

Celebrity Interview: 'Mom vs. Matchmaker' Star Carmelia Ray Dishes on Celebrity Relationships & Expert Love Advice



By [Delaney Gilbride](#)

The mother of all matchmakers is back and ready to tackle every and any matchmaking challenge that comes her way! Carmelia Ray's hit show on Myx TV, *Mom vs. Matchmaker*, is in full swing after the show's second season debuted on Tuesday, March 14th. Yearning singles couldn't be more hyped! Ray integrates her 20-plus years of experience as a celebrity

matchmaker, certified dating coach, and online dating expert to battle it out with determined mothers in order to find the perfect suitor for struggling singles on her stirring reality TV show. In our exclusive [celebrity interview](#), the matchmaker spills her expert [dating advice](#) as well as her views on the hottest [celebrity couples](#).

Carmelia Ray Talks Season Two of Mom vs. Matchmaker

The saying “mother knows best” truly came into play during filming of the second season of *Mom vs. Matchmaker* – so much so that the expert needed a little help herself as she went head-to-head with the mothers. “I thought the moms were fiery last season,” Ray shares, “but that was a fondue compared to the blazing competitors this season! I had to bring in a smoking hot love assistant, Patrick, to keep up with all that fire.”

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Moms were ready to give their all following the success of the show’s first season, and they sure didn’t disappoint. The process of being a matchmaker isn’t an easy one, *especially* if you’re butting heads with the mother of a client. Ray recalls working with a mother who called herself the “Mafia Mom” and, boy, did she mean it. The mothers participating in this season showed up “ready to rumble,” making it deliciously exciting for both Ray and her viewers.

Matchmaker Gives Love Advice on the

End of “Cuffing Season”

With warm weather just around the corner, Ray’s [love advice](#) for the end of “cuffing season” – or winter flings – is short and sweet. “It’s time for spring cleaning!” she exclaims. This advice is both literal and metaphoric when it comes to your life. “Clear out your clutter – in your mind, on your social media, and with your love life. Dump anything or anyone that doesn’t serve you or what you stand for.” Although we all know too well how rough it is to end a winter relationship following long nights of cuddling and cocoa, Ray advises us to leave all of that in the past. The matchmaker thrives off of her ability to connect singles with their life mates and says, “Helping people find love is the best reward I could ever imagine.” So how could her advice possibly steer us wrong?

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As for finding someone special in the heart of spring, Ray mentions that if you’re looking for love, you *have* to have a plan. “It’s amazing how many singles who are looking for love don’t date!” Ray shares. “My number one tip for someone looking for love is to make sure they have a dating strategy and plan in order to find love. You cannot go into dating without a plan for how, where, and when you plan to be dating.”

An Inside Look at Celebrity Relationships

Since Ray has been coined “the celebrity matchmaker,” it’s only fitting that we asked her a few questions regarding the most popular couples in Hollywood. As for [Selena Gomez](#) and the Weeknd, the dating expert totally understands why the public

adores their relationship. “They get each other’s lifestyle and understand the hardships of dealing with their lives constantly being under scrutiny,” she says. “This musical pair is an undeniable force and notable power couple.” The matchmaker adds that “there’s something incredibly undeniable about young, attractive, talented, celebrity couples, especially when they combine forces and publicly display their affection and respect for each other.”

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When it comes to favorites, Ray gushes over her all-time favorite celebrity couple: Goldie Hawn and Kurt Russell. She believes there is so much to learn from them. “To be married and stay married in the world of music, TV, and entertainment is already a huge testament of their devotion, love, and loyalty for one another, despite the bumps,” she shares. We strive to have relationships that last a lifetime, which is why Ray does the job that she does. It’s people like her that help singles like us get over our insecurities about love and jump into it with open arms!

You can connect with Carmelia Ray socially on Twitter, Instagram or Facebook @carmeliaray. Don’t forget to hashtag #askmomvsmatchmaker if you have specific questions about your dating life you’d like answered by Carmelia Ray or her team.

Dating Advice Q&A: Am I His Catfish?



Tammy J.: The guy I've been seeing is nice, but I'm not sure if he's really "into" me. He's also distant and secretive so that makes me anxious. He hasn't gone public with our relationship online but he sends pictures of us to his mother. I want to think this is a good thing, but it kind of feels like he's using me. Could he be catfishing his mom? We haven't officially called each other boyfriend/girlfriend, but I think that's what he's been telling his mom otherwise.

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get confusing real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology to navigate your relationships. Technology is here to stay, after all, so take advantage of these amazing tools! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on

determining whether someone is using you as their catfish.

Technology Dating Advice That Will Help You Find A Catfish

[Suzanne K. Oshima, Matchmaker](#): It's time for you to first get clear on what you want and need in a relationship. Once you're clear, then you need to evaluate whether he's meeting your needs. If he is, then just share with him that you're confused as to what you are to him, and just let him clarify things for you. If he's not what you want or need in a relationship, then it's time for you to move on to a guy who is into you and is proud to declare you his girlfriend to everyone.

Related Link: [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

[Robert Manni, Guy's Guy](#): Unless you know your guy and his mom well, it's not easy to have a clear picture of their relationship. So, instead of focusing on something you have no control over, have a chat with him about *your* relationship. Since you are not sure where this new "relationship" stands, this is a good time to ask him where he sees things going with you. Don't pressure him, but get to the heart of the matter. If he's into you, he'll let you know. If he wavers or his responses are vague, you might want to reconsider where you're investing your emotions. I doubt you want to be with someone who does not feel the same way about you.

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.

