would go on a date with him. Men need to be built up just like women do.

Related Link: [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

5. Light conversation. This is not your therapist you're talking to, in fact he's hardly more than a stranger: do not spill your problems out on the table. Keep the conversation light and silly; keep up the enthusiasm and talk about things that make you feel confident. And never forget to be the authentic woman you are!

These dating tips should help you land your first date with your new, big-biceped guy and once you do put Steinberg's best piece of dating and relationship advice to work: "Treat him like royalty."

For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).

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

What's your best piece of advice for how to flirt with men? Share with us in the comments below!

**Dating Experts Give
Relationship Advice To
Attract a High Quality Man**





Suzanne Oshima

Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Nick Karson

Author of "The Power of Women Over Men
and How to Use It"

On this week's [Single in Stiletto's](#) post, founder and matchmaker Suzanne Oshima talks expert [relationship advice](#) with love coach Nicole Moore on finding your next relationship and love. They're not talking how to attract just any man, but a high quality man. "You want to be an energy of 'I am the prize,'" Moore exclaimed.

Author Gives Relationship Advice To Help You Find The Right Man

Here are Moore's three best pieces of expert relationship advice to help you be magnetic to a high quality man:

1. Be present in your body, not your head. When you are present in your head, you are dating from your insecurities and fears, but when you are present in your body, you transition from thinking to feeling. The dating experts say that men are constantly thinking they want a woman who will make them feel. A high quality man will love the energy you emit when you are totally present in the date and not in your own head.

Related Link: [Dating Experts Reveal How To Attract the Right Man](#)

2. Do not hate men. Women often hold negative notions of men: they cheat, they lie, all they want is sex. But here's some love advice: If these thoughts are in your mind, he can read them in your energy and when he does he is not going to feel safe or comfortable with you. When you love and appreciate men, they will flock to you because your energy makes them want to be around you.

3. Be confident in yourself and what you have to offer. High quality men know they have options and they want to be confident in making their choice, but first they must feel confident about you. If you act confidently in front of him, he will be confident in your presence.

Related Link: [Expert Dating Advice: How to be a Smarter Dater](#)

For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).

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

What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Dating Advice: How To

Approach A Man Without Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert

dating advice tips below on how to approach a man.

1. Give value. Dating experts reveal that you need to have the mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

2. Compliments. Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

Related Link: [Relationship Advice: How To Get Engaged In A Year!](#)

3. Social touching. Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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's your advice on approaching a man without seeming desperate? Tell us in the comments below!

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!

Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?





Suzanne Oshima

Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Nick Karson

Author of "The Power of Women Over Men
and How to Use It"

By Justin Lavelle, BeenVerified.com

When you hear someone say that they met their significant other online, you wouldn't think twice, as online dating is one of the leading ways singles meet potential suitors. Although it's commonplace to meet people online, there are always risks associated with dating people you don't know. You might end up connecting with someone who has a fake profile and is more interested in scamming you rather than determining if you're Mrs. Right. But how do you know if you're dealing with someone who has a fake profile? And what are the red flags you should look for? Fortunately, there's [relationship advice](#) to navigate the online dating scene and figure out if you're dealing with prince charming or prince alarming.

Relationship Advice: Tips to Help Protect Yourself When Dating Online

1. It's a big red flag if your online interest asks you for money, especially if it's early on and you've never met face-to-face. Scammers will often ask for money on behalf of a sick

relative, a short term loan to pay rent, or travel money to visit you if he lives out of state.

Related Link: [Match.com Studies Singles in America](#)

2. Be careful if he avoids meeting you, especially if he says he will be out of the country. There's a reason that scammers don't want to meet face-to-face. If they're running a game, they will come up with all kinds of excuses to avoid meeting. Some may use work travel as an excuse, others may say they have shared custody of his kids and it's his weekend to keep them, or that an ill mother needs to be taken care of. Listen to this relationship advice: Pay close attention to what they're saying.

