

Single in Stilettos Show: Dating Advice About Mindfulness



On this week's [Single in Stilettos](#) show, relationship expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains.

“It’s about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it’s about learning how to be present, not only on a date but in a relationship.” Watch the video above for her tips on how to improve your relationship and love life!

For more video dating tips and additional information about Single in Stilettos shows, click [here](#).

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

Tell us: What’s your best dating advice for how to be mindful when looking for a relationship and love?

Expert Dating Advice: Valentine’s Day Tips





By [Melanie Mar](#)

Valentine's Day: the red heart holiday. It's guaranteed to keep restaurants busy and flower stores in business. Whether you're single, newly dating, or married, this heartfelt day can be a bit tricky to navigate. Depending on your expectations in the romance department, Valentine's Day can be an incredible hit or a massive miss. So how do you make sure you and your partner feel special on a day dedicated to love? Read my expert dating advice below!

Expert Dating Advice to Consider Before Valentine's Day

If you're single: Being single on Valentine's Day is not uncommon, so take some comfort in the fact you're actually in good company on this hyper-focused heart holiday. As a relationship expert, I believe this is an excellent time to fall in love with *yourself*. If you prefer to be alone, pamper yourself with a hot bubble bath, music and some fine, quality chocolates. Or let someone else do the pampering and book a

soothing massage at a relaxing spa. Take the time to treat yourself well and know that you're worth it.

Related Link: [How to Get Through Valentine's Day Being Single](#)

If the thought of being alone simply fills you with dread, then gather up your girlfriends and put on a fabulous dress. Head out to a sexy lounge bar, enjoy some playful flirting, and kick up your killer heels. Another fun idea is to host a "singles Valentine's Day party" at your place. Invite all your fellow singletons over to eat, drink, and be merry.

If you're newly dating: If you've just started dating someone, Valentine's Day can be a little awkward. What if you go all out and he doesn't acknowledge it? Yes, there are men out there who are oblivious to all the heart decorations in the shop windows or who "just don't get it." What if your expectations of the day are at a certain level and the reality turns out to be completely different? How will you handle that?

My recommendation: If you are at a certain level of comfort with your partner, have a lighthearted (pun intended) conversation about the day and find out what they think about it. Remember that it's a day mostly aimed at women. Most men only do what society has informed them because a good man doesn't want to disappoint his girl, so be gentle on him.

If talking about it prior is not an option for you, then remind yourself that, whatever happens on the day, you will embrace and accept it – even if that means you are dating one of those oblivious men and end up deeply disappointed. By the following year, you'll be more invested in the relationship; then you can give him a polite prod about making Valentine's Day plans!

Related Link: [5 Celebrity Couples Who Got Engaged on Valentine's Day](#)

Valentine's Day Date Ideas for Married Couples

If you're married: Being married and celebrating Valentine's Day should be fabulous and stress-free. You already know each other's needs, wants, and desires *and* how to accommodate them. Over the years, that could be as simple as a card and a home-cooked candlelit dinner. After all, cooking together can be a very intimate and enjoyable process.

One of the things to be aware of with long-term relationships is complacency. The notion of not buying into this "commercial holiday" because you've been together so long is one you should ignore. My expert dating advice is to make it matter! If you're looking for Valentine's Day date ideas, do something out of the ordinary to celebrate each other. Surprise each other with the unexpected, whether it be lingerie or a weekend getaway –whatever is out of the norm for you as a couple. The element of surprise keeps romance alive; it reignites the flames of passion and, in turn, fills the heart with love.

[Melanie Mar](#) is a relationship expert and life coach as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

How to Be Mindful When It

Comes to Relationships and Love



By Lisa LaBelle for [Hope After Divorce](#)

Relationships and love begin at a young age for many of us, long before we are adults. Luckily, there are words of dating advice, guidance, and wisdom we can share to help each other through these sometimes murky waters. After all, we are all navigating our way through relationships – whether they be family, romantic, or platonic – in one way or another.

The Importance of Mindfulness in Relationships and Love

One specific word I find essential, helpful, and a miracle

worker when it comes to relationships and love is “mindfulness.” Why? Here’s a broad definition that will hopefully answer this question:

Mindfulness means to consciously paying attention to what you are experiencing (feeling and thinking) as it’s happening. You must be in the present moment within your mind. It means to be fully anchored in the moment, leaving what has happened in the past or what’s lying ahead in the future. To be mindful means to be aware of your thoughts and emotions and then to choose how to behave and respond through your words, actions, body language, etc. It means to recognize others around you as they are without judgment.

Related Link: [Changing Your Life in Those Quiet Moments](#)

A positive consequence of being mindful is feeling peaceful rather than overwhelmed by your thoughts, memories, emotions, worries, concerns, fears, or distractions. In addition, mindfulness gives you the authentic feeling that you are the captain of your own ship; you are responsible for your own life and the choices you make. You gain your own power, which is essential to living an authentic life. This includes making positive decisions when dating, whether you’re playing the field or in a romantic, committed relationship.

Celebrity Exes Nick Cannon and Mariah Carey

Unfortunately, Nick Cannon and Mariah Carey weren’t able to practice mindfulness in order to rebuild their marriage. After a lot of ups and downs, the comedian filed for divorce. Now, the celebrity exes will begin a new and significant journey of co-parenting. Hopefully, they will realize the importance of working together, supporting one another, and doing their individual parts to raise their children peacefully. It will be essential for them to be mindful of their own thoughts,

actions, behaviors, responses, decisions, and choices for their own well-being and that of their beautiful children.

Mindfulness is naturally becoming a common practice among health and wellness professionals, counselors, relationship experts, and life coaches. You can clearly see why in the description above. If you wish to have a healthy relationship and love, choosing to be mindful of your own thoughts, actions, and feelings each day will be a significant benefit for you and your partner. Remember, you are 50 percent of a relationship. Your other half must also do their part to mirror your practice of being mindful. When we are mindful of what is going on around us and how we are choosing to respond, feel, think, and behave ourselves, we are likely to feel more connected. We engage in healthier and happier patterns of behavior. These positive patterns will serve us well if we will do our part to practice mindfulness, so make it a daily choice.

Related Link: [5 Ways to Turn “Me” to “We”](#)

Our brains are powerful. It is up to us to guide them in a positive direction. We each have the innate power to literally change the way we think. Hopefully, celebrity exes Cannon and Carey will choose to be mindful as they become co-parents for years to come. Begin to be more mindful, and see how your own relationships and love life will evolve and change for the better. It starts with YOU!

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



Lisa LaBelle is co-founder and co-executive director of Hope After Divorce and DivorceSupportCenter.com. She holds a B.S. degree in Education, and is completing her master's degree in clinical mental health counseling with an emphasis in marriage, child, and family therapy. Lisa is a family and child advocate. She is co-author and co-editor of Hope After Divorce and Divorce Experts Weigh In. Lisa is the co-host of the Life After Divorce CL3 Agency blogtalk radio show. She is a contributing expert for DivorceSupportCenter.com, FamilyShare.com, CupidsPulse.com, and Newport Lifestyle Magazine. You can contact Lisa by visiting www.divorcesupportcenter.com.

Single in Stilettos Show: What Makes a Man See You as Marriage Material





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and romance artist Zan Perrion share their video dating tips for what makes a man see you as marriage material.

Video Dating Tips: Love Advice to Make a Man See You as Marriage Material

The relationship experts believe that a man looks for a woman who: takes care of him, who inspires him, who is supportive, who doesn't emasculate him, who doesn't try to change him, and who needs him. If you follow this love advice and possess these qualities, the guy you're dating may just start to see you as a potential wife!

For more video dating tips and additional information about Single in Stilettos shows, click [here](#).

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

Cupid wants to know: What's your best love advice for making a guy see you as marriage material?