Relationship Advice: How Do I Know If I'm Rebounding?



By [Joshua Pompey](#)

You're fresh out of a volatile relationship and ready to start something new. What an exciting time in your life, right? But not so fast! Before you go jumping into that next relationship, ask yourself the question: am I really ready, or am I simply on the rebound? Below are five signs you may not be quite ready to take on a new partner yet. Follow this [relationship advice](#) so you can avoid hurting yourself and others.

Relationship Advice That Will Help You Determine Whether You're Rebounding

1. You're rushing into the process: These days we live in a world of unlimited options. Get out of a two year relationship and within seconds you could be online and swiping right for that next partner. But just because you can, doesn't mean you should. The heart takes time to heal, and even if you were the one who initiated the break up, or as people famously say, "It felt like we were broken up for months," you still need some time to breathe and be on your own first. Eventually you will be ready to swipe right until your fingers are bleeding, but in the beginning stages, take your time.

Related Link: [Dating Advice: 3 Online Dating Trends to Watch Out For In the New Year](#)

2. Dating nostalgia: If you are on [date night](#) with someone new and find your mind constantly glamorizing the past with your ex, you are still on the rebound. Regardless of how many memories you have in certain locations, if you are truly ready to be with someone new those memories should fade to the back of your mind and allow yourself to be in the present. Allowing nostalgia to get the best of you means you just aren't ready.

Related Link: [Dating Advice: I'm Never Single. Is it Bad to Go From One Relationship to the Next?](#)

3. You still have an impulse to text your ex: If you have that impulse to text your ex every time you see an inside joke or something that reminds you of them, you are definitely still on the rebound. No matter how innocent you convince yourself that sending your ex a text is, it's not. You are just using it as an excuse to make contact with someone you miss. That isn't fair to your future partner, so sort that out before

you pursue a new relationship.

Related Link: [Dating Advice: Do Pick Up Lines Actually Work?](#)

4. Bringing baggage along for the ride: Sometimes bad relationships can be very volatile and come with a whole lot of fighting. But once you break free of that and move on to someone new. You can't bring the old tensions, suspicions, and unhealthy behavior along for the ride. A new relationship needs to be a completely fresh slate. If you can't do that, you aren't ready and will only set yourself up for countless [relationship problems](#).

Related Link: [Relationship Advice: So When Exactly IS It Time For Sex?](#)

5. The effort isn't there: You can't put in a 110% effort physically or emotionally if you are still even the slightest bit focused on your ex. Block him or her on Facebook. Block text messages. Do whatever it is you need to do to forget that person. Not being on the rebound allows you to put your heart and soul into making that other person happy, and just as importantly, making yourself happy in the process!

For more information from our relationship expert Joshua Pompey, you can read free articles and advice [here](#), including why you should [avoid matchmakers if you are over 40](#).

Dating Advice: What Attracts a Man?



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their [dating advice](#) on how you can effectively attract a man. Find out how you can score the man of your dreams with the following dating tips!

Dating Advice That Will Help You Attract A Man!

1. Appearance. Yes, men are visual- but it's not always about how you physically look. They care about how your attitude appears too. Men are attracted to positive energy, they want to see you smile and be happy. Nobody wants to be with someone who hates life. If you're currently working on your appearance, you should still date and attract men with your personality.

Related Link: [Dating Advice: How to Get Men to Fall into Your Lap](#)

2. Happiness. This goes along with the prior tip, but to elaborate- you shouldn't stop at only appearing to be happy. It's important that you actually are. Think about how pleasant you are when you're on a first date trying to make a good first impression. You need to carry this attitude into a relationship instead of getting comfortable and complaining all the time.

Related Link: [Dating Advice: 3 Ways To Be Irresistible To a Man](#)

3. Authenticity. Be who you are. The right people will be attracted to your authentic self. For this to happen, you need to know who you really are, your likes, dislikes and so much more. If you're faking what you want, you'll attract the wrong man. So save yourself and potential suitors time and be real. You'll be surprised at how many men will like what you have to offer.

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

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Celebrity News: New
'Bachelorette' Rachel Lindsay

Goes on Group Date with NBA Star



By Noelle Downey

Rachel Lindsay, the newest *Bachelorette*, just had the date of a lifetime. According to UsMagazine.com, Rachel Lindsay and ten of her sexy suitors went on what first appeared to be an unassuming group date at a high school that quickly turned into a mind-blowing opportunity to shoot some hoops with a real NBA star. Hall of Famer Kareem Abdul-Jabbar made [celebrity news](#) when he showed up for a few pick-up games that gave Rachel's admirers an opportunity to show their best moves on the court and prove if they had what it took to take down a proven champion. While Lindsay was reportedly a bit shy in her new role as the queen bee of *The Bachelorette*, she went on to conquer her nerves and have a great time, interacting with the

cheering crowds and enjoying this incredibly unique [celebrity dating](#) experience.

This [celebrity news](#) has us excited for the new season of *The Bachelorette*! What are some unique ways to meet a potential partner?

Cupid's Advice:

Meeting the right person can be hard, even if you're a [single celebrity](#) like Rachel Lindsay. Cupid is here with three great [dating tips](#) to help you meet the next bachelor in your life:

1. Try speed-dating: Tired of going on dates only to find out after the first five minutes that you're totally incompatible? Don't waste your time looking for chemistry that's not there. Instead, try speed-dating! Enjoy yourself in a fun, relaxed environment making quick connections to see if anything clicks. Bring some friends and flirt with some fresh faces. You just might meet the one for you.

