

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



On this week's [Single in Stilettos](#) 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 Stilettos 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?

Single in Stilettos Show: How to Talk About Being Exclusive with Your Partner





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and dating coach Robert Manni discuss how to talk about being exclusive with your beau. The author of *The Guys' Guy's Guide to Love* shares five important things to remember when you bring up this subject: make sure it's a good time to have a serious conversation; do it in person; let him know it means a lot to you; never give him an ultimatum; and remember that it's about what you *both* want.

Related Link: [Robert Manni on How to Get a Second Date](#)

Ultimately, it's a conversation between the two of you. Although you may be focused on sharing your feelings with your partner, be sure to listen to him in return. Pay attention to how he responds. If he says he's just not ready, respect his wishes and be patient. However, if he says he doesn't want to be exclusive with you, it may be time to move on.

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 talking about being exclusive with your partner? Share your comments below!

Single in Stilettos Show: 5 Biggest Dating Mistakes Women Make with Men!



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon from TheDatingTruth.com about the five biggest dating mistakes that women make with men. Ladies, here are things you often do that are keeping you single: You think you can't be beautiful *and* smart; you always have to

prove a point; you lead with your credentials and accomplishments; you can't give a good sound bite and tend to dominate the conversation; and you put down other women.

Related Link: [Ms. Solomon on How to Talk to a Guy](#)

If you can avoid making these five dating mistakes, you'll have a more successful love life in no time!

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

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

How do you avoid making these dating mistakes? Share your tips in the comments below!

Single in Stilettos Show: Why You Can't Make Him Love You





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Duana Welch, PhD, author of *Love Actually: 10 Proven Steps from I Wish to I Do!*, about why you can't make a man fall in love with you. Usually, if a woman asks the question, "How can I make a man love me?," it's because the relationship is one-sided. It's impossible to make a man see you as his perfect match if he simply doesn't have feelings for you. Remember that love is reciprocal – you can't *make* him love you if he doesn't!

Related Link: [5 Signs He's Interested in You](#)

Listen up to find out what a man looks for in a woman, what a woman wants in a man, and more great dating advice!

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

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

Do you agree with Duana's thoughts about making a man fall in love with you? Tell us what you think in the comments below!

Single in Stilettos Show: How to Meet a Guy



So many women struggle with the first step when it comes to dating: how to meet a great guy. You can't just do one or two things and expect the right man to come along; you need to put yourself out there in a variety of ways if you really want to find someone special. On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp to answer this elusive question. If you want to meet men, he recommends that you: go out more; try online dating; make eye contact and smile; compliment him; and always look your best.

Related Link: [Tripp on Top 5 Dating Mistakes that Women Make](#)

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 how to meet a guy? Share with us in the comments below!

Single in Stilettos Show: Best Ways to Start a Conversation with a Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and author Zan Perrion about the best way to start a conversation with a man. He's worked with thousands of men and really knows what they want from women. The problem, he says, with women approaching men to start a conversation is "they're damned if they do, and they're damned if they don't." If they don't say hello to that cute guy in the corner, they go home alone because he's not doing his job and being the man. But if you do make the first move as a woman, even if the relationship works out, you may forever be holding up his end of the bargain. Listen up for more great dating tips from Perrion!

Related Link: [Zan Perrion on What Scares a Man Away](#)

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 making the first move? Tell us in the comments below!

Single in Stilettos Show: Are You an Unavailable Woman?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about ways you're being unavailable and how to attract love in your life. Here are some things you may be doing to block love from entering your life: You're not really trying to meet the right man; you complain to your friends and family that there are no good men out there; you think all men are cheaters; you think it's impossible to meet a man because there are more women than men in your city; you keep making excuses as to why you can't meet someone; you're stuck in a

past relationship; you're using your looks or work to hold you back; you think men your age just want to date younger women; you think of yourself as a victim; or you're afraid of the love you deserve, being vulnerable, and/or intimacy.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

Sure, it's hard to meet the right guy, but it's not impossible. If you're feeling hopeless, it's time to look inward and consider the advice in the video above!