3. Dating experts say to meet relatively quickly in person and in a public place. It's advantageous to meet face-to-face to see if you have chemistry and if he is who he claims to be. It's far easier to walk away from a bad situation before you feel an attachment. Choose a place that has foot traffic in case you need to call out for assistance. Always tell a friend or family member where you'll be and what time you'll be there. It might be wise to have a bail out call come 30 minutes into your meeting, just in case you need an escape strategy.

Related Link: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

4. Accept the fact everyone tells lies, even little white ones, so decide where you draw the line. Online daters want to put their best foot forward. Men may say they're a couple of inches taller than they are in reality, and women may not accurately describe their body type. Many online daters accept superficial lies as part of the deal. My dating advice is to decide what is acceptable for you.

5. To avoid identity theft scams, try Google's reverse image search. Take a few minutes to search the profile's pictures,

and if the reverse search shows up across hundreds of pages, it's highly likely that the person is being deceitful and is using someone else's images as his own.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

6. When chatting online, make sure the flow of conversation makes sense to ascertain if you're talking to a live person or a robot profile. Mix up the conversation; see if the person continues to track with you. If they're unable to switch gears, it could be a robot responder giving predetermined responses.

7. Relationship experts say if his profile is comprised of only one photo and the text is basically empty, they could be a scammer. People who don't want to be held accountable to the content of their profile will simply leave it blank. If they're too lazy to take the time to self-disclose and post some self-descriptive text, then you should probably take a pass.

8. If his Facebook account has fewer than 100 friends, there's a reason to be suspicious, especially for younger users. Most people on Facebook have more than one hundred friends. There could be an explanation; he may be new to social media or a teacher that is trying to remain private. Delve deeper into his reasons. This doesn't necessarily apply to older users, as the average person over 55 is more likely to have smaller amounts of followers.

Related Link: [Online Dating Advice: When To Jump Back Online After A Breakup](#)

9. If people claim to be famous or know famous people, it could be to lure you in. Some women get star struck and might continue in conversation with someone they aren't interested in if there is hope of meeting someone rich and famous. Take their stories with a grain of salt; don't continue the

dialogue if you're not truly interested.

10. Research as much as you can about the person before you meet face-to-face. Search their name on Google, search all social media profiles and ask friends if they know them. You might find out that the person has a criminal record or may be in a serious relationship and love already! Also, you can do a thorough background check on the person via BeenVerified.com, which consolidates information from public data sources to make it a one-stop shop for accessing personal information.

Justin Lavelle is the social media and blog content director for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records.

Date Idea: Star Light, Star Bright





Suzanne Oshima

Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Nick Karson

Author of "The Power of Women Over Men
and How to Use It"

By [Rebecca White](#)

Whether you celebrate around a tree or a menorah, the holiday spirit is in full swing – and so is the stress that comes along with it. Your [relationship and love](#) life may feel strained from all of the pressure. If you're in need of a romantic evening with your partner, dive into the cultural craze and Hanukkah spirit with a personal take on "The Festival of Lights." This weekend date idea is the perfect opportunity to stargaze together and enjoy nature's own decorative lights.

Stargaze to Improve Your Relationship and Love

To get started with this date idea, you'll need to grab some winter wear and hot cocoa (don't forget the peppermint schnapps!) so you stay warm while you look at the stars. Next, you've got to find the best spot in your neighborhood. If you live in the city, don't worry! All those bright lights may make it difficult, but it's not impossible. The Amateur

Astronomer's Association of New York leads stargazing ventures every week.

Related Link: [Top Ten Most Romantic Holiday Getaway Spots](#)

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors. Let the holiday spirit bring your relationship and love to the next level. Think about it: The scenery is beautiful; there's no one else around; and you're lying next to each other in the darkness, looking up at the sky. Mix in cuddling under a blanket and sipping on a warm drink, and this might be your favorite date night yet!

Since it's best to start stargazing about an hour after sunset, you can have an early dinner and then head to your own festival of lights. For some added romance, bring along a picnic basket filled with some sweet treats. As the sun goes down, the stars will become more visible, and you'll want to have binoculars to get a closer look. You may want to invest in a constellation map so the two of you can tell the difference between Aquarius and Lyra. You could even make a game out of figuring out the different patterns.