Dating Advice Q&A: Is It Appropriate to Play Hard to Get Via Texting?



Question from Kaitlin B.: It sounds silly, but I think a lot about my texts before I send them to a guy I've just met. When and how do I play hard to get while texting? What things should I consider before pressing send?

Read on to find out what our relationship experts think!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): I think it's interesting that you prefaced your question with "it sounds silly"...and the reason why I bring that up is because I think deep down you know this *is* completely silly! You're thinking way too much about what you should or shouldn't do when it comes to texting a guy, which is probably taking all the fun out of the beginning stages of dating and just getting to know him.

If a guy really likes you, whatever you write in a text is very rarely going to change how he feels. However, if you play too many games and play hard to get, you're more likely to lose him than to get into a relationship with him. Here's my best dating advice: Stop thinking too much about what/how/when to text him and just go with the flow. You might win him over by being yourself!

Related Link: [Is It Okay If My Boyfriend Texts His Ex?](#)

Paige Wyatt, Reality Star: It's very easy to overthink when it comes to texting someone you've just met. It's important to note that you don't always have to play hard to get. Sometimes, it's better to just act like yourself and reply back without too much thought. If you feel like you need to do a little more to keep this person interested, don't reply back right away; it can be enticing if you don't seem too available. You don't want them to think they don't have a chance with you, but you can let them know that you have your own life and that you're a busy girl.

If you still want to play hard to get, don't be too cold. Remember that it's called "hard to get," not "never get!" My best dating advice is to make sure they know you're in demand but that you're also willing to make time to see or talk to them.

Related Link: [Dating Advice: Is It Bad to Double-Text a Guy?](#)

[Robert Manni, Guy's Guy](#): The most important consideration is if texting is the best way to play hard to get. The written word, particularly emails and texts, can be easily misinterpreted. Playing a finesse game like "hard to get" can be challenging when the playing field is limited to a few brief words and phrases. If setting the hook and making a real connection is your goal, I suggest a phone call or, better yet, meeting up in person. Remember that guys are visual. There is no better way to make a man want to see you more than by looking into his eyes and smiling.

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.

How do you play hard to get when texting a new guy? Share your dating advice with us in the comments below!

Screwing the Rules Video Dating Advice: How 'The Bachelor' Is Changing the Reality of Dating





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses how *The Bachelor*, particularly season 19 with [Chris Soules](#), and other similar reality TV shows are changing the reality of dating.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

"They're helping to shape the way we view what is desirable, what is sexy," she explains of the reality TV franchise. "With Farmer Chris from Iowa as America's current leading man, the dating landscape has dramatically shifted." House reveals five ways that Soules is changing the reality of dating: Women no longer want bad boys like former *Bachelor* Juan Pablo Galavis; we see farmers as marriage material; we're going back to the basics and forgetting about the rich and famous; we want a true gentleman; and we (finally!) think nice is sexy.

Related Link: [Screwing the Rules Video Dating Advice: Find the Love of Your Life](#)

Funny enough, a reality TV show is helping us redefine real love. "It's being authentic; it's being our true self. It's looking down deep and thinking, 'What do I need in a relationship and love? What do I need in a relationship? What will sustain a relationship long-term?'" the relationship expert shares.

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

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

How do you think *The Bachelor* is changing the way we date? Tell us in the comments below!

Single in Stiletto Show: What Turns a Man On





On this week's [Single in Stilettoes](#) show, NYC matchmaker and dating coach Suzanne Oshima talks to founder of the [WingGirlMethod.com](#) Marni Kinrys about what turns a man on – and no, we're not talking about in the bedroom!

Related Link: [The Most Important Thing You Can Do to Find Love](#)

Relationship Advice for the Early Stages of Dating

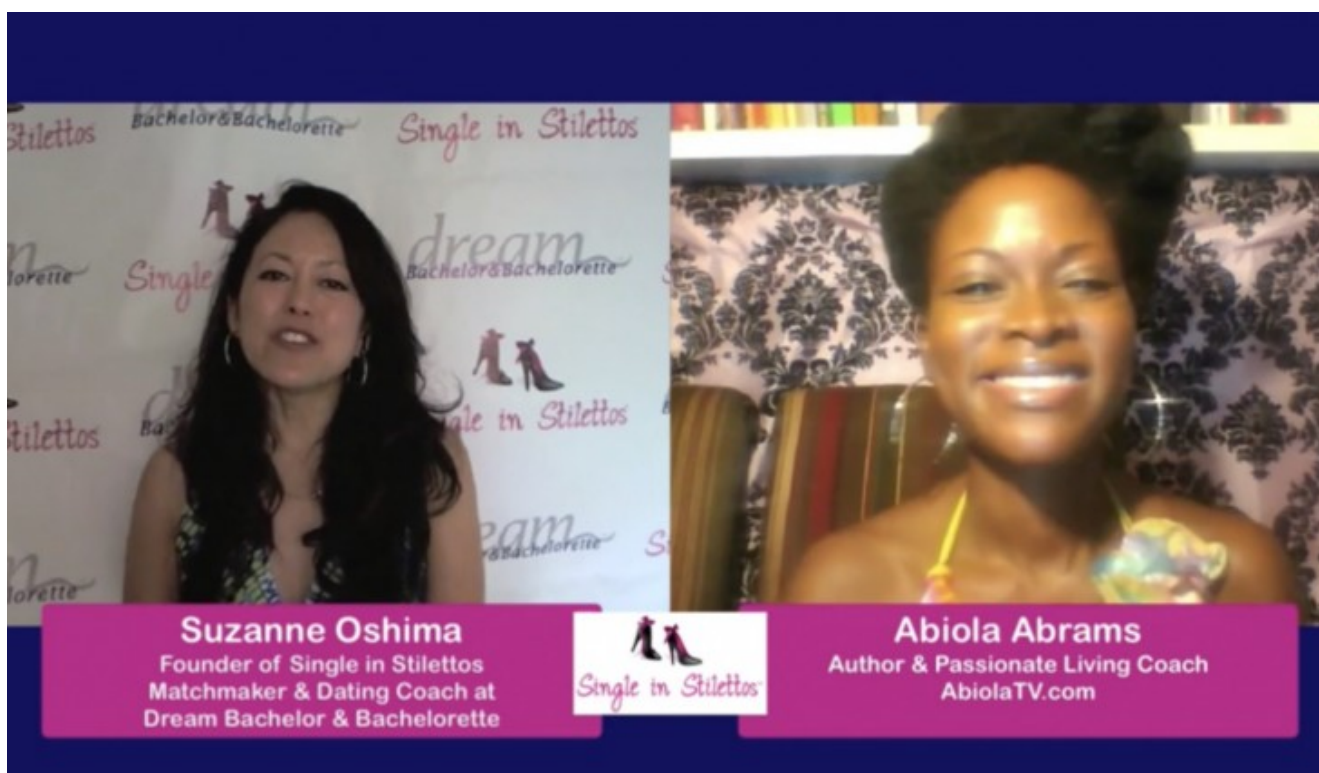
These dating experts share their best relationship advice for what keeps a man's attention after the first few dates. In the beginning, of course, your chemistry is based primary on your looks, the way you smile, and how you smell. But if you want him to stick around, you have to make him happy. It's really as simple as that! The best way to do so is by communicating clearly. Men get confused easily, so say what you mean and mean what you say. If you follow this relationship advice, you'll quickly move from "just dating" to a committed partnership with the right guy.

For more information about Single in Stilettos shows, click [here](#).

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

What's your best relationship advice for making a man happy? Tell us in the comments below!

How to Balance a New Relationship and Love with a Booming Career



By [Sandra Fidelis](#)

So you've met a great guy who's extremely sweet, handsome, and dynamic. You love spending time together, and the chemistry is off the charts. It's exhilarating! The start of a relationship and love is probably one of the most exciting times for a woman. You want to spend every second with your new man, and when you're not with him, you're likely daydreaming about your future together (admit it!). But what do you do when your new partnership begins to affect other important parts of your life? Use this [expert love advice](#) to learn how to balance romance with a booming career.