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

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

How do you make yourself available to potential partners? Tell us in the comments below!

Single in Stilettos Show: How to Get a Second Date





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Robert Manni, author of *The Guys' Guy's Guide to Love*, about how to get a second date. It's easy to get him to say yes to a first date, but securing another night out with the right guy can be a bit trickier. Here are some tips that Manni recommends following: have confidence; don't drink too much; dress the part; talk about your dreams; have a conversation and really get to know him; and send a "thank you" text afterwards.

Related Link: [5 Ways Women Sabotage Themselves with Men](#)

Of course, whether or not he asks you out again is ultimately up to him, but if you follow the advice above, he'll be more likely to do so. Good luck!

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 advice for ensuring that he asks you out

again? Share your comments below!

Single in Stilettos Show: Conquer Your Fear of Talking to a Handsome Man



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach at TheDatingTruth.com, about conquering your fear of talking to a handsome man. We've all been there: We're approached by an incredibly good-looking guy, and before we know it, we're tongue-tied or babbling, looking down at our feet, and feeling

like a fool. Here are a few tips from Ms. Solomon to help you gracefully handle this situation: Talk to every man, not just the attractive ones; have a prop or a conversation topic in mind; and recognize and acknowledge that you're nervous.

Related Link: [The One Thing Men Want from Women](#)

Next time, armed with this advice, you'll be ready to talk to the hottest man in the room!

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

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

Any other tips for approaching a handsome guy? Tell us in the comments below!

Single in Stilettos Show: He's Great, But...





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on a second date; and if I'm not going to date him, I don't need to be his friend.

Related Link: [Do You Push for Commitment Too Soon?](#)

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](#).

Cupid wants to know: How do you keep an open mind after a not-so-great first date?

Single in Stilettos Show: 5 Signs He's Interested in You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about how to know if a guy is interested in you. Here are the top five signs to look out for: He can't stop staring at you; he calls or contacts you in some way; he wants to show you off to his family and friends; he tries to make you laugh; and he acts nervous around you. Don't miss the rest of Mr. Locario's advice in the video above!

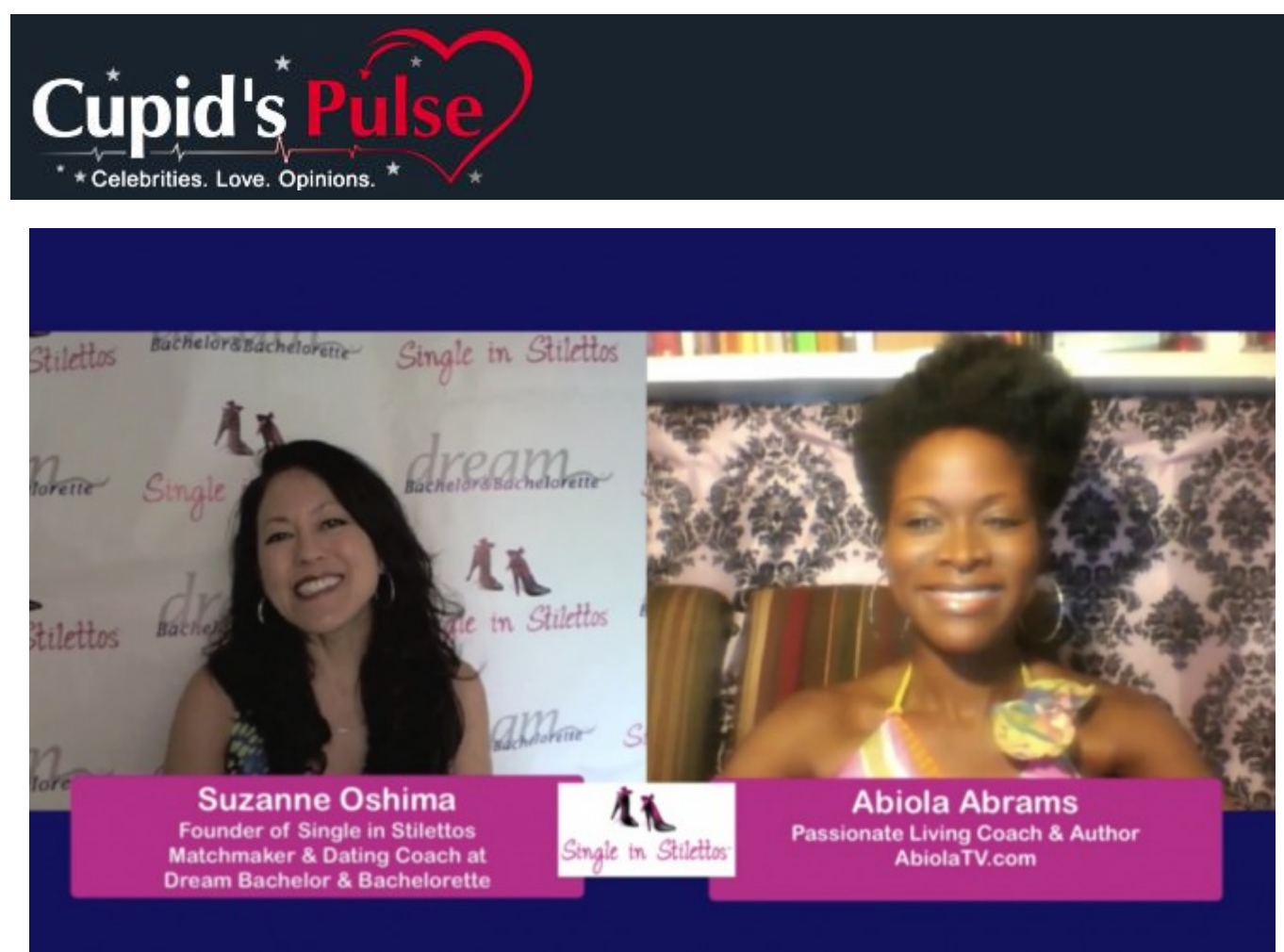
Related Link: [Mr. Locario on Why He Didn't Call You Back](#)

