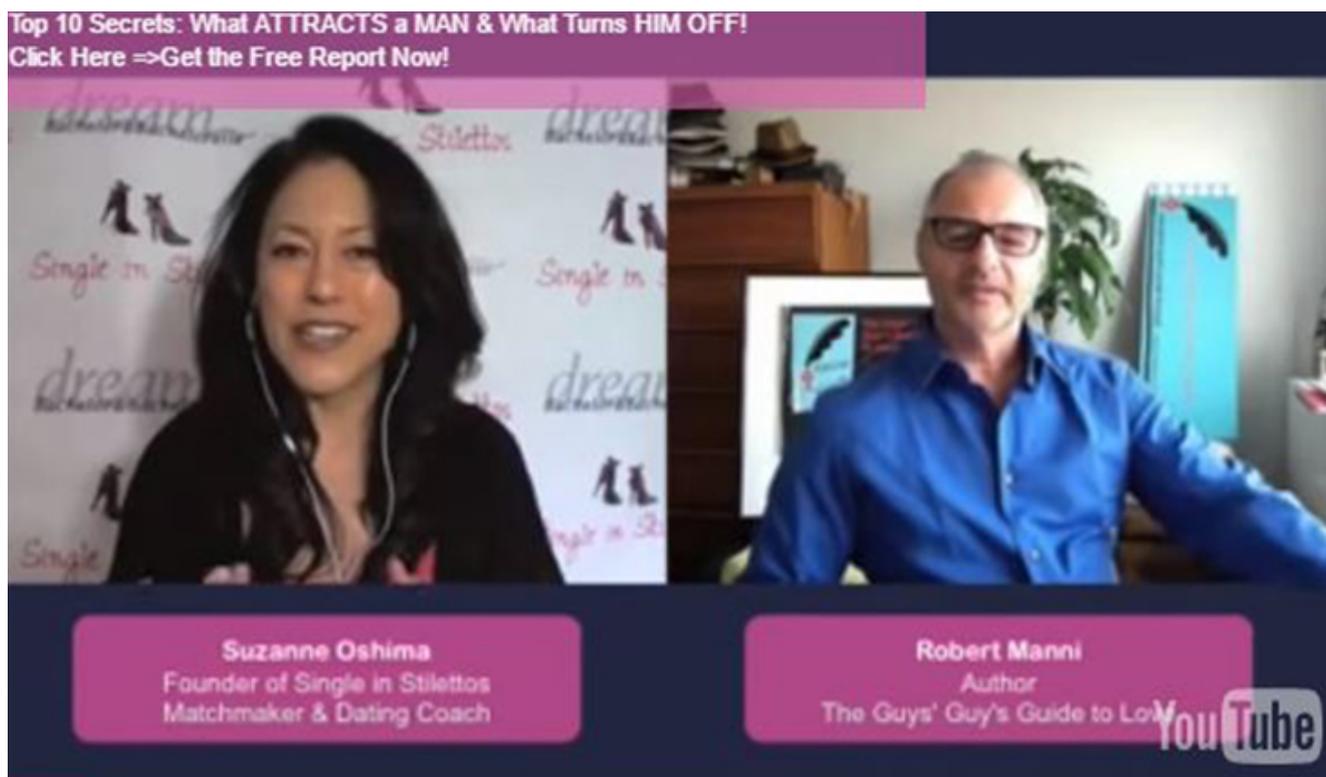


Expert Dating Advice On How To Handle Dating A Player



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks [dating advice](#) with relationship expert Robert Manni. Speaking from a guy's perspective, Manni provides dating advice on dating a player and how to know if you're looking into the eyes of one.

Relationship Expert Talks Dating Advice: How To Handle Dating A Player

When women think of a player, oftentimes they think they can change them, but Manni says otherwise. "I certainly think

anybody can evolve and I don't think that it's the women's responsibility to change a man," he says. "I think you can lead the horse to water but he has to drink. So a man has to want to change and he has to want to change for the right reason. If a woman is there to support him in his desire to be the best he can be that's the best case scenario."

1. Signals of a player. On your first date, does he have something planned? Does he pick up the check...does he pick up anything other than his phone? Did he ask you out in person or over the phone, as in speaking on the phone? If a majority of your answers are no, chances are this guy is at the plate ready to bat.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't be Reckless with Other People's Hearts"](#)

2. Get to know him better. As Manni says, "Text only gives you a portion of what that other person is." As a woman, you have to speak up. Tell him you want to talk over the phone, tell him you want to get to know him better. But don't demand it, put the idea on the table in a flirty, playful way. "Regardless of the situation when a man and woman first meet each other they have to take the time and prioritize the need to learn about the other person," Manni says.

Related Link: [Expert Dating Advice: What is Love and How Do I Find It?](#)

3. Be yourself. When competing against the model types and the classic womanizers, the only way to stand out for men and women alike is to be your authentic self and to be confident in who you are.

Related Link: [Dating Advice: Moving Your Relationship From Online to Face-to-Face](#)

Providing guys with a guide to love in his book, Manni now

offers women his best dating tip from the man's perspective: "The things that every guy seeks in women is somebody who understands him and is supportive of what their ambition, goal, or dream is. And if you can make the man feel that you believe in them they will be putty in your hands."

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

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

Have advice on dating a player? Share in the comments below!

Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

Starting your own business is hard and it can be even harder when you don't have the full support of your spouse behind you. But what if you could have them beside you? The most cost effective way to start your own business is to start it at home, rather than renting or buying an outside office space. Not only will you save financially, you'll also save stress in managing your free time, as you will be able to spend days with your family at home. However, this can be positive or negative. The problem with having your workplace and your living space as one is that sometimes it can be difficult to separate work from play. You can work so much that the hardships from your job start rolling over into your family and personal life and you start taking your frustration out on those you love and having relationship problems. On the other hand, you could focus so much on your family that you fall behind with work. Both scenarios can be damaging to the health of your job and your family. The overall goal is to have a stable job, while maintaining healthy relationships and with a little [relationship advice](#) you can accomplish both!

Relationship Advice: Keeping Your Relationship Strong

The most important thing is to designate a location in your home that is strictly for work. This doesn't mean that you can't occasionally bring your laptop into the living room to do some last minute work, but it means that the majority of the time you keep business in this specified office area. This helps to literally separate home life from business, as the two will be physically separated. Now that the where has been identified, the next important thing is to determine the when by setting aside specific hours each day that you plan to focus on work. Likely it would be similar to what your hours would be in a typical workplace such as "9-5 Monday-Friday." If your company flourishes most on the weekends, then select specific hours on the weekend that you will designate for work. Make sure that your spouse and your children are aware of these hours so that they know not to bother you at those times. If you do not make these assigned work hours clear to your spouse or family, it could potentially cause arguments if they were to interrupt your work, causing frustration.

Related Link: [Celebrity Couple News: Chrissy Teigen & John Legend Share Romantic Snuggly Photo](#)

Establishing a place and specific time to focus on your work are only the beginning. To maintain a healthy balance of work and play while maintaining a home business, you must dedicate time to focus on your spouse and/or children. For example, every Friday night can be "date night" with your spouse and Saturday's from 12-5 can be set aside to do something fun with your kids such as an aquarium visit. Most importantly, during this quality time, keep all conversations away from work. Don't bring it up at all. In fact, set your phone to "Do Not Disturb" if you feel like you'd be tempted. Making sure to avoid any conversation about work is super important because your husband/wife, boyfriend/girlfriend, or children need to

know that you are not only focused on work, but that you are also 100% focused on them, too!

Related Link: [Celebrity Interview: Newlweds: The First Year's Stars Talk Love & Celebrity Relationship Struggles](#)

A healthy work-life balance poses a challenge when you work from home, but it is not impossible. Remembering these simple, helpful dating tips from **Project Soulmate's** own [relationship experts](#) can keep your business afloat and your relationships thriving. Dedicating specific times and moments to each important aspect of your life (work, spouse, children, and me-time) is crucial. As long as you are patient, have a knack for organization, and follow this relationship advice, a strong relationship while working from home will be no problem! Just remember that your spouse is there to support you, and would definitely rather be helping you than arguing with you.

Related Link: [Relationship Advice: Is Long Distance Worth It?](#)

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Expert Dating Advice: What is Love & How Do I Find It?