Take a Cue From Celebrity Couple Britney Spears and Charlie Ebersol

Like you and your new love, celebrity couples must also learn how to balance their budding love affairs with a demanding work schedule. Take hot new twosome Britney Spears and producer Charlie Ebersol, who recently went public with their four-month-old relationship. With the singer's smash Las Vegas show still going strong and the demands of being a pop princess, she must juggle her new romance with the responsibilities of a career she's worked so hard to build. You may not have access to Brit's army of assistants, chauffeurs, and nannies, but with a little focus, you too can give your love life and your career the TLC they both deserve. Here are three pieces of dating advice to consider:

Related Link: [Is Your Career Killing Your Relationship?](#)

- 1. Take time for self-care:** You're a busy woman with a full schedule, so it's important that you have enough energy to perform well at work and to be present for your new relationship and love when you're together. Staying active is one of the best things you can do to increase your

productivity. A regular exercise routine has been shown to give you more energy throughout the day. Can't afford a personal trainer like Spears? No problem. Try a Pilates class at your local gym or join a running group. You can even start with a 30-minute workout DVD in your living room. Prioritizing self-care will help you keep up with the demands of your busy career.

2. Manage your time efficiently: Start by scheduling both a weekly date night and some alone time. Scheduling uninterrupted time with your new partner is essential if you have a heavy workload. This means you're not checking emails and you're not responding to phone calls or text messages that are work-related. It may take some discipline, but you'll have plenty of time to put out those fires later. Make sure to let your boss know that you'll be off the grid and will be back during regular work hours.

In the performer's case, time management is essential because she's also a celebrity mom and must make room in her schedule for time with her two sons. If you're a mommy too, be sure to prioritize your time with your children in addition to all of your other responsibilities.

Related Link: [When Friends Have Babies and You Have Your Career](#)

Expert Love Advice About Balancing Love and a Career



3. Include your new love: Are your co-workers meeting up for happy hour after work? Let your man tag along and meet your colleagues. Do you have an upcoming business trip that could extend into a romantic weekend? Ask your guy if he'd like to meet you there and explore a new city. You don't have to jet off to an exotic destination to follow this expert love advice. Just use your time efficiently by merging your

work and love life when appropriate!


Managing a successful career and a new relationship may feel a bit daunting. But with a little focus and creativity you can achieve the success you desire, build an amazing relationship, and finally have it all!

[Sandra Fidelis](#) is a relationship expert, author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.

Kindness No Matter What



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



Abiola Abrams
Author & Passionate Living Coach
AbiolaTV.com

By Janeen Diamond for [Hope After Divorce](#)

“It seems that, whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate?”

I was in a fast food restaurant with my family the other night, and everything seemed to be going wrong for me. The tomato basil soup I ordered wasn't quite ready, so I was told it would be just a few minutes before it was brought out to me. Well, 20 minutes later – after my family had nearly finished their chicken noodle soup – mine finally arrived...cold!

Now, I was already annoyed about the wait, and, oh yeah, a pita bread incident, and I really didn't want to have to send my soup back, but I did! Cold soup just doesn't hit the spot when it's 28 degrees outside. And, silly me, I actually expected it to be hot after waiting 20 minutes, right?

Related Link: [EXCLUSIVE: Designer Christy Biebrich from 'Brother vs. Brother' Says, "Laughter Is The Secret to a Healthy Everything!"](#)

When the waitress finally brought my heated-up soup back to my table, she sat it down in front of me, looked me in the eye, and said without hesitation, “Let me know if that's good enough for you.” Yikes! My daughter had pointed out to me earlier that I was making the waitress scared... but now, it was me who was scared. I would have eaten the soup had it been frozen at this point. Luckily, it was just right.

Relationship Advice for the New Year

As I pondered what had happened that night, I realized both the waitress and I could have been a little more kind to each other. I don't like myself much when I allow my emotions to get the best of me and I wind up taking it out on other

people. But here I was letting it happen. And she struck back. It made me think about how we can be unkind in all of our relationships, even with the people we love. Wouldn't you agree that our relationships with everyone – even those we don't know or even like – deserve our respect? After all, respect is one of the only things that keeps our world from crumbling into complete and utter chaos.

I decided right then and there that I'm going to work harder during this new year to be more kind to everyone I meet. So, as some general relationship advice, here are my rules to myself. You can borrow them if you'd like:

- I will smile at every person I encounter;
- I will offer an acknowledgement to let them know they are important;
- If someone is less than kind to me, I will try to brighten their day with a kind word;
- And if a person annoys me in some way, I will ask them cheerfully how their day is going.

I kept these rules quite simple for a reason: so I could remember them and have only a few small things that I require of myself. That way, it's more likely I will actually stick to them.

Related Link: [Single Traits to Lose So You Can Move Forward in a Relationship](#)

I consider myself a generally happy, kind person. But I am here to tell you that stress and pressure can get the best of any of us. We are all capable of acting annoyed, put out, angry, and unkind. It seems that whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate? Maybe next time, I'll tell you about the time I said something thoughtless about my husband's ex-wife only to discover she was sitting at the table behind me. Yep, it actually happened!

What We Can Learn from Celebrity Divorce

Celebrity and well-known chef Giada De Laurentiis recently announced that she and her husband are divorcing. They have been married for 11 years and have a young daughter. They have stated that their divorce comes with much sadness. However, they are committed to focusing on the future with a desire for their family to heal and be happy. They say this is giving them the much-needed strength to move ahead. This celebrity divorce is a great example of how couples can choose to move through a split. It is a choice to be respectful, kind, and mindful of others, even during a tough breakup.

My best relationship advice is to remember to be kind. We live in a stressful world. Let's cut each other some slack and work on helping each other feel like we matter. When I'm feeling stressed or overwhelmed, all it takes for me is a smile and a kind word from someone, and it changes my entire day. Keep in mind that, when someone is rude or impatient with you, it's not about you. That person is most likely in need of some love or simply some appreciation. See if you can be the one to help them get it.

For more information about Hope After Divorce, click [here](#).



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen

Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Single in Stilettos Show: Find Love By Not Looking for Love...Fact or Fiction?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Duana Welch, author of *Love Actually*, about

whether or not you can *really* find love by not looking for it. According to the dating advice shared by these relationship experts, that approach won't work. Instead, if you want to find love, you should: join several online dating sites; be open to meeting men anywhere and everywhere; get out and do things; and make eye contact and smile when talking to someone you're interested in.

Related Link: [Duana Welch on Why You Can't Make Him Love You](#)

It's important to be proactive if you truly want love in your life. Follow this dating advice if you're ready to meet someone special!

For more information about Single in Stilettos shows, click [here](#).

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

What's your best tip for finding love? Tell us in the comments below!

Sofia Vergara and Joe Manganiello Are Like High School Kids In Love





By [Jared Sais](#)

Celebrity couple Sofia Vergara and Joe Manganiello have been all the rage since they started dating last summer. Both seem to be the latest sex symbols that men and women alike gawk over. Vergara continues to steal the spotlight in *Modern Family*, while Manganiello went shirtless nine out of ten times in *True Blood*. It would seem this celebrity romance is meant to be. But does their body language agree? I share my expert love advice about the newly-engaged pair below.



Photo courtesy of Sofia Vergara's Instagram.

The Body Language of Celebrity Couple Sofia Vergara and Joe Manganiello

In the photo above, we see the happy couple hugging and cheek to cheek. Maybe it's their play on the classic song "Cheek to Cheek," written by Irving Berlin. It is also possible that these two are so in love that both just couldn't stand for any distance between them when taking such a heartfelt picture. I think Berlin sang it perfectly: "I seem to find the happiness I seek when we're out together, dancing cheek to cheek."