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

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

How do you know if a guy is interested in you? Share with us in the comments below!

Single in Stilettos Show: How to Communicate with a Man



On this week's [Single in Stilettos](#) show, founder Suzanne

Oshima talks to dating coach Tripp about how to communicate effectively with a man. As every woman knows (and has been told time and time again), communication is key in any relationship. Here are Tripp's best three tips for talking to your guy: be direct; be clear and don't beat around the bush; and never assume. Watch the video above for more great advice!

Related Link: [Top 5 Dating Mistakes Woman Make](#)

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 advice for communicating with your partner? Tell us in the comments below.

Single in Stilettos Weekly Show: Flirting Tips





On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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

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

What are your best flirting tips? Tell us in the comments below.

Single in Stilettos Show: Dating Advice for Women in Their 30s



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with New York City Gal blogger Melissa Braverman about tips for women dating in their 30s. The ladies discuss: the biggest challenges you face as a single woman in your 30s; how to navigate those challenges; the pressure to “settle down” by a certain age; what to do if you get discouraged with dating; and how to stay motivated in your search for love.

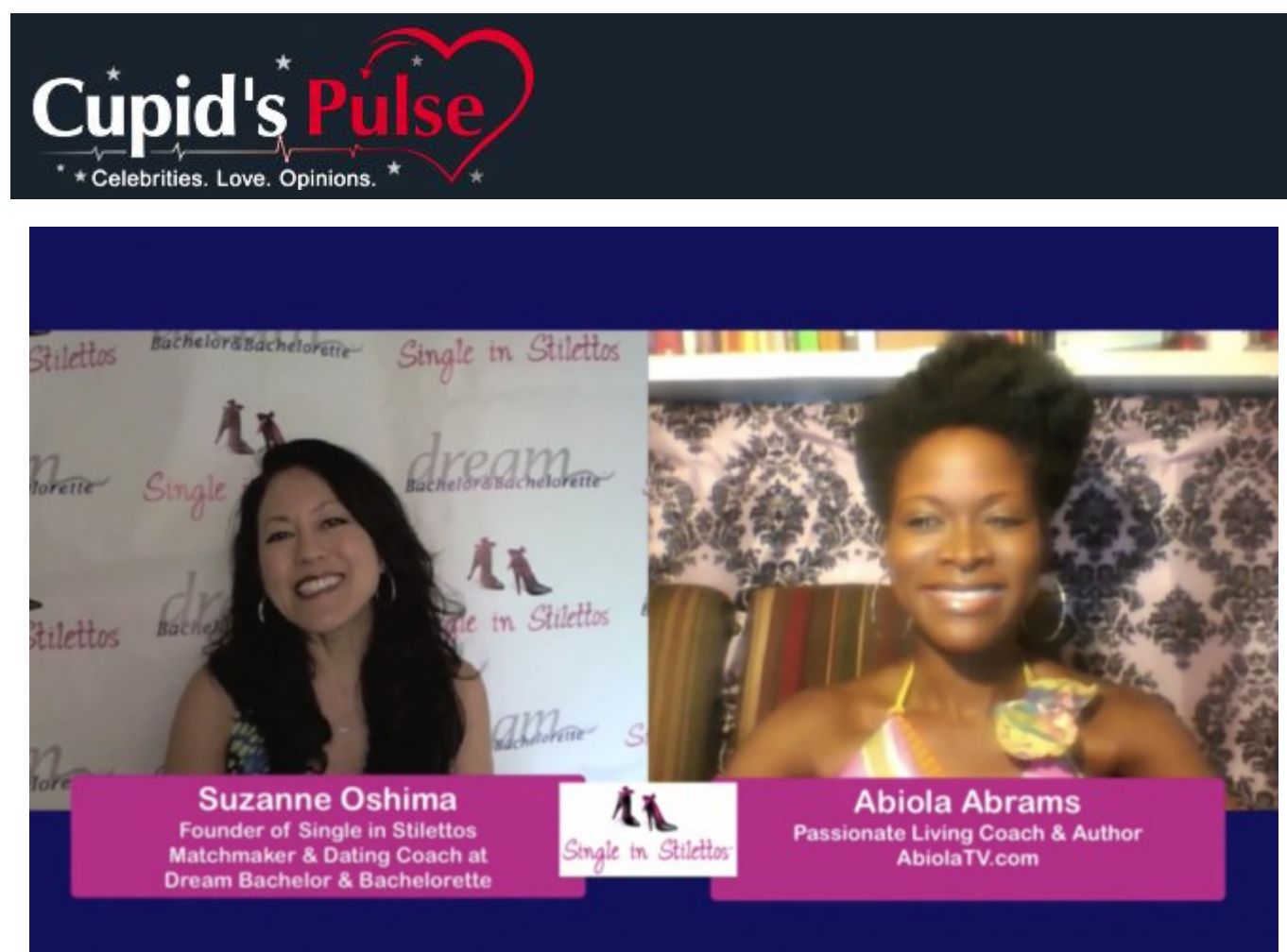
Related Link: [Abiola Abrams on Insecurity and Dating](#)

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

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

What your best tip for someone dating in her 30s? Tell us in the comments below!

Single in Stilettos Show: How to Make a Man Fall in Love With You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and romance artist Zan Perrion about what makes a woman irresistible to a man. Here are five qualities that Perrion says will make a man fall in love: a woman with a certain grace and elegance that implies beauty on the inside and out; someone with a feminine spirit; a woman who inspires him to be the best version of himself; someone who is supportive; and a woman who is completely devoted to him. Watch the video above to find out more about the importance of these traits!

Related Link: [Zan Perrion on What Scares a Man Away](#)

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

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

What do you think is the #1 quality in a woman that makes a man fall in love? Tell us in the comments below!

Single in Stilettos Show: 5 Signs He's Not The One!





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Robert Manni, dating coach and author of *The Guy's Guys Guide to Love*, about how to know if the man you're dating is The One. Here are five signs that he's *not* your soul mate: He's too jealous; he overindulges when it comes to drugs or alcohol; he has different views than you about money; he doesn't want to be around your family; and he's abusive in some way.