By Debbie Ceresa for [Divorce Support Center](#)

Have you ever wondered how [Tom Hanks and Rita Wilson](#) make their celebrity marriage work? How about [Sarah Michelle Gellar and Freddie Prinze Jr.](#)? You're not alone. Most singles wonder if they should wait for that magical attraction to happen. In our quest to solve this mystery, we often turn to expert [dating advice](#). We Google. We write, and we do research. However, the question remains: **What is love?** The question was even the hottest search phrase on Google in 2014.

Musicians have also ventured into love's mystery. John Lennon and Paul McCartney attempted to provide us with an answer with "All We Need Is Love." The lyrics say, "Love is everything." However, we are still searching for the answer to this elusive question. Is it because, if you don't have love, you have nothing? The prospect of nothing is a little scary.

Related Link: [Dating Advice: Love the Way You Search for Love with Online Dating](#)

The ancient Greek philosophers broke down the word *love* into six categories: *Philia*, the deep bond between family and close

friends; *Ludus*, the playful affection when flirting or joking around; *Pragma*, mature love found with couples who have been together a long time; *Eros*, our sexual desire and passion; *Agape*, one's love for humanity; and lastly, *Philautia*, the love we have for ourselves. You're lucky if you have all six. Some of us may only have one or two.

But maybe, just maybe, we're looking for love in all the wrong places. Let's go back to the basics and take some dating advice from the experts.

According to [Dr. Brené Brown](#), a relationship expert and research professor at the University of Houston, "Love is that intangible connection between two people that feels exceptionally good." She further states that the strength and depth of this connection is determined by the self-acceptance, openness, and honesty of the two individuals and how exposed each is willing to be.

Related Link: [Expert Dating Advice: The Help You Need to Find Love](#)

Although not logical, love is both easy and mysterious. Couples who have been together for years often confess that they aren't really in love with each other. Don't feel hopeless! You're not on this quest alone.

A love map that gets you from one stage to the next doesn't exist, but there are two important questions to ask yourself.

- 1. What are you looking for?** Once you understand your desired qualities, make a checklist.
- 2. What do you think your future partner would want from**

you? Always keep in mind that no one is perfect. Recognize your imperfections and understand your future lover may have a few flaws too.

Once you've answered these two questions, follow my love advice below to find The One.

1. Love yourself first: You are the only *you* in the universe. Work on being the best you that you can be by taking care of your mind, body, and spirit. Do you have characteristics about yourself that you dislike? You're not alone – we all have them. Our disliked imperfections become our trigger buttons. How we deal with our buttons is the answer. Now is the time to start accepting your imperfections and reminding yourself that no one is perfect. Taking this first courageous step will help lead you to discovering your own special qualities. Loving your whole self will lead to loving another.

Related Link: [Dating Advice: 4 Signs He's About to Say 'I Love You'](#)

2. Let your hair down: Openness is a key ingredient to have in your relationships. We have different types of love in our life: sexual, mature, family, friends, and self. Think about some of the people in your life who you are close with – maybe your partner or a friend – someone who has seen you at your very best and worst. They've seen you laugh and cry, be strong and weak. They were given permission by you to see the real deal. The totally exposed you is comfortable sharing yourself with a shared connection. Once you feel comfortable, you have the connection. And then, you have love.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her

journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship experts, click [here](#).

Dating Advice: How To Flirt With A Little Touch

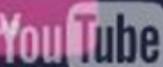


Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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Suzanne Oshima
Founder of Single in Stiletto
Matchmaker & Dating Coach

Robert Manni
Author
The Guys' Guy's Guide to Love



In this week's [Single in Stiletto](#)s episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. "I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario," Contenta says.

Relationship Experts Talk Dating Advice On Flirting

1. **Touch any item on him you enjoy.** It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

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

2. **Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

Related Link: [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

3. **Touch his lower back.** Touching a guy's lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

Related Link: [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. "I'm here, I'm

present, I'm in my feminine, and I'm with you," she adds.

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

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Have a tip on how to flirt with a little touch? Share your experience in the comments below!

Relationship Advice: Is Long Distance Worth It?



Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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A split-screen video call featuring two individuals. On the left is Suzanne Oshima, and on the right is Robert Manni. The background behind Suzanne includes the text "Single in Stilettos" and "dream".

Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach

Robert Manni
Author
The Guys' Guy's Guide to Love

The YouTube logo is located in the bottom right corner of the video thumbnail.

By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

Relationship Expert Gives Relationship Advice On Long Distance

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with somebody non-stop throughout the entire day. In a long distance relationship this can give you a feeling of connecting with someone, a feeling of getting to know them. But a relationship is a day-to-day grind, and I don't mean grind in a negative way. It's a day-to-day exploration of getting to know one another in everyday situations. Even when we do communicate with someone over a long distance, it's usually through texting or social media. We hardly ever even use the phone anymore. In order to avoid relationship problems, there needs to be communication on a scale that's difficult to get other than seeing someone face-to-face. There's things we just can't learn about them, as individuals, any other way.

Related Link: [Expert Dating Advice: When It's Time To Say The](#)

[L Word](#)

For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have time for you? What are they like when they interact with their friends, their family? Long distance relationships are all about creating an illusion of closeness. You set up a time to meet one another. You spend a weekend together and you're on the best behavior possible. They come and visit you the following month. You're still on your best behavior possible. Everything is exciting in a long distance relationship because you're not seeing each other on a regular basis, so the sex is always off the charts. The things you do are always fun. But, it's like being in an artificial relationship; everything is fun all the time but not really in touch with reality. Everything is great, but you're missing the day-to-day grind, the reality of knowing someone in a real way.

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

Long distance relationships will only work if the two of you have an end goal. My relationship advice: The relationship needs purpose. The relationship will eventually need the day-to-day grind. You will both need to decide whether or not it is worth moving away from the illusion that the distance can create. The two of you will have to decide to be flexible enough so that you can close that distance and be together in a set amount of time. For some people this will never be realistic. For instance, if both of you are single parents, you're not going to move your kids anywhere. So, a long distance relationship would be pretty unreasonable. Some people can make this kind of relationship work. If your relationship is made up of two people who are willing to be mobile, two people who are able to go and explore the world, then a long distance relationship has hope. As long as you

determine when one of you will spend real, significant amounts of time with the other person. That could even be a month living together, being with that person, and getting to know them on a daily basis.

Related Link: [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

This also means having an end goal that you're willing to go and move to another state, or willing to go and move to the city where your partner lives. Love can come from anywhere in this world. Love can come from anywhere on this whole planet. But, my dating tip is that you've got to be able to follow the very distinct guidelines to make it work. When you do that, you actually have a chance. You have a chance to be able to love.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Expert Dating Advice: Signs That He's Not Interested in You

Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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On this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

Is He Interested in You? Use This Dating Advice to Find Out

Here are three signs that he's just not into you:

1. He doesn't call, text, or hang out with you: It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

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

2. He uses a dry, dull tone: There's no engagement when you're talking. He may even be short with you. "There's going to be laughter... There's going to be fun times," the dating expert says of someone who's interested in you. And if he's on his phone while you're together? That's another red flag!

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

3. You haven't met his family or friends: Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

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

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

How do you know if he's interested in you? Tell us in the comments below!

Dating Advice: Moving Your Relationship From Online To Face-to-Face





By [Joshua Pompey](#)

So you've managed to exchange numbers with a seemingly amazing guy online. The hard part is over right? Think again. This is where your journey actually begins. The truth is, the highest quality men online have a lot of options. In fact, last week I received 97 total contacts on Match alone! If you want to make sure a great guy sticks around, you need to make the transition from the online world to a face-to-face encounter as smooth as possible. It all starts with the text message...and perhaps some [dating advice](#).

Dating Advice On Transitioning From Online To First Date

1. Texting should not be limited to making plans. The dangerous part about online dating is that other women will still be coming after your man while you are trying to win him over. It's your job to make him forget about his other options and focus completely on you. My dating advice is to avoid making small talk and don't act disengaged with your

conversations. Texting is your opportunity to cement a man's attraction to you with fun, playful, and light-hearted conversations, so that by the time the first date rolls around, he will feel as if he has known you forever.

2. Don't let more than three days go by without communication. Suppose your first date is a week away. If you go five days without contact, you will feel like complete strangers by the time you meet. Awkward first dates don't result in second dates. Avoid this by shooting your date a random text every couple of days just to keep the pre-date relationship going. Take this fun relationship advice seriously.

Related Link: [Dating Advice Q&A: How Harmless is Sending Pictures Via Text?](#)

3. If you want a man to take you seriously, take him seriously. Too many women treat the first meeting as a complete afterthought. Don't squeeze a date in at the nearest possible bar, between your 5 o'clock meeting and 7 o'clock spin class, or come straight from work looking slightly run down in business attire. I understand that we live in a busy world, but if you want to be remembered, give your date a reason to remember you. Try to coordinate a fun meeting location and put in a little effort.