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

If you've read my expert love advice before, it's very likely you know the importance of mirroring. The non-verbal cue of mirroring is one of the tell-tale signs of attraction and interest. Mirroring is simple: Copying your partner's body language or imitating their actions and/or their tone and pitch. We do this to show we have things in common or to build a liking. We tend to like others that act like ourselves and even look like ourselves. Vergara and Manganiello are doing the same pose as one another, almost as if they were directed to do this by some high school prom photographer.

Hands are one of the most used tools in non-verbal body language. If we focus just on their hands, we can get an idea of how they feel at this given time. His hands lie flat and tight on her lower back or upper butt. This is an attraction point and lets others know you are interested in them. If someone put their hand there on you, how would you feel and react? Let's say the same person put their hand on you upper back near your shoulders. Do you get the same vibe, feeling, or sensation? I bet you don't. Additionally, flat hands are a sign of trust and commitment.

Now, let's look at her hand on him. She is touching his mid-back (just a tad on the lower side) with her palm and her fingertips. This is still a loving touch; her palm is flat on his back, reciprocating the same love and trust that he is showing to her.

Related Link: [Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red Carpet Event](#)

A flat palm is not always what I see couples do. In other cases, you may see someone touch with just their fingertips. Touching with the fingertips is usually a non-verbal cue that adds distance and shows less affection.

What Their Smiles Say About This Celebrity Romance

Vergara's smile is one that shows 80 percent of her emotions. The actress is gleaming from ear to ear. Her eyes are wide in a natural way to show excitement. Her mouth shows true happiness, as her teeth are visible (mouth open). You can also see a dimple form at the end of her mouth, meaning that her cheek is in full "happy" mode and that a real smile has taken place. Her entire face is taking part in the action!

Related Link: [Sofia Vergara and Joe Manganiello Celebrate Thanksgiving Together](#)

The actor's smile is a bit less obvious. He is happy but is mainly smiling from his eyes. He does show some dimples, which is a sign that he's truly content and showing a real smile as well. This is a genuine photo of them, and they are showing real love.

Finally, there is no space between these two. That's a good sign. People in love tend to stay very close to each other. When I analyze couples, this is one of the first things I look for: the space between the two. In this photo, there is zero space, so if you're wondering how they feel about each other, it is easy to see they love each other very much. No space means more love and attraction.

This celebrity romance is just as cute and cheesy as the photo, and to top it off, we can give them the name "SoJo" to put the cherry on top of the cheesecake.

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

Screwing the Rules Video Dating Tips: Make Your New Year's Goals a Reality



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

Dating Expert from E!'s *Famously Single* About New Year's Resolutions

Related Link: [Dating Coach Laurel House on Her New Book: "I'm Nervous for My Ex-Boyfriends to Read It!"](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to make you succeed the list of goals you have for 2015. "According to Forbes, only 8% of people follow through with their New Year's resolutions goals," she reveals. "And that sucks!" With that thought in mind, she shares five realistic resolutions that you can easily accomplish this year. Listen up and don't disappoint yourself with failure.

For more information about our dating mentor, click [here](#).

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

How will you achieve your goals this year? Tell us your tips in the comments below!

Single in Stilettos Show: The Most Important Thing You Can Do to Find Love





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Dr. Diana Kirschner, best-selling author and CEO of [Love in 90 Days](#), about the most important thing you can do to find love. First, you need to get a Love Mentor, someone who can guide you in the right direction to find The One. Once you have a Love Mentor, they can help you understand: what you want in a man and a relationship; if you're sabotaging yourself in relationships; how you're isolating yourself from meeting someone special; how being too picky is keeping you single; and how sleeping with someone too soon can ruin a relationship.

Related Link: [Tripp on How to Meet a Guy](#)

Listen up for more great dating tips!

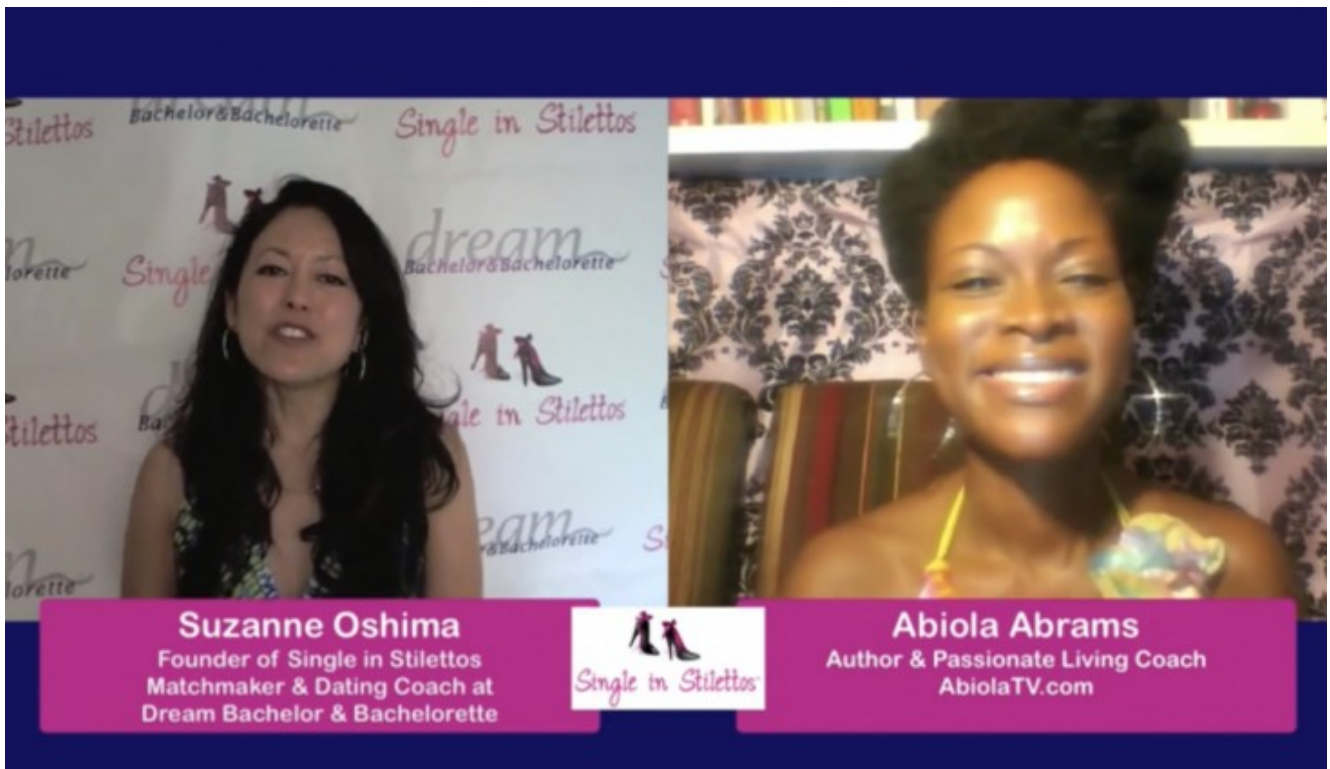
For more information about Single in Stilettos shows, click [here](#).

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

Ladies, what's your best tip for finding love? Share with us

in the comments below!

Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz and Chris Brown



By [Shoshi](#)

With the new year finally here, there's bound to be a lot of exciting celebrity couple news for us to digest! Here are my predictions for three pairs who are currently popular in the media:

Helena Bonham Carter and Tim Burton: After thirteen years together, Helena Bonham Carter and Tim Burton have separated. The couple actually split earlier this year, and this news is just now coming out. In what appears to be one of the more amicable splits in Hollywood, they are staying friends because they have two children together.