Related Link: [Robert Manni on How to Be Successful at Online Dating](#)

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

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

How did you know when you found The One? Tell us in the comments below.

Single in Stilettos Show: The One Thing Men Want from Women



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, who became a dating coach after she realized that dating came easy to her. She didn't understand why so many women were complaining about finding love...and in today's video, she shares some of her secrets with you. So what is the one thing that men want? Fun! It's really *that* simple. Here are four ways that you can be more fun: learn how to flirt; be adventurous and spontaneous; radiate a positive attitude; and keep conversation light-hearted.

Related Link: [Ms. Solomon Reveals Where to Meet 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 have more fun when dating? Share in the comments below.

Single in Stilettos Show: 4 Signs He May Be Falling for You



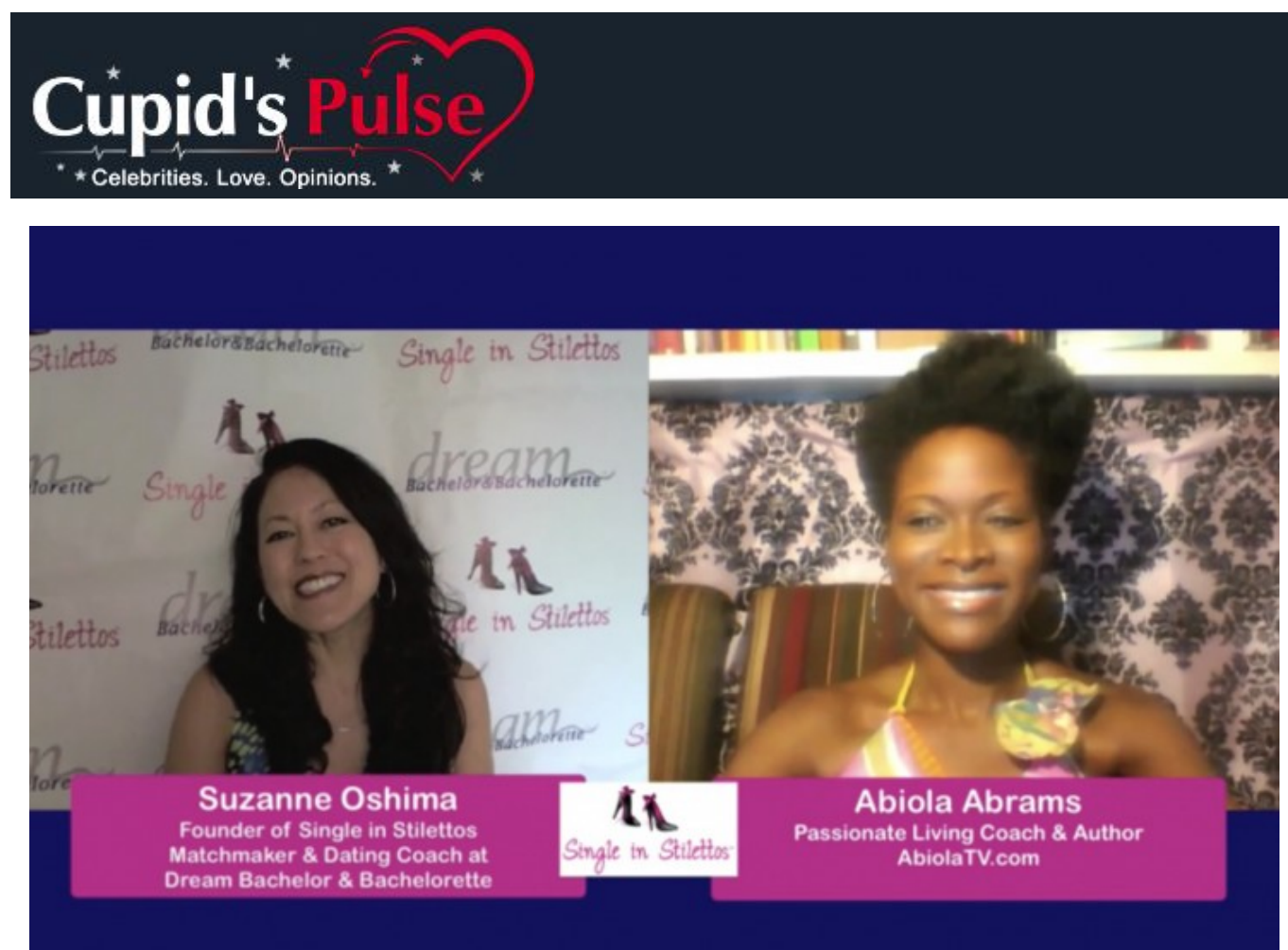


On this week's Single in Stilettos show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about four signs that your crush is falling for you. You may be looking for something that screams "He's so into you!" but remember that subtle signals reveal his true feelings too. Here are four indications that he likes you: his actions say he wants you even if his words don't; he becomes protective of you; he volunteers to do things for you; and he introduces you to his family.

Listen up for more great dating advice!

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

Single in Stilettos Show: Top 5 Dating Mistakes Women Make



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about the top five dating mistakes that women make. As someone who works regularly with men and knows what they want in a partner, he's seen what happens after women make one of these errors: You don't offer to pay for the date; you act like you don't care; you don't show *any* affection; you talk too much; and you don't give him a chance to be a gentleman. Taking any of these missteps, especially in the beginning stages of dating, can turn a man off...so avoid these behaviors if at all possible!

Related Link: [Tripp on How to Be More Than a Fling to Him](#)

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

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

Ladies, what dating mistake do you find yourself making most often? Tell us in the comments below!