Related Link: [Celebrity News: First Black 'Bachelorette' Rachel Lindsay Hopes People 'Rally Behind' Her](#)

2. Take up a new hobby: Mutual interests are a great way to get a conversation going with a new cutie. Try taking a pottery class, joining a writer's group, or sashaying your way through a salsa club. More than likely you'll meet someone eventually who catches your eye through one of your interests, and the fact that you know you two already share one thing in common will give you confidence and an opener for an approach.

Related Link: [Celebrity News: 'Bachelorette' Alum Ali Fedotowsky Says Dating Roberto Was Her 'Most Successful](#)

[Relationship'](#)

3. Be open to what the world has to offer: Just like the newest Bachelorette, you have so many options. Remember to look out for opportunities to meet new people and engage with life around you. True, you probably can't toss a ball around with an NBA star, but you could always work up the nerve to talk to that cute barista at your favorite coffee shop. Life is full of amazing moments just waiting to happen, so keep on the look out!

What are your best tips for places to meet someone new? Let us know in the comments!

Celebrity Couple News: 'The Bachelor' Stars Nick Viall & Vanessa Grimaldi Defend 'After the Final Rose' Interview





By [Whitney Johnson](#)

[The Bachelor](#) star Nick Viall may have moved on to his next reality TV adventure – he’s appearing in season 24 of *Dancing with the Stars* with pro partner (and new celebrity mom to baby Shai!) Peta Murgatroyd – but that doesn’t mean fans have forgotten about his awkward *After the Rose* interview with fiancée Vanessa Grimaldi. According to [UsMagazine.com](#), during a recent interview for *The Ellen DeGeneres Show*, DeGeneres commented, “I didn’t see the *After the Rose* because I could not commit to four hours of television” and then added, “I heard that some people thought it was awkward, that y’all were awkward together.” Grimaldi jumped in and replied, “I think we both went in it wanting to be honest and open about couples, you know, sometimes things can get tough. But we’re very committed to each other, we love each other, and that’s what we’re focusing on.” The [celebrity couple](#) has recently relocated to Los Angeles for Viall’s current gig.

There’s no denying that this

celebrity couple came across as awkward in this season of *The Bachelor's After the Final Rose*. What are some things to keep in mind when introducing your new love to your friends?

Cupid's Advice:

This celebrity couple's love story was in the public eye from the very beginning, but they still had to introduce each other to their loved ones – on national television, no less! If you're ready to introduce your new partner to your friends and family, consider the dating advice below:

1. Keep it casual: There's already enough pressure on the first meeting of your boyfriend and your loved ones; don't add to it by planning a fancy dinner or letting your friends interrogate your man with an intense game of 20 questions. Instead, keep it simple with coffee or cocktails and encourage your pals *not* to grill your beau. They can ask you for all the intimate details afterwards!

Related Link: [Celebrity Engagement: 'The Bachelor' Star Nick Viall Proposes to Vanessa Grimaldi](#)

2. Be yourself: Don't let your nerves get the best of you. Remember that everyone at the table is there because of *you*. Just be yourself! Show your friends why you and your partner are such a good fit, and show your beau why your pals are so special.

Related Link: [Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

3. Don't expect too much: Sure, you want your favorite people to all get along, but if they don't hit it off right away, that's okay! Introducing them to one another is the first step. As long as your love lasts, they'll have plenty of time to get to know each other.

What's your best dating advice for introducing your love to your family and friends? Tell us in the comments below!

Relationship Advice: Our Connection With Sleep



By [Dr. Amy Osmond Cook](#)

More people do this than you may think. [Taylor Swift](#) does it. [Kendall Jenner](#) does it, too. Some people have caught [Katy Perry](#) and Demi Lovato doing it, and supermodel Heidi Klum credits it as one of her best beauty secrets. What are they doing? They nap. And they make sure to get a good night's sleep. With less than 40 percent of Americans getting a satisfactory amount of sleep each night according to [gallup.com](#), it is evident we have a love/hate relationship with sleep. What happens when we sleep? And why is it so important for our well-being? "While we doze, our brains and bodies aren't slacking off, they're at work, repairing us after the day's battles and refueling us for tomorrow's slog-in more ways than you likely realize," [prevention.com](#) writer Sarah Klein says. The brain and heart are recharging, the liver is detoxifying the day's activities, and skin cells are reproducing and repairing. With the role of sleep being such an important part of our wellness, it's time we build a healthy relationship with sleep. Here are four ways to do it.

Want to feel less tired during the day? Then follow this relationship advice about sleep.

1. Don't ignore sleep. The notion that sleepless people can accumulate a "sleep debt" is true. And the long-term effects of neglecting the need for better sleep can have a negative effect on daytime functions. "The curious thing is that with sleep deprivation, you can only pay off a recent debt," Brandon Peters, M.D. says. "Fortunately, the short-term effects of sleep deprivation are quickly reversed by getting adequate rest." Although the damage from years of not sleeping may be difficult to remedy, we can start improving our sleep habits now with immediate benefits like improved motor skills, better concentration, and decision-making skills.

Related Link: [Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder](#)

2. Pampering is required. The best way to welcome a good night's sleep is to adhere to a routine. Experts from The Mayo Clinic suggest going to bed and waking up at the same time each day. And try adding a soothing ritual like a hot bath, relaxing music, reading a good book, or dimming the lights for quiet meditation. It will help lull you into a deep sleep that will allow you to wake up energized for the next day.