This separation shouldn't come as such a surprise. About a year ago, Burton was seen with a mystery blonde and accused of cheating. While he may not have been cheating, where there is smoke, there tends to be fire.

So what's next? Burton will attempt to make some movies without Bonham Carter, but that won't last for long. He will bring her back to his films. Even though they are no longer together, she is still his muse. Look for Bonham Carter to have a new boyfriend soon – a younger actor, someone who will be quite shocking. Let's not forget that, while she is quirky, she is an attractive woman. Her brilliance, beauty, and different appeal will keep the stud very interested.

Related Link: [Cameron Diaz and Benji Madden Are Engaged](#)

Cameron Diaz and Benji Madden: The latest celebrity couple that is rumored to be getting married is Cameron Diaz and Benji Madden. Depending on what news source you believe, the two of them will be skipping down the aisle and having a baby as soon as possible.

This is a very interesting pair. When I take a look at their love energy, it isn't so cut and dry. It is not clear what will happen between them. This could be due to the fact that they are still trying to figure it all out. I do see problems for them down the road unless Diaz is more open to change in their relationship. She is a very independent woman. Let's just say that she is just fine without a man by her side. Some of that reasoning is because she has had no problem getting one; the issue is finding a guy that she wants to *keep*.

I wish this couple the best. Baby energy is circling Diaz, and she will make a great mom. Let's cross our fingers that Madden keeps Diaz interested, or this relationship may not last long.

Related Link: [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

Chris Brown and Karrueche Tran: Recently, the rapper proclaimed that he was single and went off about his ex-girlfriend dating Drake behind his back when he was in jail. It appears that it was all in his mind though. According to Drake, Tran's small bottom is not big enough for him to look at her twice. In case you didn't know, Drake loves a big booty on his woman.

Just when you thought they were finally over, it looks like Brown and Tran may be back on again. They were spotted all cuddled up at a club. One has to wonder if Brown will be able to have a healthy relationship. He has been diagnosed with bipolar disorder, which seems to be affecting some of his choices. Tran may want to stand by her man, but she's enabling him to treat her any way that he wants – which is never good!

This relationship will continue to be filled with drama. The on-and-off love will continue until Tran says "enough is enough" and moves on to get herself a new man to settle down with.

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

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

Solo Parenting: New Year, New You!



By Cynthia MacGregor for [Hope After Divorce](#)

If you didn't make any New Year's resolutions, don't feel bad. Many people don't. In fact, I happen to be one of them. But just because you didn't make any resolutions, that doesn't mean you can't make any changes.

Most resolutions get broken anyhow – and pretty quickly at that. But you don't need to make a resolution in order to make a change. Think about your life as it is currently or as it has been for the past 12 months. Are you satisfied with it? If not, what would you like to change about it?

What's stopping you?

Related Link: [Cupid's Weekly Round-Up: Find True Love in the New Year](#)

Of course, if you'd like to be living in a mansion with servants and what's stopping you is that you only make so many dollars (fill in the blank) a week/month/year, then you're dreaming impractically. Instead think of the things you'd like to change that are *feasible*. Plausible. Possible. And then I'll ask you the same question: What's stopping you?

Would you like a better relationship with your kids? Do you think it's impossible as long as they maintain their attitudes and there's nothing *you* can do? Think again.

Yes, they're the ones with the attitudes, the ones with all the eye-rolling, the ones who are being smart-mouthed or bratty or just plain obnoxious. But have you sat them down and had a talk? A non-judgmental, non-accusatory talk? Have you elicited from them the specific reasons they behave and talk the way they do? If they can't come up with a single one, maybe they'll realize that they're wrong. Maybe they'll change. It's not impossible. And if they do come up with some reason and it reflects on you, maybe there's something *you* can do that's different. (Hey, if you can ask them to change, isn't it reasonable to ask yourself to change too?)

What about having a better relationship with your ex in the year ahead? Is that something you'd like? I don't mean for you to get back together or anything of the sort. I just mean for you to normalize the way you relate to each other, so every request to change visiting days doesn't escalate into a skirmish.

Leaving aside your relationship with your kids and your ex, what about the way you feel about *yourself*? What do you like about yourself? Focus on it. Expand on it. What *don't* you like about yourself? Work on changing it. Do you want to be a less cynical person? A more forgiving person? A more accepting

person? Give yourself an attitude makeover.

You're a single mom with kids, and you're not likely to change that in the New Year unless you get married or move in with someone—which is not a change that can come from within so isn't under discussion here. But what you *can* change about yourself is your *attitude* toward that status. If you've been desperately looking for a new husband, you can work to become comfortable in your own skin, a self-sufficient person, a person who's happy with herself and her life. And if you've been in I-hate-men, men-all-stink mode, maybe it's time to let it go and realize that one bad marriage doesn't mean the whole barrel of apples is rotten.

Related Link: [Celebrity Relationships in Need of a New Year's Resolution](#)

What else would you like to change about your life? Which of those things *can* you change?

Well, what's stopping you?

It's a new year. How about a new you for the New Year?

Get started!

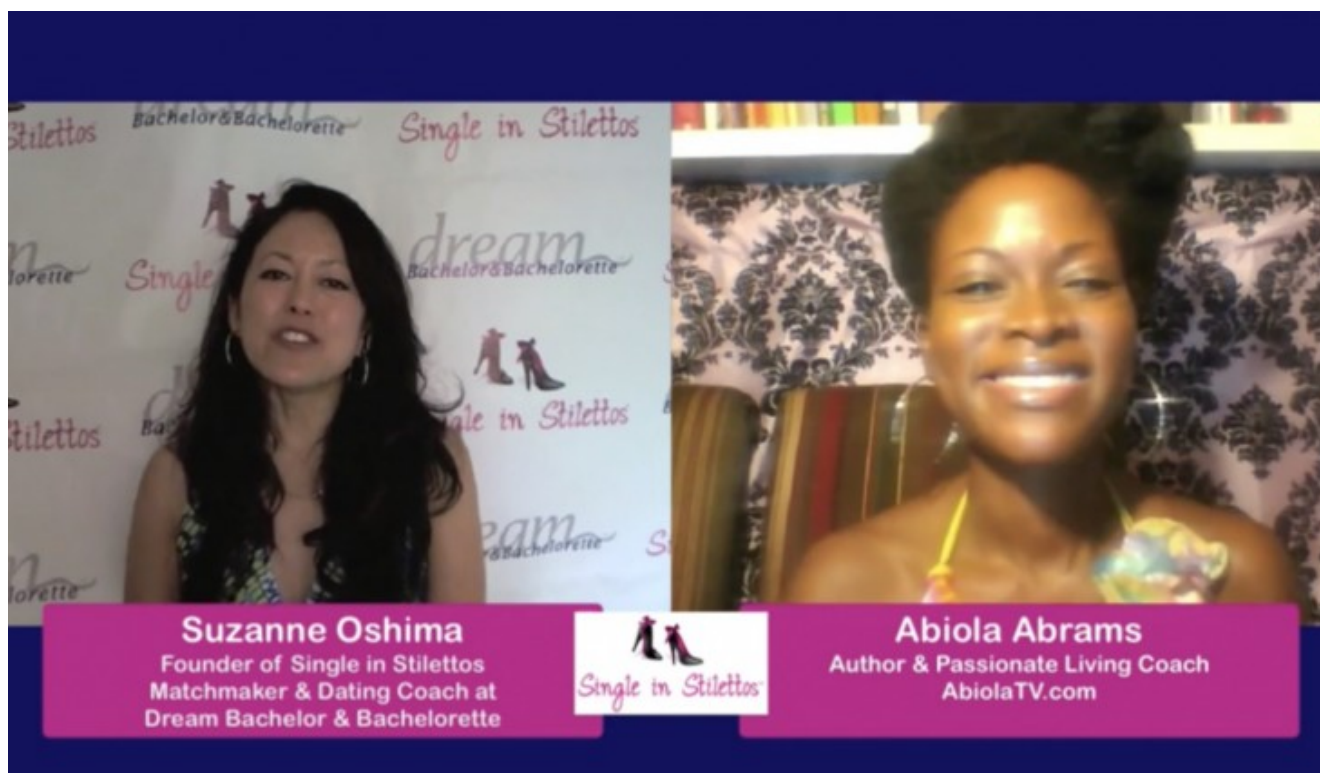
For more information on Hope After Divorce, click [here](#).