Single in Stilettos Show: Why He Didn't Call You Back



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about the reasons why he didn't call you back. He explains five possible scenarios, straight from a man's point of view: He already has a

girlfriend; he never really liked you in the first place; he's scared of or intimidated by you; he's just a player; or he views dating as nothing more than a game.

Related Link: [Mr. Locario on Where Are All the Good Men?!](#)

Remember that sometimes, when a guy doesn't call you back, it's for the best. After all, you deserve better than that!

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 it when a guy doesn't call you back? Tell us in the comments below.

Single in Stilettos Show: What Scares a Man Away





Ever wonder why the guy you were seeing suddenly stopped calling you, never to be heard from again? As author Zan Perrion explains on this week's [Single in Stilettos](#) show, you may have scared him away by being too demanding, dramatic, needy, rejecting, or jealous.

Related Link: [Zan Perrion on How to Have the “Exclusive Relationship” Talk with Him](#)

Watch the video above to learn how *not* to make these mistakes with future men!

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

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

What mistake do you make that scares men away? Tell us in the comments below!

Single in Stilettos Show: Insecurity and Dating



On this week's [Singles in Stilettos](#) show, founder Suzanne Oshima talks to Abiola Abrams, author of *The Sacred Bombshell Handbook of Self Love*, about insecurities and dating. We all have insecurities, but it's important to fill those holes of self-doubt so you can be your best self. Remember that he can't love you if you don't love yourself. In the video above, Abrams shares her best tips for overcoming insecurities when it comes to dating, including: journaling; writing a list of what makes you beautiful; accepting who you are; being grateful; looking within; and surrounding yourself with positive people.

Related Link: [Robert Manni on 5 Ways Women Sabotage Themselves 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 overcome insecurities when it comes to dating? Tell us in the comments below.

Single in Stilettos Show: How to Get a Man to Open Up





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima speaks with women's dating coach Jonathon Aslay about how and when to approach your honey with tough conversations. Aslay shares the key skills every woman should practice when trying to get her man to open up.