Related Link: [5 Celebrity Couples Who Celebrate Hanukkah](#)

It's also important to remember what culture you're celebrating on this take of "The Festival of Lights." To learn more about Chanukah, check out websites and read a brief history. In the midst of enjoying the starry night together, take our love advice and exchange gifts under the open sky. Look out for shooting stars, and don't forget to make a wish for the holidays!

Have you stargazed together as a date? Share your stories below!

Weekend Date Idea: Give the Gift of Babysitting



Suzanne Oshima

Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Nick Karson

Author of "The Power of Women Over Men
and How to Use It"

By [Rebecca White](#)

Don't fret about what to get your friends this holiday season! This weekend, offer to babysit and give them a kid-free date night. Holiday seasons can be tough on families because there are so many preparations to be made. The gift of alone time is just what your friends need. Plus, you'll get to see what your partner will be like as a parent! This date idea is sure improve your [relationship and love](#) life as you play house for a few hours.

Give the Gift of Babysitting to Improve Your Relationship and Love

For this weekend date idea, call up one of your married friends and tell them to take some time off and plan a night out with their spouse. Next, it's time for you to decide how to entertain their kids! Depending on the ages, you can play games, watch a movie, or plan a bigger activity like making crafts, writing a story, acting out a musical, or putting on a fashion show. For more ideas, check out PBSKids.org for advice and ideas on how to babysit for any age.

Related Link: [Matthew McConaughey & Camila Alves Enjoy Some Alone Time](#)

This date idea will give you some insight into what your significant other will be like as a mom or dad. Is he the disciplinarian? Is she nurturing and maternal? These are things you'll want to know to determine if you're truly a match made in heaven. Make sure you know who is in charge of enforcing punishments, who is in charge of making dinner, and who is in charge of cleaning up the house so your friends don't come home to a disaster. By delegating responsibilities, you'll find out if you make a good team and if you can handle the surprises that kids have in store for you.

Babysitting will also help you learn if your partner is even comfortable around kids. They should be able to channel their inner dork and play silly games, but that may be a challenge for them. Maybe they're easily grossed out or get frustrated at the smallest thing. If so, that may be a bad sign. After all, kids are messy and require a lot of patience. This gift to your friends is a gift to yourself too. Who knows what you'll discover about your sweetheart!

Related Link: [Single in Stilettos Show: What Makes a Man See](#)

[You as Marriage Material](#)

If you're nervous about babysitting with your honey, then set aside some time to chat about it. This could even be another date night before your babysitting adventure! Communication is key to succeeding as babysitters and parents (someday). After babysitting together, your relationship and love life will be thriving. Don't miss this opportunity to grow even closer together!

Have you babysat with your beau before? Share your stories below!

Dating Advice: Film a Documentary During Black Friday





Suzanne Oshima

Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



Nick Karson

Author of "The Power of Women Over Men
and How to Use It"

By Emma L. Wells

Black Friday shopping isn't for everyone. However, while stores can be hectic and crazy, if you've got a lot of holiday gifts to buy, it is nice to get it all done at once, especially while so many items are discounted. This year, brave the crowds with your beau! It may not be a romantic [date idea](#), but it can certainly be a fun one.

Have Fun While Being Productive on This Weekend Date Idea

It's important to stick together on this holiday weekend date idea. Combine your shopping lists and hit the stores at midnight. Instead of just running errands, make this date idea more entertaining by bringing along a camera. You can shoot all the action around you as you go from store to store. Make sure you record the craziest things you see on your Black Friday adventure.

Related Link: [Date Idea: Take a Holiday from the Holidays](#)

Take turns manning the camera as you search for gifts for everyone on your list. Try to stay out of other people's way as you frame your shot – you don't want to bother the other shoppers! Maybe you'll even find some good deals on new camera equipment that you can use for your next documentary!

Later, you can edit the film as a team and show your friends this mini-documentary. Have a "premiere party" for your video after you open holiday presents; that way, your loved ones can see how much fun you had – and how much trouble you went through! – picking out their gifts. The morning and evening news almost always showcases footage from Black Friday too. Send your local station some of the most outrageous things you saw. You never know: Maybe you two lovebirds will wind up as local celebrities!