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo

Parenting," which was broadcast in South Florida over WHDT. Cynthia writes for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com.

Single in Stilettos Show: How to Handle a Bad Date



With the new year quickly approaching, there's a good chance that you'll go on an awkward date during the next 365 days. With that thought in mind, on this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Jen Kelton, the CEO and founder of badonlinedates.com, about how to handle a bad date. Kelton first explains what she considers to be a bad

date and then shares her best dating tips for dealing with someone who's on the phone too much, who behaves inappropriately, or who picks a fight with another guy. Plus, she reveals her funniest bad date story.

Related Link: [Ms. Solomon on 5 Biggest Dating Mistakes Women Make with Men](#)

For more information about Single in Stilettos shows, click [here](#).

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

How do you handle a bad date? Share your tips in the comments below!

Don't Just Drop Hints When You Want Commitment





By Lori Zaslow and Danielle Posner for [Project Soulmate](#)

If you're ready for something more serious, dropping hints is okay, but you must be smart about how you play your cards. NO man wants an ultimatum or a stage-five clinger – that is nothing but a turnoff for them. Men are hunters, and they want to feel that they're in control, especially when it comes to the next level of commitment.

First and foremost, we feel strongly that it's okay to ask for sexual monogamy. Deciding to be monogamous must be a mutual decision by both you and your partner and not an ultimatum. Saying, "Only if you are my boyfriend," right before sex will not only make your partner snap, but I can guarantee you will end up in the emergency room with a broken heart. Asking for your wants during moments of intimacy is a sure way to get the temporary pleasure of *hearing* what you want before he gets the temporary pleasure of you.

So don't put him on the spot. Wait until you're discussing your relationship and say something like, "If we're sleeping together, I don't want to be sleeping with anyone else." This

is a confident approach that puts the ball in his court. You have stated what you want, and it is now *his* choice to decide if he wants to go forward or not. State your feelings and wait to see his reaction because it will be telling of how he feels.

Related Link: [NoGamesLove Video Dating Tips: How to Get a Guy to Commit](#)

If you are both on the same page, he will be happy that you have given him a platform to make the relationship more official. If he looks confused, it's a good thing you didn't sleep with him because you would've ended up hurt when he didn't want a commitment. If he is unsure, give him his space; he may need a few days to think about it.

Think of it as an amazing pair of shoes. Sometimes, you throw the money down right away; sometimes, you put the shoes back when you see the price; and sometimes, you need a day or two to think about if it's really worth it to you. If he's in the latter category, DO NOT CALL HIM! Would you want the salesgirl from the shoe department calling everyday to ask if you're still thinking about the shoes? At that point, you may never want to shop there again! I know that when I want something, I can't get it off my mind, and after a few days, I've made my decision. Let him miss you and make his choice on his own.

On that note, it's key to never text a man at work until you are in a relationship, and even then, it should be limited. Men like to focus during the day and not respond to your every emotional need. It's not that he doesn't care about you; it's just that he doesn't care that your best friend Instagrammed a picture of her lunch. Lay low, let him lead, and enjoy the ride. And remember: If he isn't hopping in the driver seat and putting the car into drive, there are men out there who would love to have you in their passenger seat.

Related Link: [10 Signs He's Not Really Committed](#)

It's always easy to listen to what somebody says, but it is more important to read into someone's actions because sometimes actions speak louder than words. If they are giving you a week night and a weekend night, they are saying they want to be with you. Telling him that you want to only sleep with him will be a no-brainer for him, and this conversation should go rather smoothly. If he is listening to your needs and makes an effort to please you, you can rest assured that you are a priority. Eventually, your relationship will lead toward a commitment.

If he is texting you all the time but not asking you out, lay low and don't be so needy. Always texting and always asking for plans doesn't let a man lead; instead, it leads him to block your number! Play your cards right; let him take the lead; and once you have a symbiotic relationship, it is then okay to make plans (men want and expect that.)

Remember: Once a hunter brings back his catch, he expects the woman to cook it. Don't start boiling the water until he brings dinner home, or you are just going to end up with an overflowing pot and a puddle of water on the floor.

For more information about Project Soulmate, click [here](#).

How did you talk to your man about commitment and monogamy? Tell us in the comments below!

Single in Stiletto Show: Why

Do I Keep Attracting the Wrong Men?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship coach Des O'Connor about why you keep attracting the wrong men. Believe it or not, you already have all of the answers to this question! You need to take a look at your past relationships and see what patterns emerge. Follow these steps when you're ready to start picking the *right* men: have a plan in place; decide what type of partner you want; determine if that type of guy goes to the same places as you; know what questions to ask him; and most importantly, stop wasting your time with the wrong men!

Related Link: [Why You Can't Make Him Love You](#)

It's time to start being honest with yourself and consider what role you're playing in attracting the wrong men. Then,

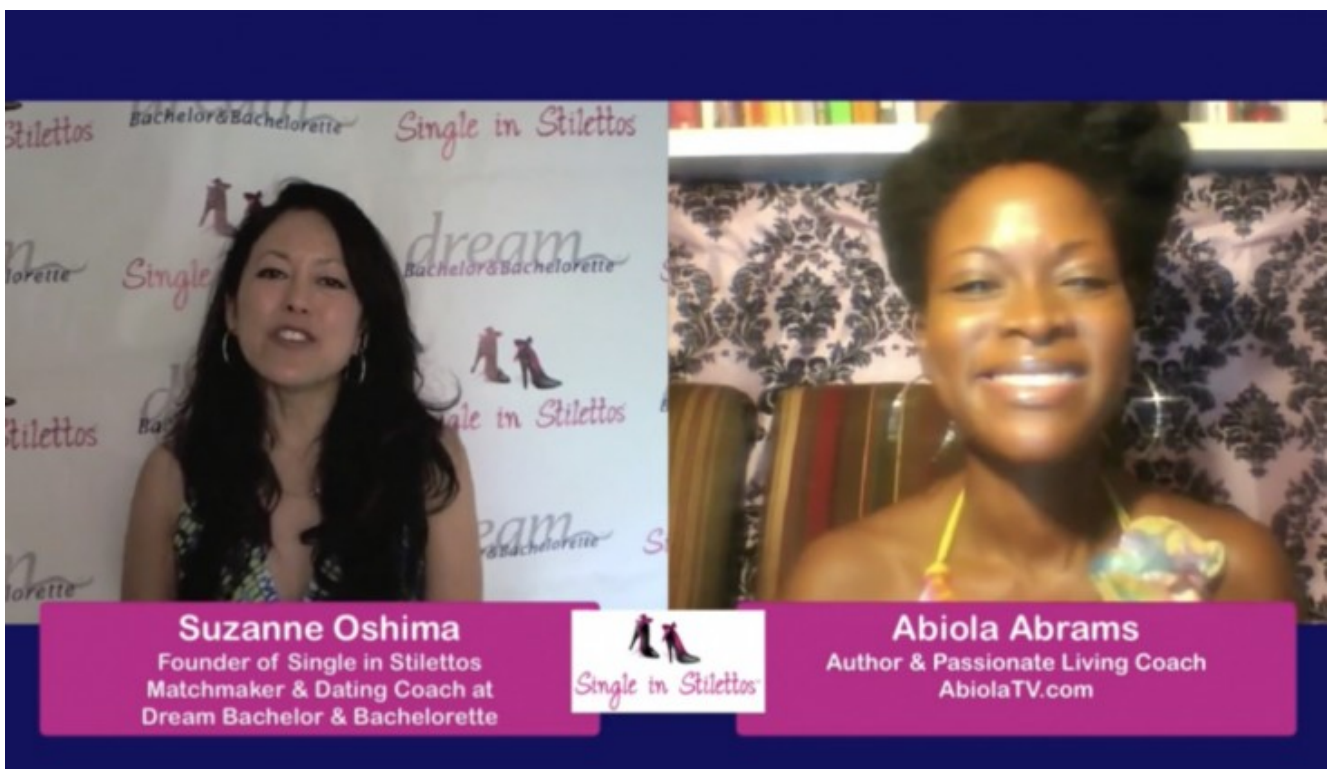
it'll be that much easier to find The One!