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3. Let the process progress naturally. Although getting seven to nine hours of sleep per night is the popular belief, some of us simply don't need that much sleep. The National Sleep Foundation conducted recent studies that place more emphasis on the way you feel rather than dictating a specific amount of time. "Pay careful attention to your mood, energy, and health after a poor night's sleep versus a good one," experts at Sleep Foundation say. "Ask yourself, 'How often do I get a good night's sleep?' Like good diet and exercise, sleep is a critical component to overall health." The National Sleep Foundation uses a series of questions to measure adequate sleep. For example, after sleeping seven hours, do you feel productive and happy? Are you overweight? Do you rely on caffeine to get you through the day? And do you feel sleepy while driving? The answers may help you better gauge how many hours your body needs to stay healthy.

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4. Give sleep your full attention. If you want to improve your sleep quickly, put down the electronic devices before you go to bed. "The pervasive glow of electronic devices may be an impediment to a good night's sleep," [Washington Post](#) writer

Meeri Kim says. The culprit is the blue light emitted by computer and smartphone screens. The physiology behind it stems from the tiny pineal gland in the brain. It releases melatonin a couple of hours before you are ready for bed. However, the blue light of electronic devices prevents the pineal gland from releasing melatonin, which means you don't feel sleepy. And, morning arrives before you've had a chance to get a good night's sleep.

The health risks from a lack of sleep are enough to keep you awake at night. But by catching up on lost sleep, sticking to a routine, gauging how we feel each morning, and unplugging at night, we are on our way to a healthy lifestyle that can lead you to your future sweetheart. And, that's just dreamy!

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Handle Your Significant Other's Family





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

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread. You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to be going well. After several attempts to reunite are turned down due to "last minute obligations," you begin to question your confidence regarding your family's approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other's family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain

a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other's family aren't fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

Relationship Advice on How to Handle Your Significant Other's Family

1. Don't force it : Just because you're in a new relationship, don't expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don't get offended if your significant other doesn't want to take part in, or isn't invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don't patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses not to like you.

Related Link: [Celebrity Breakovers: Kardashians Breakups That Have Broken Necks & Other Helpful Relationship Advice](#)

2. Understand and learn to accept the outcome : Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not

be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to workout between the two of you.

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3. Remain respectful: As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as positive about the situation as possible.

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

Dating Advice: How to Get Men to Fall into Your Lap



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) on the best ways to make a man fall in love with you. Find out how you can make yourself irresistible to the opposite sex with the following dating tips!

Dating Advice That Will Make A Man Fall Right Into Your Lap!

1. **Smile.** This tip seems obvious, but it's often forgotten.

The best way to attract a man is through smiling. It shows that you're approachable and enjoy life. Men like women who look happy, so work on your RBF if you can, and invite a man into your life with those pearly whites.

Related Link: [Dating Advice: Find True Love After 40](#)

2. Vulnerability. Men like to help women, it's in their nature. So ask for assistance from time to time instead of doing everything yourself. Showing your vulnerability is endearing and offers a place for a man in your life. You don't have to ask for anything big, it's as simple as asking a man to pick something heavy up for you.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Tension. Don't become clingy. Create some tension by allowing a man to enter "pursue" mode. He needs to miss you and make an effort to see you. If you're too available, it can be a turn off. So make time for other hobbies and don't overshare. Men like a good mystery, it's sexy- so give it to him!

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

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Dating Advice: Find True Love After 40



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for true love after 40. Find out why it's easier to find love later in life and how you can find the man or woman of your dreams with the following dating tips!

Dating Advice That Will Help You Find Love After 40!

1. Know yourself. It all starts with confidence. Women and men over 40 have established their identity. Having that inner knowledge of yourself will help you find long lasting love and a quality partner. These things just come with age, so don't fret if you meet someone later in life.

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2. Know wants. The same way you get to know yourself better later in life, you find out what you need most through experience. People who are age 40 and older just make wiser decisions. Prior relationships also help you figure out how to best deal with others.

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3. Know tech. It's easier than ever for people over 40 to meet and connect. The internet and electronic devices are tools that help bring singles together. Those in this age bracket can take advantage of these mediums to find love. If you're not familiar with tech, you should take time to learn.

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Famous Cooks: Top 5 NYC Food Trucks for 2017





By [Delaney Gilbride](#)

What better way to celebrate the coming of Spring than planning warm, idyllic [date nights](#) at NYC's hottest food trucks? Even if you're planning on visiting the big apple for just the afternoon, food trucks are the best way to see all that New York has to offer in regards to its extensive taste in cuisine. Thanks to [RoamingHunger.com](#), we're here to tell you all about the tastiest food trucks in NYC that foodies are going crazy about. You don't have to hit pricey restaurants like [celebrity couples](#) in order to have a memorable night with great food!

Look no further for the tastiest food and most famous cooks in town! Cupid's here to tell you all about the top five food trucks in New

York City:

1. Waffles & Dinges: Do you and your boo have a thing for dessert? Take our [dating advice](#) and hit Waffles & Dinges ASAP! Open everyday from 8:00 a.m. to 11:00 p.m., you and your significant other can indulge in their delicious desserts for breakfast, lunch, and dinner. The “King of Belgians”, Albert II, opened Waffles & Dinges in 2007 after catching wind that the typical Belgian waffle sold in NYC was soggy and never up to par. In order to put an end to the soggy-waffle pandemic, Albert has been serving up fluffy, decadent liege, brussels, and even hashbrown waffles ever since. The dinges (and/or toppings to the waffles) range from Belgian chocolate fudge, to strawberries, to spekuloos spread. His dishes beat renowned chef Bobby Flay on his show *Throwdown! with Bobby Flay* and were also added to Tina Fey’s list of her favorite things in New York.