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into You...or Not](#)

4. Send a text a few minutes before the date. Build up some fun and excitement before the date to avoid an awkward introduction. For example, 5 minutes before arriving, I sometimes text a joke such as, "Okay I didn't want to tell you this but, I'm really 5'1 and 280 pounds. That won't be a problem right? ;P..." As a relationship expert, I know a text like this will ease the tension, and will provide some fun dating story segues for when you arrive.

Related Link: [Dating Advice Q&A: Is it Appropriate to Play Hard to Get Via Texting?](#)

5. This is a date, not a business meeting. Nothing is more frustrating for a man than receiving a firm hand shake upon meeting. This comes across as ice cold and immediately squashes the romantic feel of a date. Dating tip: A small little hug, and dare I say, a kiss on the cheek won't give you cooties. If you wind up not liking the person, I assure you, these actions won't be something you regret one day!

Want more information from Joshua Pompey? Visit [his website](#) to sign up for free online dating profile writing information, or read this [article](#) to learn the top five reasons women fail to attract quality men online. Check back for more dating 101 tips from the relationship expert!

Dating Advice Q&A: Is It Ever Okay To Go Through Your Partner's Phone?



Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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Question from Carrie F.: My boyfriend and I have been dating for over a year, and lately, I've been worried that he's talking to an ex behind my back. Is it okay if I look for proof on his phone before I confront him? I don't want to say anything to him unless I'm 100 percent sure.

If you're looking for [dating advice](#) about whether or not it's ever okay to go through your partner's phone, keep reading to find out what our relationship experts advise!

Dating Advice About Going Through His Phone

[Suzanne K. Oshima, Matchmaker:](#) While no one wants to find out that their boyfriend is still talking to his ex, a sure-fire way to kill your relationship is with your insecurity. If you think he's still talking to his ex, ask him in a curious and non-confrontational way. Then, watch his reaction. If he doesn't have anything to hide, he may mention that he keeps in touch with her in a non-romantic way. If there is something going on, he'll probably get defensive and try to cover things up. Either way, if you want the relationship to last, it's

important to be able to trust each other and have open communication.

Related Link: [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

[Paige Wyatt, Reality TV Star](#): After a year of dating, you and your partner should be able to communicate truthfully and openly, so if you're feeling uncomfortable about him keeping in touch with his ex, talk to him. Snooping in his phone might make it worse, as he may get defensive and angry, which will put you both in a bad spot. If you don't feel comfortable speaking with him, it's time to reevaluate the relationship and see if it's worth the confrontation.

Related Link: [Relationship Advice: 5 Ways to Know Your Partner is Lying to You](#)

[Robert Manni, Guy's Guy](#): The answer is no. Successful relationships are built on trust, honesty, and clear communication. Snooping in a partner's phone is a breach of trust on your part. I doubt you would approve of his perusing your personal correspondence behind your back! If for some reason you're concerned that your guy is still in touch with his ex, just ask him. You will get a response. Then, you can decide if what he says is acceptable or if a deeper conversation about your relationship and expectations from one another is necessary. Above all, approach the process from a position of respect for your partner, your relationship, and, most importantly, yourself.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

What's your best piece of dating advice when it comes to going

through your partner's phone? Share in the comments below!

Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive

Cupid's Pulse
* Celebrities. Love. Opinions. *

Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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Suzanne Oshima
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Matchmaker & Dating Coach

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Author
The Guys' Guy's Guide to Love

YouTube

By Amy Osmond Cook for [Divorce Support Center](#)

Despite what the tabloids may say, not all celebrity relationships go down in flames. Joanne Woodward and Paul Newman were happily married for 50 years; Michael J. Fox and

Tracy Pollan found lasting love; and Tom Hanks and Rita Wilson are still going strong. It may take a little extra effort to keep the love alive through the years, especially if you and your significant other have forgotten how to connect or are stuck in the same routine. But with some [relationship advice](#), the passion is sure to ignite again!

Consider the relationship advice below to add a little spice to your love life:

1. Get back to the basics: As an experienced couple, you know what makes your love tick. It could be surprise kisses, breakfast in bed, watching the sunset together, or enjoying old movies. The relationship advice that I encourage you to consider is to think back to the little things that made your partnership exciting over the years. Even holding hands or taking the time to express specific things you love about one another can make a big difference.

Leslie Stubenvoll, director of social services at [Palm Terrace Healthcare and Rehab](#) in Laguna Woods, CA, said, “The couples that shine the brightest are the ones that make the effort to hold hands, be extra nurturing, and pay attention to the other’s needs.” Sometimes, the most romantic thing you can do is give simple reminders and signals that they’re on your mind.

2. Go on a walk together: Quality time is a must when it comes to romance. Walking is the perfect way to spend quality time, share meaningful conversation, and even do some of that hand-holding! You’ll have the opportunity to reconnect, get some exercise and fresh air, and take a break from your usual routine.

Related Link: [Enjoy a Secret Sunset on Your Next Date Night](#)

3. Plan a photoshoot: Over the years, you've probably taken many family photos with kids, grandkids, and a wide range of color-coordinated outfits. Try doing a photo shoot of just the two of you. Dress up in your favorite clothes, drive to your favorite spot around town or in nature, and have your photos professionally taken. Not only will this be a fun way to spend time together, but it'll also give you romantic photographs to hang up around your home. Not to mention, during the photo shoot, you'll be reminded of how her eyes sparkle or how his smile makes your heart skip a beat!

4. Take a road trip: Your favorite tunes, good food, new sights, and the endless road add up to one great date idea. A road trip could be just the trick you need to rekindle your romance. Try adding a little excitement by making the destination unknown or researching a bed and breakfast where you two can spend the night.

5. Go on a scavenger hunt: This romantic idea is a fun twist on a road trip. Map out all the places that are significant to your relationship, including favorite restaurants, places you love to walk, or locations of good memories. You can design it as a scavenger hunt with the final location being somewhere new to both of you. By the end of the day, you'll both be reminded of the history that's made your relationship strong.

6. Focus on intimacy: Some couples struggle with intimacy as they grow older. A [healthier](#) sex life between you and your partner could be the key to your romance struggles. If your relationship is lacking in this department, trade in a date night for a weekend getaway. For an even simpler idea, light some candles to set the mood. Intimacy is essential to connecting as a couple and can often be a romantic experience for both parties.

Related Link: [Date Idea: Enroll in a New Class](#)

7. Explore new hobbies: Learning something new is a great way

to bond and make exciting memories with your loved one. Take up golfing or attend an art class. The two of you will have something new to share while spending meaningful time with each other. This kind of experience can help shake up the routine and reignite the romance.

8. Learn about your love language: Sometimes, the best way to increase romance is to learn how you and your partner want to be loved. One of my favorite books is [The 5 Love Languages](#). The book outlines the five possible ways most people want to receive and give love. Understanding how your partner wants to be loved, whether it's through acts of service or words of affirmation, will help you connect and feel the love on a deeper level.

It's never too late to turn up the heat in your love life. Try out some of these tips, and the flame of your romance will be reignited!

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

How do you and your sweetheart keep the romance alive? Comment below!

Expert Dating Advice: The Help You Need to Find Love





On this week's episode of the [Single in Stilettos](#) show, founder of the [dating advice](#) site and matchmaker Susanne Oshima chats with intimacy and relationship coach Iris Benrubi to discuss why, even though you're doing everything you can to find love, it's just not working.

Dating Advice to Help You Find Love

As a counseling psychologist, Benrubi set out on a mission to help others become emotionally intimate with themselves, which in turn allows them to foster more deeply connected relationships. In the video above, she shares her three best pieces of dating advice to help you find The One:

1. Do what you love: By going out and doing what you love, you might just meet someone who loves doing the same thing. "If you can actually learn to go out there and do things that you love and have a great life and be open to meeting a man in those situations, not only will you attract a healthier man, but you'll also attract a man with the same qualities you

have,” the dating expert explains. In doing so, you’ll appear to be a whole and satisfied woman, which will attract a fulfilled man. A guy doesn’t want to feel responsible for your happiness; instead, he wants to be the one who enhances it. Or as Benrubi says, “He wants to be the icing on the cake, but he doesn’t want to be the cake.”