For more information about Single in Stiletto's shows, click [here](#).

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

What do you do to attract the *right* type of guy? Tell us in the comments below!

P.A.C.E. For New Holiday Traditions



Suzanne Oshima

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



Abiola Abrams

Author & Passionate Living Coach
AbiolaTV.com

By Amie Greenberg, JD, MBA for [Hope After Divorce](#)

Here is a four-step process to help divorced families handle traditions and changes during the holidays.

P: Planning and Positive New Traditions

- Planning the holiday schedule in advance reduces the chances for miscommunication and gives parents time to iron out any conflicts.
- Plan something special for the children over the holidays, so they have something to look forward to with each parent.
- Take some “me” time for you to rest, relax and recuperate.
- Focus on the positive aspects of these changes. Your children have two parents who love them and want to spend holiday time with them. Involve your children in planning and experiencing new activities and holiday traditions.

Related Link: [Readying Your Single Self for the Holidays](#)

A : Acknowledge Sadness and Differences

- Anytime there is a life-changing event, such as a divorce, family traditions and routines are affected. Children see the family unit as broken. Recognize and acknowledge that it's sad that you won't be together over the holidays.
- The disruption of holiday and family traditions is difficult. Children generally want to be with both parents during this special time of year. Help your children deal with these emotions by talking about the changes.

C: Cooperation and Communication

- Try to cooperate with scheduling and have added

flexibility which reduces conflict. If you can't work it out, let it go.

- If possible, do something special with the children for the other parent. A simple card or dinner during the holidays sends a positive message to your kids.
- Allow the other parent to easily communicate by phone or Skype with the children over the holidays. A lack of communication during the holidays can lead to conflict. This is an easy way of co-parenting.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

E: Encourage and Empower

- Children often feel divided and torn in a divorce, so give your children permission to enjoy holiday time with the other parent. This way, children can look forward to spending time with each parent without feeling guilty.
- Encourage your children to talk about their feelings and give them say in what they want over the holidays.

For more information about Hope After Divorce, click [here](#).



Amie Greenberg, JD, MBA has a Bachelor of Arts in psychology from Pitzer College. She has a JD from the University of La Verne, College of Law and an MBA from the University of La Verne College of Business and Public Management. She now practices family law in Beverly Hills, California. Amie and her mother Barbara Greenberg, MD, authored I Am Divorced ... But

I'm Still Me books after personally and professionally experiencing the impact of divorce. They recognized a need to acknowledge how children viewed their world before, during, and after divorce. Their hope is to help other families who are going through the pain of divorce. You can contact Amie for legal services at amiegreenberglaw.com. Follow her on Twitter @4childofdivorce. Amie is a contributing expert at Divorce Support Center and their Director of Community Outreach with her blog Divorce Corner™. Amie also contributes as an advisory board member of Divorce Support Center. More information about the authors, their books, and their blog is available at <http://www.AChildsViewofDivorce.com>.

This Holiday Season, Stop Dating Your iPhone!





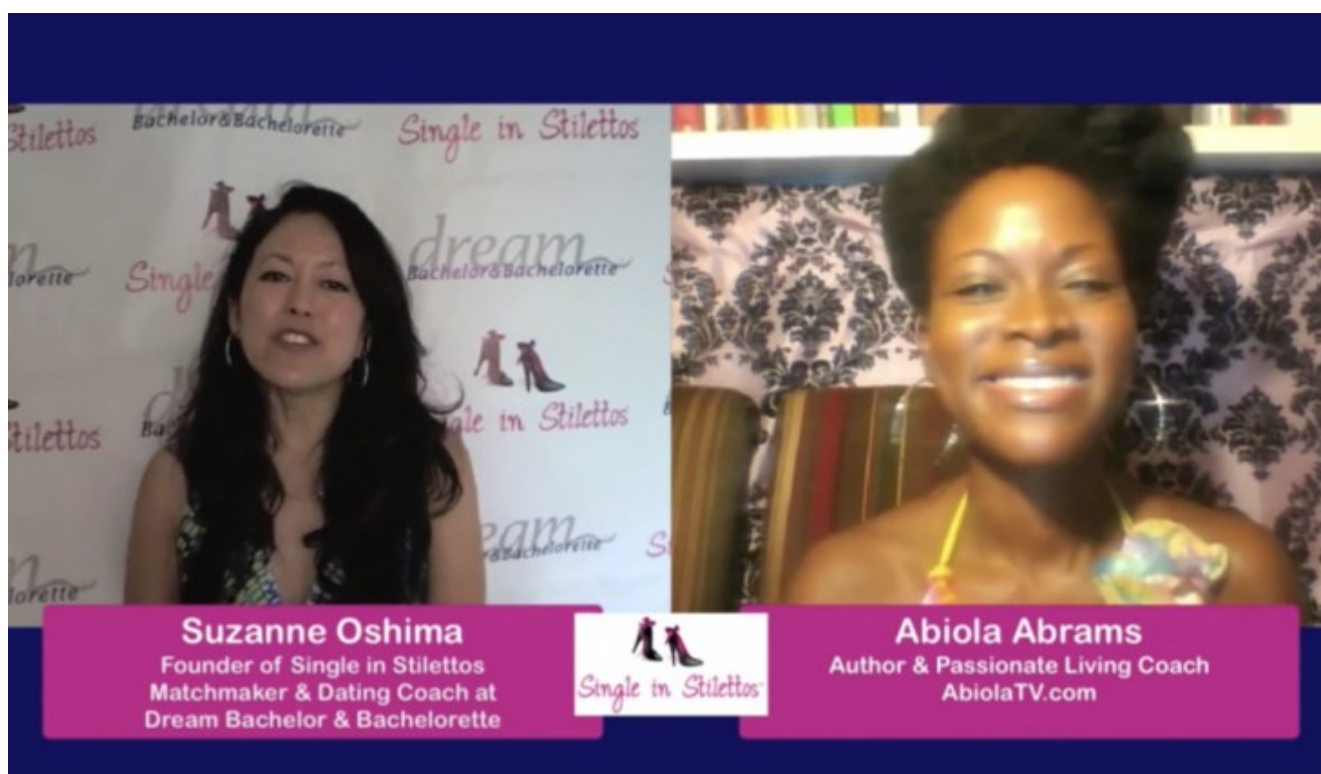
If you want to celebrate the holidays with your honey in a wholesome, sentimental way, then you've got to ditch your addiction to your phone! Dating coach [David Wygant](#) hilariously depicts the struggles of a couple with one partner stuck on their touch-screen device throughout every moment of the day. Watch and learn how detrimental it can be to your relationship. If you want to give your significant other the best gift this season, get off your iPhone and live in the moment!

Related Link: [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

For more articles from David Wygant, click [here](#).

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

Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?