2. Korilla BBQ: Check out NYC’s hottest twist on Korean and Mexican cuisine at the ever-popular Korilla BBQ. Featured on The Food Network’s *The Great Food Truck Race*, Korilla BBQ serves up classic Korean recipes within Mexican dishes such as burritos and rice bowls. It’s founder, Edward “3D” Song, has won multiple awards for his contribution to the food truck industry including winning Rookie of the Year at the Vendy Awards in 2011 and 2014’s #1 Food Truck by Village Voice. For your tacos, burritos and rice bowls you have the choice between choice meats and organic veggies including thinly sliced ribeye marinated 24 hours in sweet fruit and savory soy blend, organic tofu braised with a ginger scallion glaze, and so much more.

Related Link: [Famous Restaurants: NYC’s Most Popular Hidden Restaurants](#)

3. Gorilla Cheese NYC: If your perfect [date idea](#) includes indulging in cheesy comfort food, Gorilla Cheese NYC is the

place for you and your boo. Not only does this quirky eatery allow you to dive back into your childhood with their classic grilled cheese, Gorilla Cheese NYC has also revolutionized the classics by bringing home cooking to a whole new level. Every day the owners use natural, local, and imported bread, cheeses, and quality meats. It's all good food all the time. You can either make your own or satisfy your cravings by chowing down on their signature sandwiches such as their mixed vegetable melt with munster cheese, caramelized onions and herb aioli on whole wheat. If grilled cheese isn't your style, don't fret. They also serve tater tots, mac and cheese bites, tomato soup, and even dessert melts!

4. Phil's Steaks: Look no further for a classic Philly cheesesteak in New York! Phil's Steaks has been rated NYC's #1 Authentic Philly Cheesesteak Truck Jawn all thanks to Philly native, Jim Drew. Launched in 2012, Drew has made himself a huge success in the New York area serving up the classic Philly cheese steak with 100% premium loin-tail beef on Amoroso rolls directly from Philly. Drew keeps his dishes simple which is most likely why people from all over New York are flocking to his food truck. Enjoy a 6" or 10" sub just the way you like it with options such as fried onions, sweet peppers, mushrooms, and even cheese wiz.

Related Link: [Top 10 Essential NYC Restaurants for 2017](#)

5. Luke's Lobster: Last, but certainly not least, we have a taste of Maine in NYC with Luke's Lobster. It's well-known that Luke's Lobster serves the freshest, most affordable lobster roll in NYC – there's no beating it! It's founder, Luke Holden, is a Maine native and couldn't imagine his seafood being from anywhere else. Which is why even though his truck is located in New York, every single day fresh lobsters are picked, steamed, and individually wrapped from the shores of Maine to the streets of New York. It's the absolute freshest you can get in the area! Luke's lobster, crab, and shrimp rolls are an absolute must-have at anytime of the year. The

food truck also includes chowder, bisques, soups, and even their famous grilled cheeses. However, the grilled cheese is only offered in the winter so get them while they last!

Are you a New York food truck foodie? Let us know your favorites by commenting below!

Celebrity Couple Jennifer Lopez and Alex Rodriguez Enjoy a Romantic Vacation for Two



By [Whitney Johnson](#)

Only a week ago, news broke that [Jennifer Lopez](#) and Alex Rodriguez were a [celebrity couple](#)...and now, after a romantic getaway to the Bahamas, they're turning into the real deal. As reported by [EOnline.com](#), "Jennifer and Alex are heating up big time," a source shared with E! News exclusively. "They went from zero to 100 really quick." Over the weekend, photographers captured the celebrity couple at the ultra-exclusive Bakers Bay Golf & Ocean Club in the Abaco Islands. On their [celebrity vacation](#), they were spotted relaxing at a private ocean villa, where the pop star took a photo with her new man for Instagram stories. "Jennifer likes the idea of dating a man closer to her age," the source added. "Jennifer is really into Alex but still just going with it and learning about him."

This celebrity couple recently took things to the next level with a romantic getaway. What are three things to consider before vacationing with your partner?

Cupid's Advice:

It's fun to daydream about a getaway with your love (especially if it's as romantic as this celebrity vacation!), but in reality, it's important to make sure that your relationship is stable before you take it on the road. Here are three things to consider before planning a trip with your beau:

- 1. You're over the first date jitters:** Vacationing as a couple is a serious step to take! You'll be together 24/7, so there's very little chance to make sure your lipstick is

perfect and your hair is curled before he wakes up. Make sure you're ready to show your man who you are beneath your perfect facade and warm up with a few overnight sleepovers.

Related Link: [New Celebrity Couple: Jennifer Lopez is Dating Alex 'A-Rod' Rodriguez](#)

2. You can handle a little stress: Let's be honest: Traveling is stressful. Are you ready to see your partner in a cranky mood after a day full of delayed flights, lost luggage, and hot airports? Similar to showing your man who you are beneath a face full of make-up, you'll also see who he is when obstacles get in his way.

Related Link: [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

3. You have similar vacation styles: Before you hop on that flight, talk to your significant other about your upcoming trip. Do you enjoy packing your itinerary full of outdoor activities, leaving little time for relaxing? Or do you tend to use your vacations as a chance to catch up on your reading list? Make sure you have similar expectations about your trip so you *both* have a good time.

What's the most important piece of love advice to consider before vacationing together for the first time? Tell us in the comments below!

Relationship Advice: Is it worth it to try relationship

counseling in the dating phase, or is it a lost cause?