Related Link: [Kris Jenner Gives Her Best Dating Advice](#)

2. Notice how you communicate with a man: Complaining? *Again?* If he hasn’t already tuned you out, he’s going to – and then, your relationship may become a thing of the past. Men don’t want to listen to complaints; they want to feel valued in their relationship. Focus on what he does well and make it known to him that he is succeeding with you. “If you want a good man to hang around, you want to let him know he’s making a difference to the quality of your life,” Benrubi shares.

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

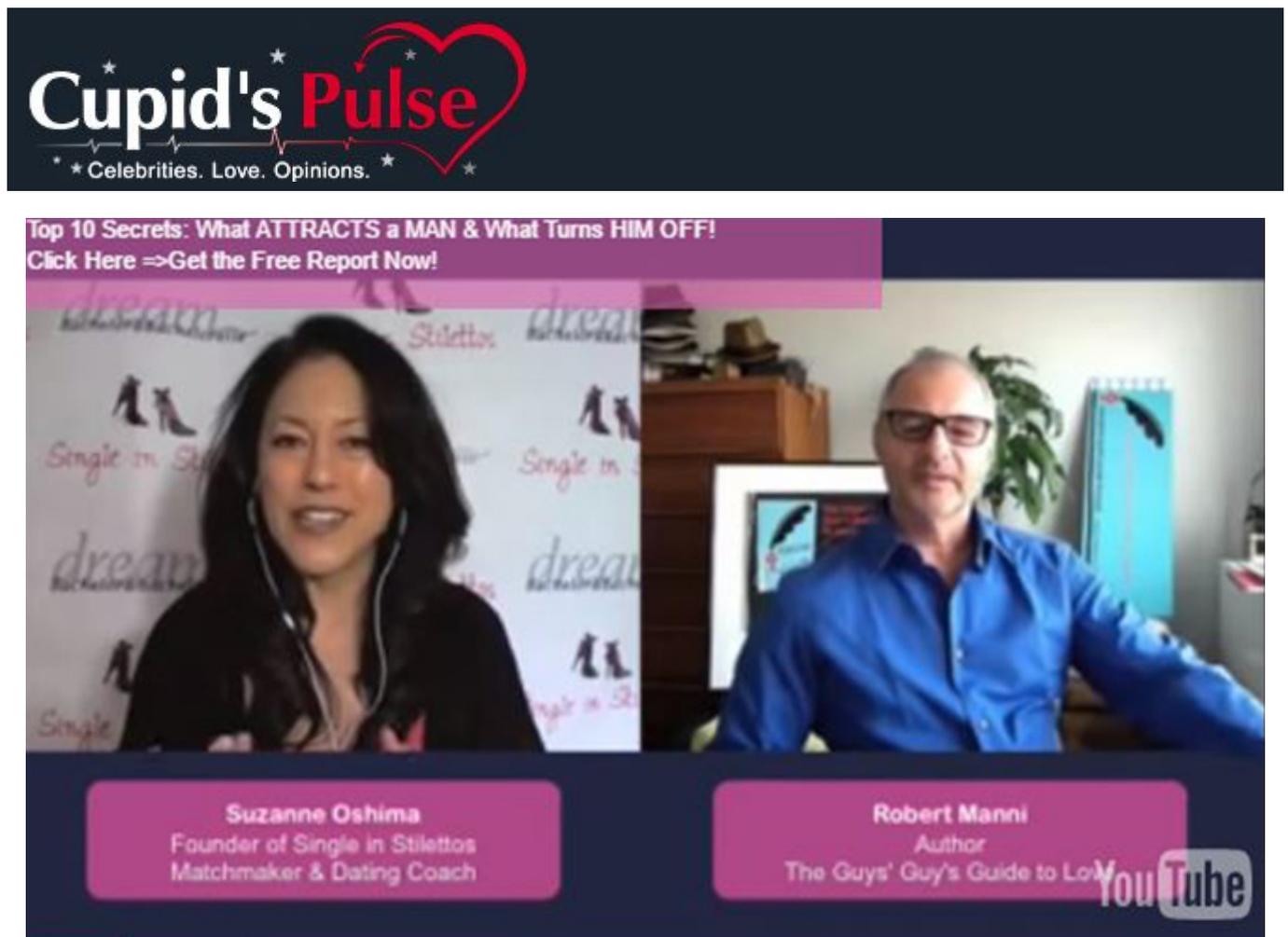
3. Get in touch with your feminine side: A woman needs to let down her masculine walls to allow a potential partner, the bearer of masculinity, to step in and contribute to her life. The dating expert explains that single women often become *too* self-sufficient, taking on both masculine and feminine roles. As a woman in a relationship, allow the masculine behaviors to be passed on to your special someone. Ask him to help you lift that heavy box or change that light bulb – he’ll get fulfillment, and you get to watch!

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

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

What’s your best dating advice for finding love? Tell us 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 Stilettos](#), 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

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

Celebrity Couple Predictions: Rob Kardashian, Miley Cyrus and Keisha Knight Pulliam



Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
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Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach

Robert Manni
Author
The Guys' Guy's Guide to Love



By [Shoshi](#)

Join me as I look into the crystal ball of relationships and love. Below, I predict the future of three new [celebrity couples](#).

Shoshi's Predictions for these Celebrity Couples

Robert Kardashian and Blac Chyna: It's always amazing when two people who are a hot mess get together in the name of love. Then again, can we really call Rob and Blac Chyna a celebrity couple? If memory serves me correctly, a few months ago, Blac Chyna was in love with the rapper Future. Her love was so deep, she had his name tattooed on her hand. Now with the celebrity news that Blac Chyna and Kardashian might be together? There's something about this relationship that makes me give it a side eye. I just don't see this as the real deal. It appears to be all for show. Blac Chyna is desperate for attention and this is the best way for her to get it. It's a shame that Kardashian has seemed to just let himself go. He just doesn't care about anything at all. Kardashian needs love and affection from somewhere since his family does not seem to be giving him any at all. Looks like Blac Chyna is the only one filling the void. This relationship will be just as dysfunctional as all of the Kardashian relationships. It will run its course, because Blac Chyna's heart has the attention span of a high school student.

Related Link: [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

Miley Ray Cyrus and Liam Hemsworth: It's now safe to say that Cyrus and Hemsworth have quietly gotten back together. Cyrus has put her engagement ring back on. Wouldn't you? Don't look for an invitation to this celebrity wedding just yet. They have a habit of breaking up and getting back together. My crystal ball says they are on a trial basis. Basically, giving it another go round to see if they can make their relationship

work. Hemsworth probably did cheat on Cyrus the last time they were together. When someone cheats it's a sign that something is wrong in a relationship. It looks like both parties are acknowledging their part in the breakup. If they can repair what was broken, there's an opportunity for them to be one of the hottest couples in Hollywood. We just may see a much tamer Miley Ray. Time for her to keep that tongue in her mouth. One of two things will happen, either they will get married or they will end their relationship for good this time.

Related Link: [Celebrity Couple Rumors: Is Miley Cyrus Engaged to Liam Hemsworth?](#)