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

Dating Expert from E!'s *Famously Single* Talks About Breaking Up During the Holidays

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, Laurel House discusses breaking up during the holiday season. Sure, the holidays are all about kissing under the mistletoe, snuggling by the fire, and walking hand-in-hand as the snow falls. But that's not all: "From now until Christmas, breakups are steadily on the incline," dating coach and *Screwing the Rules: The No-Games Guide to Love* author Laurel House reveals. "In fact, it's the most popular time of year to breakup. Thankfully, on Christmas, that number actually plummets and picks up again in March." So why does heartbreak happen so often over the holidays? We want to be surrounded by the people we love; if you don't truly have those feelings for your partner, it'll become even more apparent during this busy and stressful time. Listen up for the other reasons that House shares and find out why it's important to say goodbye now instead of waiting until the new year.

For more information about our dating mentor, click [here](#).

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

Have you ever dealt with a breakup during the holidays? Share your best advice below!

Single in Stilettos Show: How to Move On After a Breakup





On this week's [Single in Stiletto's](#) show, founder Suzanne Oshima chats with dating coach and author Abiola Abrams about post traumatic love disorder, which refers to being stuck in the past and unable to heal after a tough breakup. First, you have to identify the signs of this disorder: bed hopping from man to man; spending late hours at the office to avoid dating; jumping into another bad relationship; and being afraid to be alone. If you recognize any of these symptoms in your behavior, it's time to find a cure, which includes five simple steps. Start by doing a self-assessment; then, list out past relationships and the lessons you've learned from them; next, learn how to love yourself unconditionally; additionally, learn more about yourself through the dating process; and finally, take baby steps towards meeting the right man.

Related Link: [Abiola Abrams on How to Attract Love in Your Life](#)

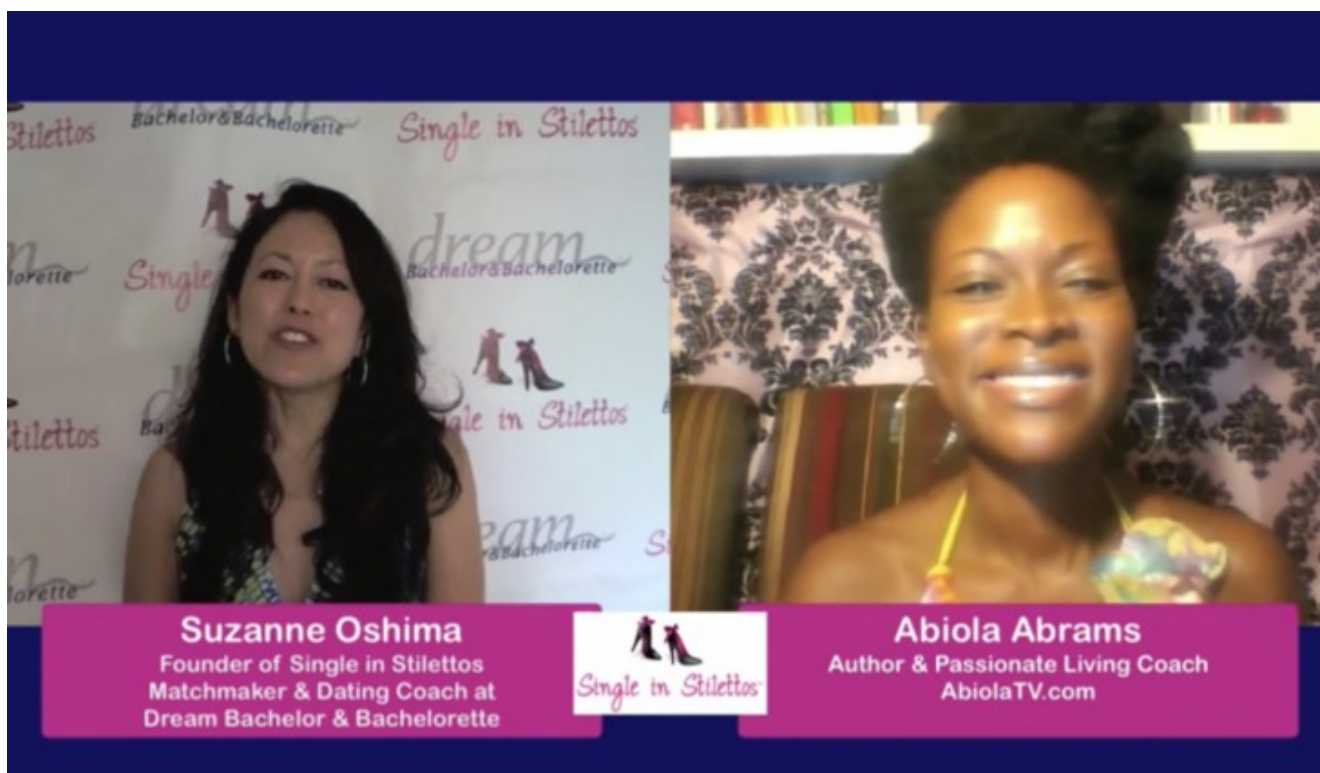
Remember that dating is never easy. Despite your heartbreak, don't get discouraged and just stay focused on finding a healthy relationship with someone special!

For more information about Single in Stiletto's shows, click [here](#).

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

Cupid wants to know: How do you pick yourself up and move on after a breakup?

The Holiday Gift Guide for New Couples



By [Marni Battista](#)

The holidays are always an awkward time to start a relationship. There are few people who proclaim to be great gift givers and can wander through stores to pick out the

perfect presents for everyone on their list. It's difficult enough to give thoughtful gifts to close family and friends and not be swayed by the latest and greatest gadgets that everyone wants but aren't necessarily thoughtful.

So how do you go about buying something for the "special" person whom you may not know so well? People are often so intimidated by gift giving that it may be a better idea to decide *not* to exchange gifts. Expressing how you feel about presents early in the relationship can help gauge what's an appropriate gift, if any gift at all!

Related Link: [10 Rules for Couples Gifts](#)

If your partner is practical and hints at something that isn't too extravagant, it's probably best to listen. However, there are "big" gifts, such as jewelry, watches, and pricey electronics, that should be left for future years of dating or marriage. If you're unsure about what your significant other would like, here are five ideas that are thoughtful but not too overthought:

A relevant book is for the brave dater. Listening to your partner about books they liked in the past or things that they may be interested in learning more about can help you decide what kind of book is appropriate.

Art never goes out of style and never depreciates. Therefore, it works for anyone. It's finding the *kind* of art – a sculpture, oil painting, graffiti canvas, mosaic, etc. – that may be the most troubling. Listen to what kind of art your partner compliments or thinks is "cool."

Something comfy and comforting is always nice. If you're going to go this route, a really soft and plush robe, sweater, or slippers are great ideas for someone who finds comfort in the finer things in life.

A **DIY gift** from the heart, such as a photo book or personalized frame, is a crafty and cute way of showing your appreciation for that person.

Related Link: [Our 2014 Holiday Gift Guide](#)

Experiential gifts are a great idea because let's face it: It's fun for both of you! Planning a camping trip, a day at the museum, or a concert date shows that spending time with your significant other is the most important gift of all!

Although it may seem like gift giving for that new special someone is intimidating, knowing their likes and dislikes can help you decide what is appropriate without going overboard. Plus, starting a relationship with more thoughtful gestures can lead to an easier gift giving experience in the future!

Happy holidays...and happy dating!

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth





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

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House chats with *Expectation Hangover* author Christine Hassler about soul mates and why she believes you don't have only one. "Soul mates are anyone that we learn a lesson from," Hassler explains. "We think our soul mate is this person who's going to come and make our soul feel whole and complete, but that's not the case." She adds, "Your true soul mate is *you*. Anything you want from someone else is something you're really yearning to give yourself."

For more information about our dating mentor, click [here](#).

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

[channel](#).

What do you think about the soul mate myth? Tell us in the comments below!