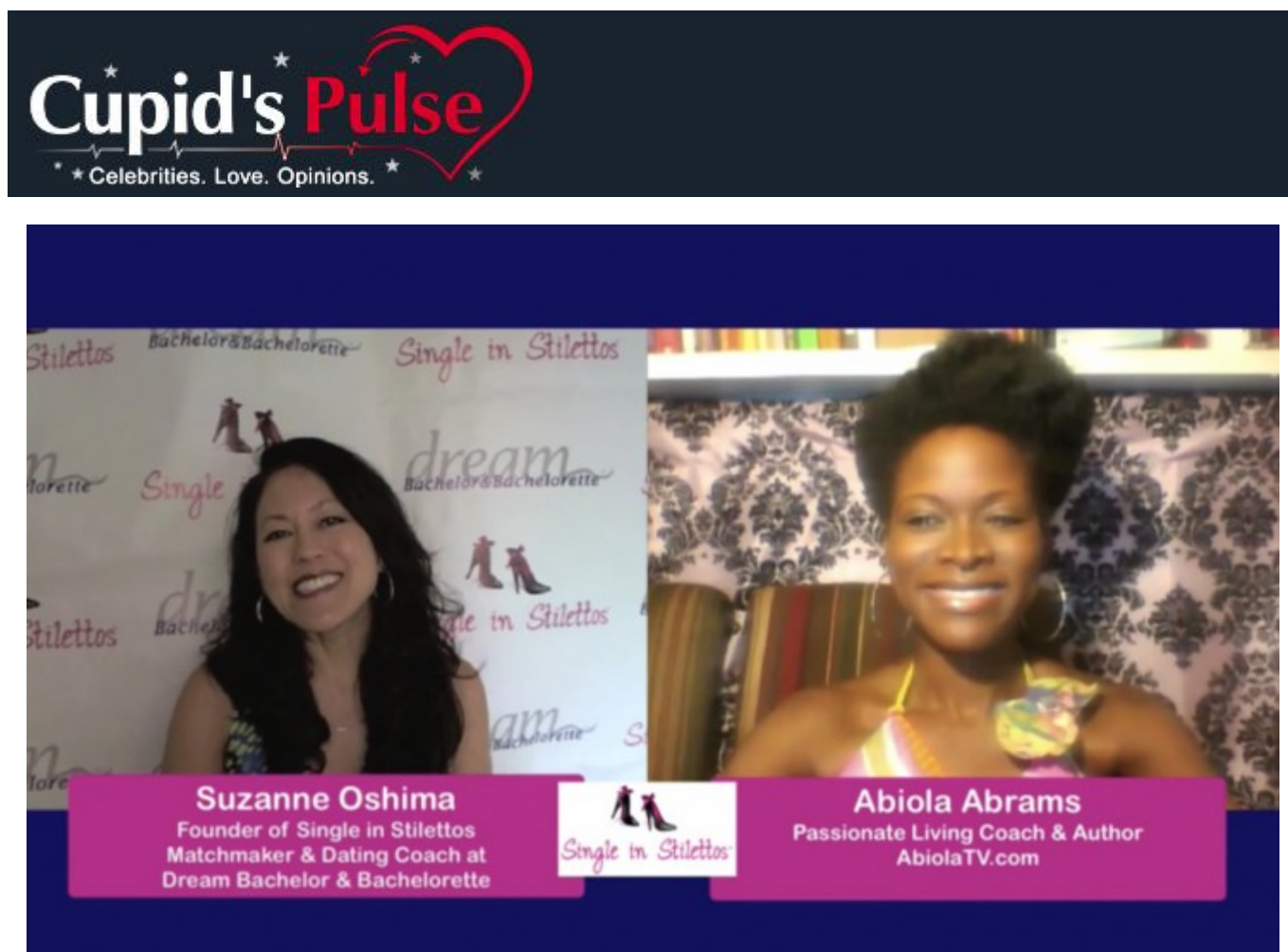
Related Link: [Jonathon Aslay on Why Men Are Commitment Phobic](#)

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

How do you get your man to open up? Tell us in the comments below!

Single in Stilettos Show: How

to Be Successful with Online Dating



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach and author Robert Manni about how to be successful with online dating. He answers the following questions: What are the three main things men look for in an online dating profile? What should you do if you're not getting a response? How can a woman contact a man without seeming desperate?

Related Link: [Robert Manni on 5 Ways Women Sabotage Themselves with Men](#)

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

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

What is your best online dating tip? Tell us in the comments below.