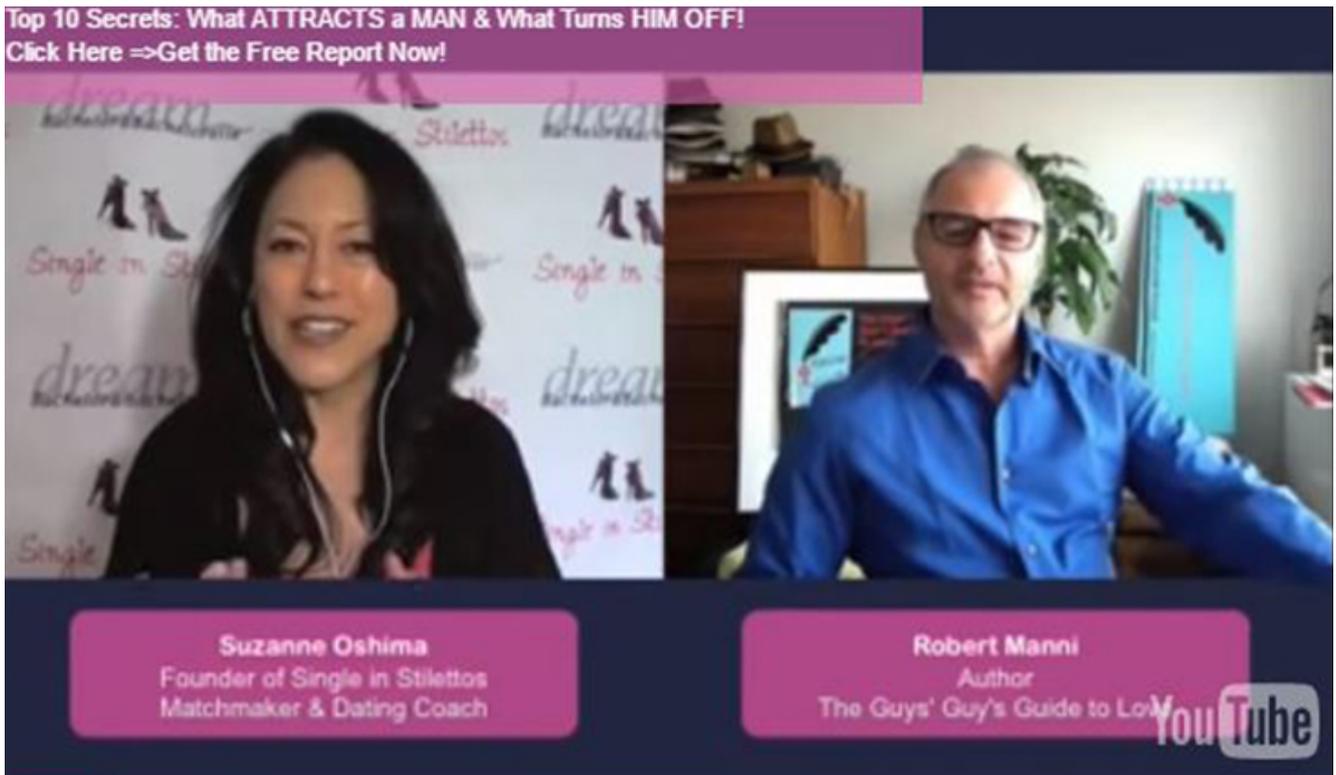
Keisha Knight Pulliam and Ed Hartwell: Keisha Knight Pulliam best known as Rudy on *The Cosby Show* announced that she was engaged in December. Less than a month later, she announced on her podcast "Kandidly Keisha" that she married Ed Hartwell, a retired NFL player on New Year's Eve. This came as a surprise to a majority of her fans since no one knew that she had broken up with Big Tigger, who she had dated for three years. Right now this couple is doing just fine. Will they be together for the long haul? That's questionable. Most people don't think this marriage will last. They will have a baby or two and some projects together. I see trouble in their marriage around the third year. If they can get through that, they should be fine.

Related Link: [Relationship Advice: Love the Second Time Around](#)

For more information on Shoshi click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Expert Dating Advice About Dating Traps to Avoid



On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

Dating Advice On The Worst Dating Traps

The Scarcity Trap: The fear that there is not someone out there for you often takes the reins and drives you into an

undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

Related Link: [Dating Experts Give Dating Advice to Attract a High Quality Man](#)

The Attraction Trap: The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

Related Link: [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

The Rescue Trap: ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. “If we’re not happy, we’re going to attract more unhappiness in our life,” Steele says. “Success breeds success, and misery loves company.”

Related Link: [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, “A relationship won’t solve all your problems. It won’t cure your depression. It won’t make you happy all by itself. You’re just basically going to get more of what you already have that you don’t want.” And this is why you must find your own happiness before looking for it in others!

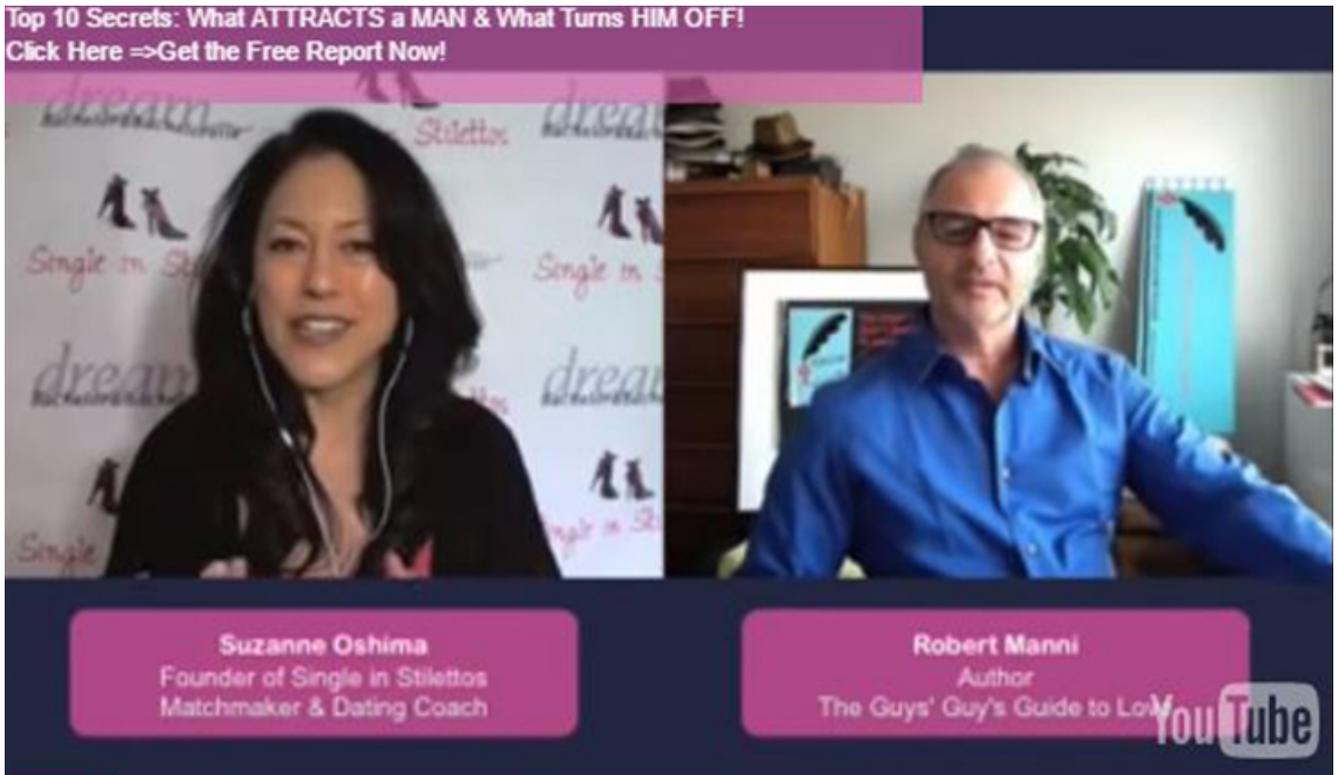
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What’s your best piece of love advice for avoiding dating traps? Share with us in the comments below!

Relationship Advice: How to Make This Valentine’s Day Special for Your Loved One





By Amy Osmond Cook for [Divorce Support Center](#)

In 1653, a Mughal emperor shared with the world a token of his tragic yet enduring love for his favorite wife Muntaz Mahal, who died during childbirth. Today, the emperor and his wife have all but blended into the annals of ancient history, but the symbol of his love remains as the gleaming white marble 42-acre structure known as the [Taj Mahal](#). While most public expressions of affection don't end up being a timeless wonder, many of today's celebrities make their mark in different and extravagant ways. As a relationship expert, I wanted to give you some unique ideas to celebrate Valentine's Day. Here's some [relationship advice](#) on how to say "I love you" to the special person in your life, like these celebrity couples.

Relationship Advice: Making Valentine's Day Special Like The Hollywood Stars

1. Share a little bit of nature. I'm not talking about cut

flowers or baskets of posies. With a little bit of creativity, you can find a bit of nature that symbolizes the unique relationship and love you share. For example, [Angelina Jolie](#) purchased an olive tree to give to her husband, Brad Pitt. Angie may have spent \$18,500 on this olive tree, but you can find something just as special but much more affordable. Aloe Vera plants, palms, fruit trees, and flowering plants are excellent alternatives to cut flowers. Also, some companies manufacture innovative bouquets made out of alternative materials that last forever and offer unique scents. [Ecoflower.com](#) designs arrangements using environmentally friendly and recycled materials like wood, paper, recycled jewelry among other things, and they will provide any scent you like such as raspberry, musk or lemon.

Related Link: [Celebrity Couples and Their Most Extravagant Valentine's Day Gifts](#)

2. Share a wardrobe indulgence. For [Jessica Simpson](#), that meant getting a \$15,000 Birkin bag from her husband, Eric Johnson. For the rest of us, receiving a smart jacket, a silk scarf, a sparkling bracelet, or snazzy boots can generate the same feeling of confidence at one-third of the price. I recall a young newlywed presented his wife with a necklace made of aquamarine. It wasn't the most valuable of gems, but the color reminded him of his wife's eyes.