By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

Find out if you and your loved one

could benefit from some counseling with the following relationship advice.

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

Related Link: [Relationship Advice: Post-Engagement Behavior](#)

There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able

to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your problems.

Related Link: [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

Related Link: [Relationship Advice: Understand What You Don't Want](#)

So I'm all for couple counseling to negotiate through some of the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be

able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

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](#).

Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?





By [Whitney Johnson](#)

Back together again? According to [UsMagazine.com](#), *The Bachelorette* alum Josh Murray opened up about his recent date with celebrity ex Amanda Stanton. “There’s a lot of things that we need to talk about, a lot of things that we need to get off our chest and everything like that, but we’re trying to work on things in more of a private manner this time, especially taking into consideration Kins and Char, the girls,” the [reality TV](#) star revealed during a radio show interview. “So we don’t want to rush anything or say anything that’s not going to happen. But we are talking a little bit right now, and we are going to see what happens.” The [celebrity couple](#) got engaged during *Bachelor in Paradise* last summer but confirmed their break-up this past December. As they work to figure out their celebrity relationship, they’re both currently in Murray’s hometown of Atlanta.

This celebrity couple has gone

through some hard times lately. What are some ways to grow from hard times with your partner?

Cupid's Advice:

Every relationship goes through rough patches, but that doesn't mean your love is doomed. If you and your partner, like this celebrity couple, can use the tough times to your advantage and grow from them, you may have a bright future ahead of you. Consider this dating advice:

1. Be patient: Conflicts don't get resolved over night. It's hard to practice patience when you're in a heated argument, but if you find yourself getting worked up, stop and take a few deep breaths. Patience is a quality that will help you get through so much more than a fight with your boyfriend!

Related Link: [Former Celebrity Couple Josh Murray and Amanda Stanton Spark Reconciliation Rumors](#)

2. Don't forget to listen: In long-term relationships, it's easy to forget the importance of your partner's feelings. As you work through your argument, take the time to truly listen to them, and you may just learn something new about them. By doing so, your relationship may become stronger because of the hard times.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

3. Let go of the past: We all have a tendency to hang on to the past and bring it up during heated moments. Instead, once you come to a resolution, agree to leave the past in the past and let go of your conflict. Focusing on your future as a couple will ensure that you find happiness together.

What's your best dating advice for growing as a couple during tough times? Tell us in the comments below!

Dating Advice: The Girl He Won't Bring Home to Mom...



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their best [dating advice](#) on what to do when a man won't take you home to meet his mother. Find out the reasons why men hide women, and learn how you can prevent this situation from happening to you with the following dating tips!

Dating Advice That Will Help You Meet His Mom

1. Easy. If you haven't made a man earn your body, this will get you added to the booty-call list. Women who give up the "goods" easily are less likely to meet mom and other family members. A man takes a woman he genuinely likes and sees a future with back home. Give a man the thrill of a chase if you want him to take you seriously.

Related Link: [Dating Advice: Are You Intimidating Men?](#)

2. Crude. Being yourself is important, but don't get too comfortable right away. Being crude, swearing and general messiness can repel a man and make him not want to introduce you to his mother. Take time to get to know him before you drop F-bombs and risque jokes. You have no control on how these factors will be perceived.

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

3. Aggressive. Men don't like seeing women with bad attitudes or mean personalities. If a man wants to sleep with you, then he'll put up with the unpleasantness, but if he is looking for something serious then he won't tolerate it. Women who are "bitchy" don't get to meet mom, so be careful with this- and just be a nice person.

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](#).

Dating Advice: Are You Intimidating Men?



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their best dating advice on how to attract a man. Learn how you can be intimidating to men and how you can prevent these behaviors in the dating scene. Here are three great ways to improve your love life with the following dating tips!

Dating Advice That Will Help You Be Less Intimidating

1. **Saying "I got this."** Being independent is a good thing, but

waving your self-sufficiency in front of a man's face shows that you don't need them. A man wants to feel needed, like he has a place in your life and can take care of you. Let him pay for a meal, pull out your chair and help you with errands.

Related Link: [Dating Advice: 3 Ways To Be Irresistible To a Man](#)

2. Not having a place. Men like to provide, it's in their nature. Find a way to let a man contribute to your life, whether it be as a breadwinner or confidant. If you show any sign that you don't have a place for a man in your life, any potential partner will lose interest. Show him that you want him as much as you want him to want you.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Don't be demanding. Sure, a man wants to feel wanted and needed, but he also doesn't want to be treated like a slave. Make sure you're not too demanding or asking for help all the time. You want to be high performance, not high maintenance. A man wants to be satisfied, not overwhelmed by upkeep.

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Expectant Parents & Celebrity Couple Amanda Seyfried and

Thomas Sadoski Turn Movie Premiere Into Date Night



By [Delaney Gilbride](#)

In [celebrity news](#), parents-to-be Amanda Seyfried and Thomas Sadoski turned the premiere of their new movie *The Last Word* into an affectionate date night. The engaged [celebrity couple](#) arrived at the red carpet event at ArcLight Hollywood in Los Angeles absolutely glowing! The actors co-star in the movie, Shirley MacLaine, spoke to [EOnline.com](#) about the couple on set claiming she wasn't "sure when [Seyfried] was acting with [Sadoski] and when it was real and that's what [she] enjoyed in the movie. It ended up with a baby." The duo met in 2015 on the set of an off-Broadway production entitled *The Way We Get By* and rekindled their relationship on the set of *The*

Last Word in September; not even two months later the couple announced their engagement and Seyfried was seen sporting a baby bump! When speaking with EOnline.com about their [celebrity baby](#), Sadoski claimed that besides your typical daddy-to-be nerves, he “couldn’t be more excited.”