Related Link: [Date Idea: Escape Black Friday](#)

Discover a New Passion with This Dating Advice

This experience will make for a great story to tell in the future. Consider this dating advice and think of the date idea as an opportunity to record a special moment in your relationship and love. Perhaps you'll even discover a new mutual hobby! You budding filmmakers may want to enroll in a documentary making class after the holidays are over.

Cupid wants to know: Will you go Black Friday shopping with your honey this year?

Weekend Date Idea: Celebrate a Week of Thanks



By Emma L. Wells

Get into the Thanksgiving spirit early this year! On this [weekend date idea](#), come up with a list of all the things and, more importantly, the people you're thankful for in life. If you're in the early stages of your relationship and love, this conversation can be a great way to get to know each other better.

Give Thanks on This Weekend Date

Idea

It's a wonderful Thanksgiving tradition to give thanks for everything in your life. Why not take it a step further this year and not just say thanks but show your appreciation too? After you and your beau have made your lists, start thinking of ways that you can give back to the people in your life.

Related Link: [Date Idea: Give Thanks for Your Health](#)

If you're feeling creative, you can make some fall-themed gift baskets. You can bake some lovely Thanksgiving treats or, if you're not that confident in the kitchen, buy some high quality ingredients and make a DIY basket. Many speciality cooking stores also sell pre-packaged cookie, pie, or cake mixes that you can include. Add some Thanksgiving decorations, like a few gourds or pumpkins from a farmers market, a serving tray, or utensils to help make their dinner extra special!

Put Some Love Into This Date Idea

Don't forget to personalize your baskets by including a handwritten and heartfelt note telling them what they mean to you. Your loved ones will be touched that you put so much thought and care into this gift! Pass out your baskets to your family and friends throughout the week leading up to Thanksgiving.

Related Link: [Date Idea: "Fall" in Love](#)

After this weekend date idea is over, consider this relationship advice and make an additional basket to give to your sweetheart! Instead of a Thanksgiving theme, make this basket more personal. Fill it with fun activities you two will enjoy doing together this winter, or find items that remind you of great memories from your relationship and love so far.

How will you and your honey give thanks this year? Tell us below!

Date Idea: Run in the Name of Love



By Emma L. Wells

This [weekend date idea](#) will have you and your beau gettin' physical! Instead of your usual dinner and a movie, get off the couch and go for a run or walk together. There's no better way to get your relationship and love out of a rut than with a little activity, so for this date idea, challenge your

sweetheart to run or walk a 5K with you.

Challenge Each Other With This Date Idea

Map out a good 5K route in your town or, if possible, sign up for an official 5K charity run. So many non-profits have them that you're bound to find a cause that you'll both appreciate. That way you'll not only be doing something great for your bodies *and* your relationship and love but also for society!

Related Link: [Date Idea: Enjoy the Water](#)

Run as a team to help keep each other's strength up. Or you can make it a race between the two of you to add some playful competition to this date idea. A little competitiveness between you and your partner can actually be really healthy for your partnership. A small rivalry can spice things up as long as it's all in good fun!

Love Advice: The Couple That Runs Together, Stays Together

Exercising together has a lot of benefits. First, it'll give you the opportunity to wow him with what great shape you're in. You'll also run faster and work harder than you normally would so that you can impress him. Take this love advice and consider investing in some new workout gear that really shows off the results of your hard work. Additionally, it'll be nice to have someone so close to give you positive encouragement. Plus, a good workout releases chemicals in your brain that will leave you two feeling giddy and romantic all day long.

Related Link: [Weekend Date Idea: Play All Day](#)

If you're planning your own 5K, make sure to run past some nice scenery. For instance, if you live on the coast, why not

map out a path along the water? You can plot your run to be a circle so you end up back at home or extend your day by ending at a park where you can enjoy a pleasant rest. Once you've recovered, head to your favorite brunch spot. After all, you've earned it after your workout!

Have you and your partner done a 5K together? Tell us about it below!