Related Link: [Valentine's Day Special: How To Have An Irresistible Online Dating Profile for Valentine's Day](#)

3. Share an experience. Angelina Jolie bought Brad Pitt flying lessons. Of course, she threw in the helicopter for good measure. [Beyonce](#) found a million-dollar token to share with husband, Jay-Z, when she presented him with a Grand Sport, reportedly one of the top performing and most expensive cars on the market. For you, a shared experience may be a hike to a cherished location, or a picnic in a secluded spot. Most people will tell you the things are nice, but sometimes it's

the thought behind the gift that counts the most. A friend who lived by an Olympic training site bought her husband a ride on the bobsled track used in the 2002 Winter Olympics. It was an experience he will never forget.

Related Link: [Celebrity News: Check Out Rebel Wilson's Video Valentine's Day Message to Justin Bieber](#)

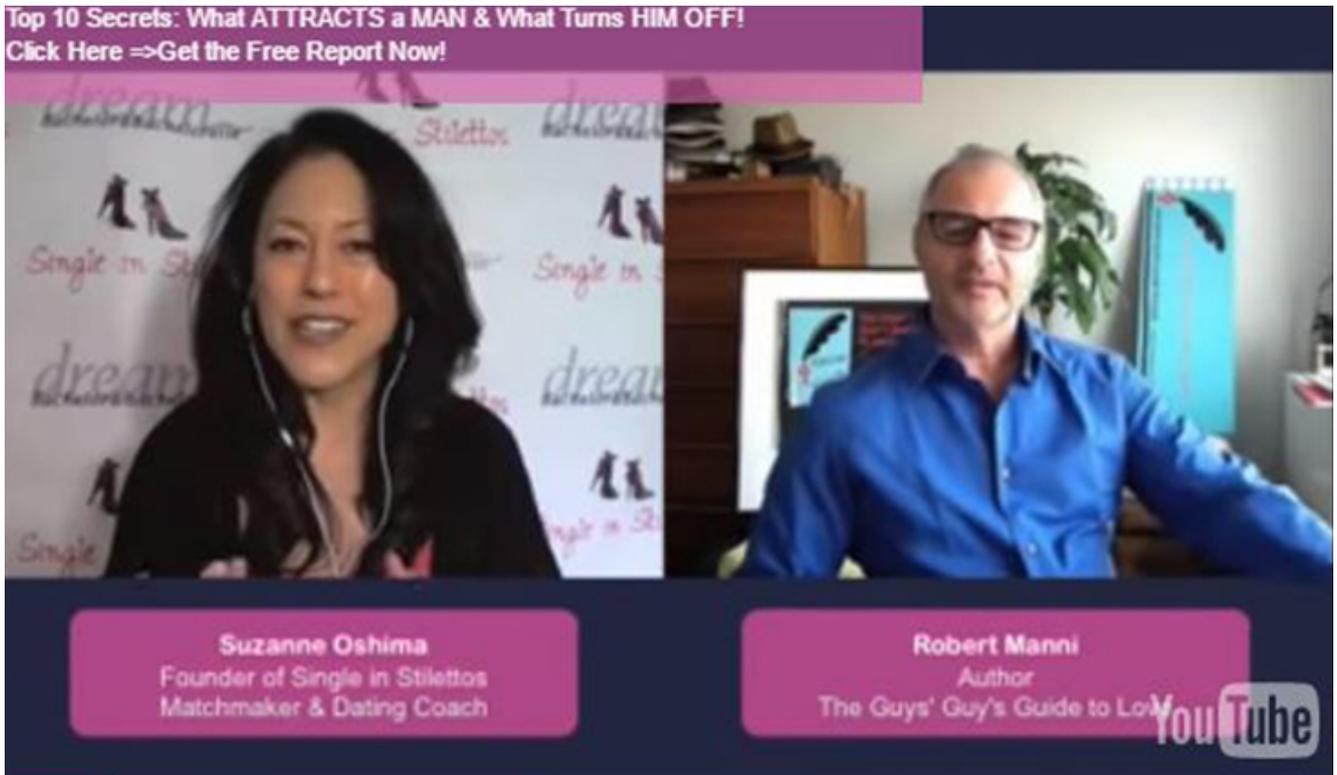
With Valentine's Day approaching, it seems the extravagant gifts is what makes the news. The relationship advice to remember is that Valentine's Day doesn't have an audience nor does it need a giant price tag. It's an opportunity for you to share a moment, a knowing exchange, a personal connection that is meaningful for the two people that matter the most—you and your loved one.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

What has been your most meaningful Valentine's Day experience? Comment below!

Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicated your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

Related Link: [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

Related Link: [11 Ways to Meet Your Next Date](#)

Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.
2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.
3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

Related Link: [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are **relationship experts**, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime.**

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Expert Dating Advice: When It's Time To Say The L Word





By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses Saying "I Love You" For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact, it's a very serious thing to say to somebody. The problem is, too many of us throw "I love you" around too quickly, and that's because we're in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what

I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

Related Link: [Travel 101 for the Guys](#)

We're all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let's go a little deeper right now, and talk about the L word.

When you meet somebody and you think you're in love with them, it's your thoughts that you love. You're deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love with her, that I was blinded to who she really was. She wasn't a bad person. She was actually a good person, but she wasn't my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

Related Link: [Is Getting Hitched Irrelevant These Days?](#)

The right time to tell someone new that you love them is when you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble.

So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions





By Toni Coleman, LCSW

Now that we're closing in on February, it's a good time to take inventory of how your New Year's resolutions are progressing, or not. Have you made adjustments to your environment, created a specific plan, tweaked your schedule or set aside time for following through on the short-term objectives that will get you there? If you have done even one of these, it's a real start. However, if you draw a blank when reading this, you may have already lost your resolve or even forgotten about your goals altogether. If this is the case, and you want to get back on track—it is important to examine where you got off course and what factors may have influenced it.

As a relationship expert, I notice that one variable people may overlook, but that carries a lot of weight, is how much support you get from your relationship and love. In assessing this, it's important to pay attention to what they do more than what they say. There are many subtle ways that a partner can sabotage your efforts, especially if he or she fears it will impact your shared lifestyle, threatens him in some way,

or upset the status quo in general. If you believe this is occurring, consider talking to your partner about what you see happening and ask for help. My [relationship advice](#) is to look at the following eight behaviors to assist you in pinpointing and articulating your concerns and then moving toward a productive discussion on how you can best support one another.

Relationship Advice: How Partner's Can Sabotage New Year's Resolutions

Your partner resists changes that support your goals. For example, you might need to eat an earlier dinner as part of your weight loss goal or you might find that early morning is the best time to work out, but it will mean your partner will then need to cover things at home. Perhaps you have found a class one evening that is just what you need to make an eventual career change, but it's during a time that would then require your partner to adjust their schedule. All of these are potential scenarios that people face when attempting to make changes and a supportive partner will try to make accommodations whenever possible. Sometimes it just isn't possible and alternative solutions will need to be considered.

Your partner insists on activities and interests that set you up for failure. Maybe you have a long-standing tradition of eating take-out on Saturday nights in front of the TV that you follow-up with a decadent dessert. However, you need to make dietary changes that will support your goal for better nutrition and health. Maybe most of what you have always enjoyed together has been sedentary in nature, such as going to the movies, out to dinner, drinking with friends at a local pub, or hanging out in your bathrobes and reading or watching TV. While there is nothing wrong with doing any of these some of the time, if you have set a goal to be more active during leisure hours, these will need to be cut back in order to create time for something new. My relationship advice is to

make sure your partner isn't insisting that everything stay the same. If they do this and pout, it will undermine your efforts and force you to make a choice between your relationship and your goal.

Your partner makes negative comments about your changes. Statements like, "You're no fun anymore," or "It doesn't look like it's making any difference," can lead to you feeling bad about yourself or losing resolve due to a concern that the potential downsides to making the change outweigh the benefits. What you need instead is a cheerleader who offers encouragement, finds positive things to focus on—and lets you know they support you, no matter what.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

Your partner behaves punitively when he doesn't get his way. Change is hard for everyone. Your partner might feel bad about losing his drinking or eating buddy. She might feel some resentment about making changes in her schedule or to giving something up to accommodate your new needs. He might be feeling nostalgia for some things you used to do together and with others that you now need to refrain from. These feelings are natural and understandable, but your partner should bring them up with you in a non-defensive way instead of acting out. You might be able to come up with compromises that meet both of your needs while allowing your partner to hang on to some of the things that are most important to them.