This celebrity couple isn’t wasting a date night opportunity! What are some ways to turn ordinary activities into dates?

Cupid’s Advice:

It’s hard to plan date nights with you boo when the two of you have busy schedules. What are some ways to incorporate date nights into your everyday regimes? Cupid’s here to help you out with some [dating advice](#):

1. Turn a work-outing into a date night: If your boss makes plans for you and your co-workers to go out after a long day of hard work, there’s no need to be bummed out! Invite your honey along and turn it into your own little outing. This way you’ll make your boss and your boo happy.

Related Link: [Celebrity Couple News: Kristen Stewart & Girlfriend Stella Maxwell Attend Chanel Pre-Oscar Dinner](#)

2. Turn “running errands” into a fun time: Running errands by yourself can be time consuming and tedious. So, why not turn it into something fun you can do with your honey? While out doing errands you can spend some quality time with your partner and discuss your day; you can even go for a bite to eat since you’re already out of the house!

Related Link: [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

3. Double date: Of course we have to make time for our friends as well, so why not incorporate a date night in there? This way you and your friends will be able to spend quality time together while your partners can enjoy the night out as well. It'll make everyone happy!

Do you and your boo find new ways to make date night happen? Comment below and let us know your ideas!

Former Celebrity Couple Josh Murray and Amanda Stanton Spark Reconciliation Rumors





By [Whitney Johnson](#)

After ending their engagement just before the holidays, it looks like [reality TV](#) stars Josh Murray and Amanda Stanton are giving love another chance. According to [ETOnline.com](#), the former [celebrity couple](#), who met last spring while filming *Bachelor in Paradise*, were spotted packing on the PDA in Los Angeles over the weekend. Fueling the reconciliation rumors, this past Wednesday, Murray tweeted, "Crazies stick with crazies #breakovermorepackingtodo." Only time will tell if this celebrity relationship has staying power!

This celebrity couple is giving love another chance! How do you know if you should get back together with an ex?

Cupid's Advice:

It's often tempting to give your ex a second chance. After

all, you feel comfortable together, know each other well, and know that you can make each other happy. If you, like this celebrity couple, are thinking about reconciling with a past love, consider this dating advice:

1. You want the same things: It's not every day that you meet someone who you share passionate feelings, values, and longterm goals with. If you still can picture a life together – one that makes *both* of you happy – even after your break-up, you should sit down and discuss what went wrong and what you can change to make sure things go right this time.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

2. Your ex is making an effort: If he's willing to drive across the country so you two can talk or she's willing to get rid of her cat that you hate, it may be worth reconsidering your relationship. Making each other a priority is the first step to happily ever after.

Related Link: [Celebrity News: Did 'Bachelor' Alum Amanda Stanton Just Call Out Ex Josh Murray on Twitter?](#)

3. You agreed to a break-up too soon: In the heat of the moment, it's easy to say good-bye – and think you really mean it. However, if a few weeks later, you can't stop thinking about each other and feel like a big piece of your life is missing, it's time to consider a reconciliation.

How do you know if you should get back together with an ex? Tell us in the comments below!

Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance



By [Whitney Johnson](#)

And just like that, it's over. [Jennifer Lopez](#) and Drake, who first sparked dating rumors in December when the rapper was spotted at her Las Vegas show (twice!), have called it quits. According to [People.com](#), the celebrity relationship was "never very serious." Prior to their [celebrity break-up](#), the pair collaborated together in the studio and were just "having fun." As a source explained late last year, "They are spending a lot of time together and really enjoying each other, but right now, it's about the music." That's not to say things didn't get serious fast: The former [celebrity couple](#) spent New

Year's Eve together, and the pop star even introduced her rapper beau to her kids, Max and Emme. Reports of a celebrity break-up first appeared earlier this month.

Although we're saddened by another celebrity break-up, it sounds like this celebrity relationship was never very serious. What are some signs that it's time to call it quits with your partner?

Cupid's Advice:

As soon as the fun stopped, this celebrity couple decided to go their separate ways. But for many pairs, knowing it's time to end a relationship isn't that easy. Here are three signs that it's time to call it quits:

1. The annoyances are piling up: It's normal to have a pet peeve or two, but if *everything* your partner does is bothersome to you, you shouldn't ignore your feelings. It's one thing to be annoyed by the way he chews his food; it's another to be bothered by how he's always late, the way he never fixes his hair, the way he throws his dirty clothes on the floor...

Related Link: [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

2. Your lives don't mesh: You're always busy with work and your girlfriends. He never wants to spend his free time with you. You can't compromise about what movie to see or what to cook for dinner. You should *want* to be together. If life keeps

getting in the way of that, it's a clear sign that your relationship is over.

Related Link: [New Celebrity Couple Jennifer Lopez & Drake Enjoy Another Date Night Together](#)

3. You can't see a future together: You want your relationship to have staying power. If you start to feel like you're only living in the now and have no chance at a future life together, it's time to say good-bye. Don't waste your time with the wrong guy; instead, go searching for Mr. Right!

How do you know when your romance is over? Share your best love advice in the comments below!

Dating Advice: 3 Ways To Be Irresistible To a Man





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their best [dating advice](#) on how to attract a man. Learn how you can become irresistible to a man and great ways to improve your love life with the following dating tips!

Dating Advice That Will Make You Desirable!