Your partner throws temptations in your path. An all too common scenario is the one where one spouse decides to give up sweets or alcohol, and her partner begins bringing home a lot of what the other is trying to abstain from, and encouraging them to try just a little bite or sip. There are many reasons for why this behavior is so common, but none of them are good ones. If this is happening to you, my love advice is to address it immediately by making a gentle request for "free

temptation zones” in your home.

Your partner lacks awareness of how your changes are threatening her. It can be difficult for your partner to see you working towards a goal that he or she feels they should also be working toward. If you have always been overweight together, having a spouse who suddenly loses weight and feels good about her new appearance could be threatening, especially when other people of the opposite sex take notice. If you give up drinking, he may feel judged when he reaches for a beer, glass of wine or a cocktail; even if you don't indicate that you have an issue with it. Should he begin to act threatened by a change you are making that he or she believes they also should be working on, consider bringing up your observations gently with them. Remind him that this is a choice that you have made for yourself and that he is free to do the same or not, depending on his needs and wants.

Related Link: [Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love](#)

Your partner creates a competition between you. This one dovetails on the one above—you are not in competition, you are (or should be) on the same side. Being on the same team means you support one another's success, cheering each other along on the road to accomplishment. If your partner starts bean counting, it will undermine the relationship as this causes division and an attitude of me first, me only. If two people are focused on their needs and wants, the couple cannot function as a cohesive unit, which is the foundation of a healthy and mutually satisfying relationship.

Your partner sees changes as meeting your needs vs. meeting his needs. A supportive and happy relationship is not an “either, or” one. When problem-solving becomes a contest where one spouse is designated the winner and the other the loser, both people in the relationship lose. There is a very wide continuum between those two ends, and somewhere along the way

are points at which a compromise can be found.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

Negotiation and compromise are essential to the health of every relationship, as is getting the kind of support that will help you stick to and achieve your resolutions. When you win, your partner also wins—and vice versa.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Expert Dating Advice: How to Be a Smarter Dater





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

1. Be observant: "I'm a strong believer in watching what people do versus what they say," the dating expert reveals. If he says he's going to call you at a certain time but never does, that's something important for you to note. Always keep his actions in mind.

Related Link: [Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man](#)

2. Be aware of who you're dating: If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to “Netflix and chill,” be smart and *listen* to what he says. “Ladies, you can’t change a man’s mind,” Oshima explains.

Related Link: [Relationship Advice About True Love](#)

3. Don't overstress: You don't have to go on a date every night or even every weekend. Don't put too much pressure on yourself. “Date yourself sometimes,” Bradford shares of this piece of expert dating advice. “Take time for *you*. A little downtime never hurts.”

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

Relationship Advice: Love the Second Time Around





By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

How do you know when an old loved

has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

Related Link: [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

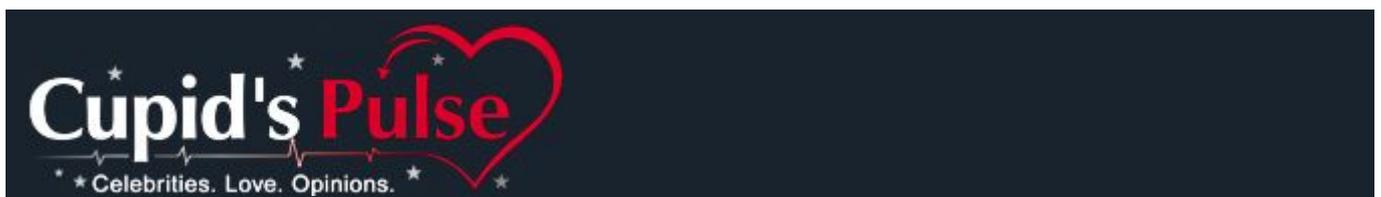
The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

Related Link: [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

Dating Advice Q&A: What Does Texting On A Date Say To Your Partner?





Question from Julia Y.: Because of my job, it's important that I always keep my phone handy so I can be available in case there's an emergency. Will a new guy get the wrong impression if I text during a date?

If you're looking for [dating advice](#) on what texting on a date says to your partner, then keep reading to see what our relationship experts had to say!

Dating Advice On Texting On A Date

[Suzanne K. Oshima, Matchmaker](#): Texting or taking a phone call during a date is a big “no, no!” because it sends the wrong message to the person you're out with. He may think that you're really not that interested in him or that you're texting another guy. That being said, the only exception to the rule is if there's an emergency. Here's my love advice: A good way to avoid him thinking the wrong thing, is to tell him up front that you usually don't text on dates, but because of the nature of your job sometimes emergencies come up and you may need to handle it while you're on the date. He will most

likely be understanding, but you should really try to avoid this from happening on a regular basis, otherwise he'll probably start to get annoyed and lose interest in you.

Related Link: [Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?](#)

[Paige Wyatt, Reality TV Star](#): It's a little rude to be glued to your phone during a date and will definitely give off a bad impression. But if you absolutely must respond for a work emergency, just make sure you tell your date that it is an emergency. Also, make sure to step out, so that he's not just uncomfortably staring at you while you text! It's the 21st century, we all understand if a message just can't wait.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): When dating someone new, it's important to make the person sitting across the table feel special. That means giving them your undivided attention. My dating advice is if you're on a date and expecting an important call from a client or your boss, let your date know. We've all been there. Then discreetly place your phone off to the side and have fun. If your job keeps you in a perpetual emergency mode where you can never disconnect from the office, it's says something about your choices. Your career is important, but so is your relationship and love life. And guess what? You can have it all if you prioritize your needs and balance your work and personal life.

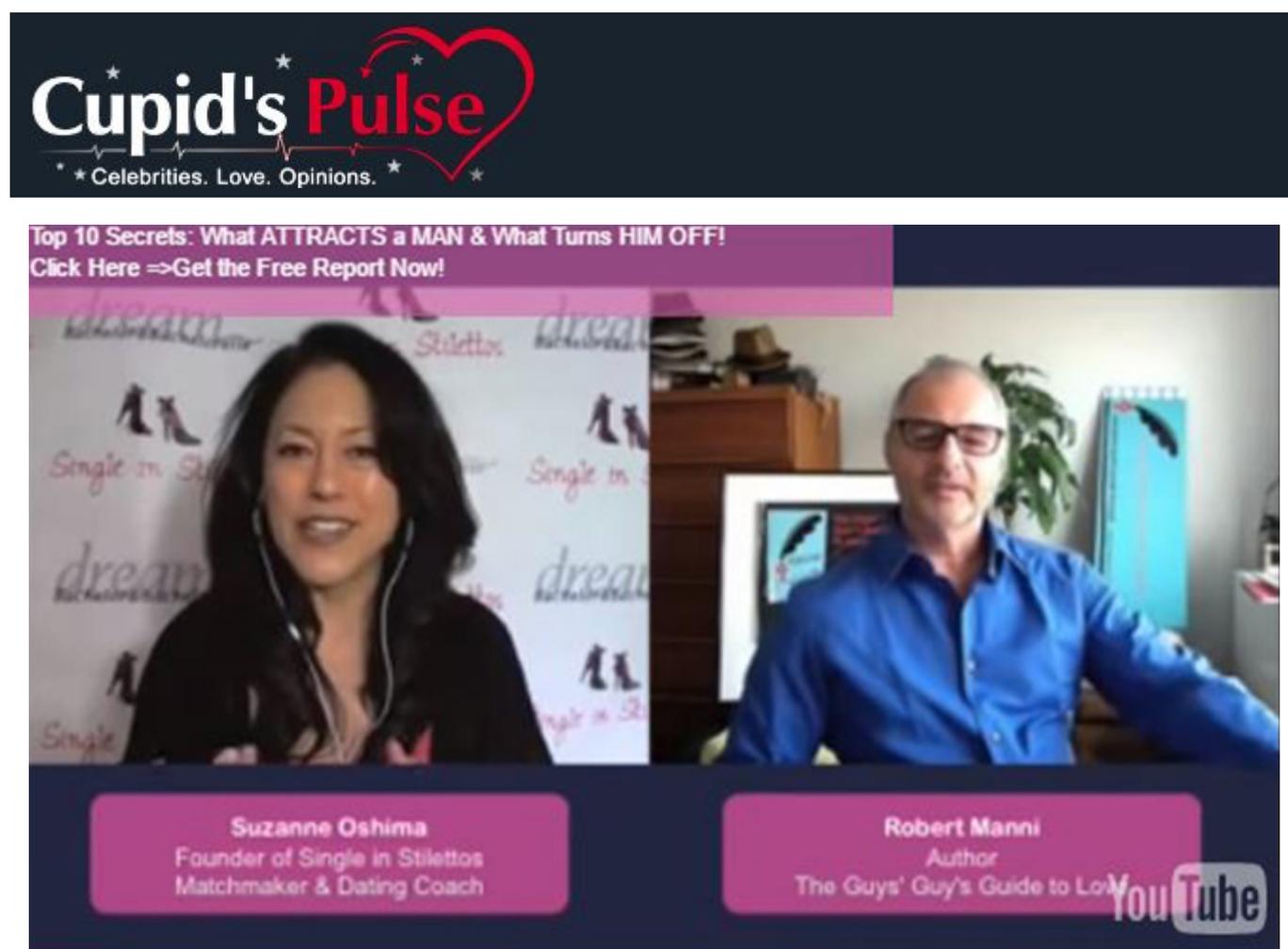
To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

What do you think texting on a date says to a partner? Share

your dating advice with us in the comments below!

Will I Ever Find Love? Dating Advice for Women Over 40



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Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach

Robert Manni
Author
The Guys' Guy's Guide to Love

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In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

Related Link: [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

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

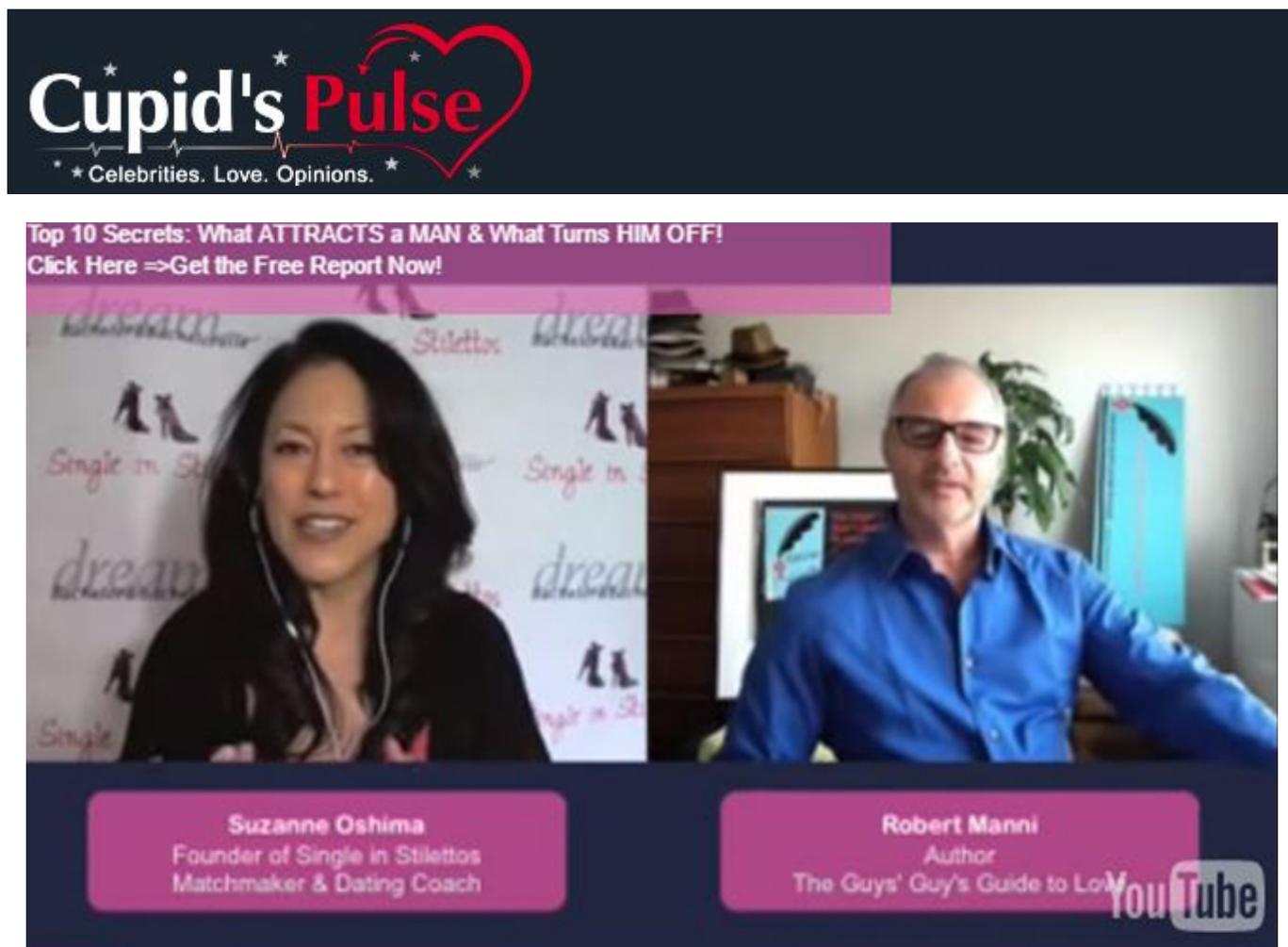
3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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

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

What is your best dating advice to meet the right man? Tell us in the comments below!

Dating Advice On How to Date an Introvert



By [Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to

know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

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Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

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

Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so

no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

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

Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love





By Debbie Ceresa for [Divorce Support Center](#)

Has your marriage lost that lovin' feeling? The same old New Year's resolutions of getting into sexy shape by going to the gym won't rekindle the once burning embers in your relationships and love. Now is the time to reignite your relationship flame. It's important to remember that you did find the right person, but somewhere along the way you lost yourself. Think back to the time you fell in love. Not long ago, you could look at each other and instantly know each other's thoughts or just the memory of your loved one made you smile. You can be that right person for each other again. As a relationship expert, my [dating advice](#) is to start by conjuring up those lost memories while you work on the five following commitments.

Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

1. Respect: Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all

have. If you want to be admired and held in high esteem, know that your spouse is looking for that same feeling. Respect is essential in a successful marriage. Often it manifests itself in small gestures such as the endearing name that makes you feel loved or expressing thanks for the cup of coffee your spouse makes for you every morning. These are little gestures, but how about the bigger ones? Talk to each other when making joint decisions, whether it involves accepting a dinner invitation or making a huge purchase. Recognize each other's strengths and weaknesses and encourage rather than belittle your partner. Make a conscious effort to bring back your secret looks, kind acts, and loving nicknames.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

2. Teamwork: "I'm on your side," should be your motto to each other. Author and marriage and family therapist [Tina B. Tessina](#) shared in her book, *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage*, that instead of dwelling on who's right and who's wrong, the focus should be on solving the problem that the two of you are facing together. Her dating advice emphasizes on talking about your challenge long enough to understand it. Then you can move on with mutual solutions. Working together to find a joint solution will add motivation to continue working as team players both during challenges and good times.

3. Love: I love you. This phrase never goes out of style. It's a powerful statement to each other that can't be said enough. We all enjoy being loved. Love is sharing, appreciating, and admitting our mistakes. Have you heard the saying, "You attract more bees with honey than vinegar?" The more love energy you send out, the more your spouse and others will want to be around you. Write down a few date ideas, initiate a date night and spend time being a couple. Incorporate your teamwork skills to schedule a special event without your cell phones, kids or friends. It's always fun to think outside the box and

try a new activity, such as visiting a museum or a unique restaurant.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

4. Commitment: “When people say they are committed to his or her relationship, they can mean two things,” said Benjamin Karney, a professor of psychology and co-director of the [Relationship Institute at UCLA](#). “One thing they can mean is, ‘I really like this relationship and want it to continue.’ However, commitment is more than just that.” A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage. “It’s easy to be committed to your relationship when it’s going well,” said senior study author Thomas Bradbury, a psychology professor who co-directs the Relationship Institute. “As a relationship changes, however, you must say something like, ‘I’m committed to this relationship, but it’s not going very well – I need to have some resolve, make some sacrifices and take the steps I need to take to keep this relationship moving forward.’”

5. Forgiveness: You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn’t mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here’s the benefit: After you forgive, you’ll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”](#)

So if your relationship has lost that lovin’ feeling—take five. By focusing on mutual respect, teamwork, love, commitment, and forgiveness, you will find the keys to a new

and improved relationship just in time for the New Year.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

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