1. Be happy. Learn how to smile! Nobody wants to be around a "Debbie Downer." Don't let sadness get in the way of your dating life. Men like happy women, they want to be a part of positive energy and make a woman happier. At least a man that desires a healthy relationship will want to do these things.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

2. Be confident. Men love seeing an independent and confident woman. You don't need to be a damsel in distress all the time, it's not really sexy and can actually be scary- which will ultimately repel a man. The women that have a good head on

their shoulders are the ones who attract quality men.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Be present. Stay “in the moment” when you’re on a date. Don’t daydream about a future that doesn’t exist. Be attentive and engaging. Also try to avoid thinking of the past, it’s a sure way to sabotage a good moment. It’s also a good idea to put your cell phone away. Being present automatically makes you irresistible to a man.

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Dating Advice: Manifesting the Right Man?





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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their best [dating advice](#) for those trying to find love. Learn how you can improve your relationships by "manifesting a man" with the following dating tips!

Dating Advice That Will Help You Find A Man!

1. Find clarity. You need to address what you want and why. By evaluating your needs and wants, you'll be able to narrow down your list of potential partners. You don't want to waste time or send mixed messages while you're dating. A great way to clarify your desires is by cultivating those traits in yourself, which will in turn attract and manifest in a man.

Related Link: [Dating Advice: How to Avoid Holiday Weight Gain!](#)

2. Thoughts, words and deeds (a creation trilogy). The best

way to find a quality man is by having a positive attitude. You need to be consistent in your thinking, wording and actions. If you have doubt or tell your friends that there's "no good men out there" while you're dating, that is just setting yourself up for disaster. By making sure everything you do is in alignment, you'll attract a great man.

Related Link: [Dating Advice: How to Become Irresistible to a Man](#)

3. Commit. Don't give up if things aren't going according to plan. Love doesn't happen overnight. You need to put in the time and effort to find someone, especially if you're trying your hand at online dating. Checking out of the process simply because you're upset is a terrible thing to do. Give yourself a year at least to improve your dating skills. You need to evolve in order to find a man worthy of manifesting.

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Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice



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

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here’s some [relationship advice](#) that

can help you achieve your own breakover.

Relationship Advice That Will Encourage You To Turn Breakups Into Breakovers!

Be Fit Like Khloe: [Khloe Kardashian's](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

“Fitness is not about being better than someone else... It's about being better than you used to be. I'm not where I want to be, and who knows if i ever will be.” – Khloe Kardashian

Related Link: [Relationship Advice: What Your Type Says About](#)

You

Be Fab Like Kourtney: Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you're handling the split. It is important to critique your style so that, although you're an emotional mess on the inside, you project a classy lady who hasn't lost her grace and dignity. Just like Kourtney, don't be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You'll be amazed at the level of confidence of few inches adds. Transform your normal makeup routine with sparks of glamour. Don't be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

Khloe – “Who calls you Queen?”

Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”

Related Link: [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

Be Fallen Over in Love Like Kim: Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim](#)

[Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be "the one." The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

"I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can."
— Kim Kardashian

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

Celebrity News: Does Kate Hudson Use Dating Apps?



By [Delaney Gilbride](#)

In [celebrity news](#), is it true that [Kate Hudson](#) uses dating apps? According to [UsMagazine.com](#), the 37 year-old actress opened up about her dating life during a recent [celebrity interview](#) with Ellen DeGeneres Friday, February 17th. Hudson explained that “there’s a lot of [...] celebrity types on these dating apps, which kind of makes you go, ‘Oh, maybe.’” However, don’t go looking for the actress on Tinder or Bumble just yet, as the star concluded her thought saying she “[couldn’t] imagine” using dating apps. Hudson then went on to

explain that she likes to meet guys “the old-school” way, like going up to people and introducing yourself at social venues like Starbucks.

This celebrity news had us wondering for a minute. What are some positive parts to using dating apps?

Cupid's Advice:

Although it looks like some of Hollywood's [celebrity dating](#) comes out of dating apps, it doesn't look like we'll see celebrities like Kate Hudson on there anytime soon. But, what are some good things that come from these dating apps? Cupid's here to shine some light on the latest [dating advice](#):

1. It's easy to meet people: Meeting people in the real world can be difficult sometimes, but meeting people on apps such as Tinder is easy! Once you create a profile, it will link you to tons of people in your area. All you have to do is look for people you might be interested in.

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2. You know them before you even meet them: When making a profile for your dating app, you add a description of yourself for possible suitors to read through. When looking through people you could possibly date, it's good to know what you might be getting into. This way, you'll have more to talk about during your first date!

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3. You have loads of options: When you're trying to meet people the "old-school" way, it may be hard to find a variety of people. If you're feeling like you keep meeting the same type of guy, dating apps are perfect for you! This way, you'll see a ton of different people that you'll be able to pick and choose from.

Are you using a dating app to meet new people? Comment below with reasons why dating apps work out in your benefit!

Celebrity News: Justin Bieber Was Sad and Single on Valentine's Day





By [Delaney Gilbride](#)

In [latest celebrity news](#), it looks like [Justin Bieber](#) needed some company on Valentine's Day. According to [UsMagazine.com](#), the 22-year old singer/songwriter posted a pair of videos on Instagram admitting that he did not have someone special to share the day with claiming, "All I ever wanted was a Valentine. Now I don't even have a Valentine." This recently blue-Bieber's Valentine's Day confession comes after the news that his ex-girlfriend [Selena Gomez](#), 24, is now dating The Weeknd, 26. This new [celebrity couple](#) had Bieber's emotions running wild during an Instagram Live Video as he confessed to fans that his favorite song at the moment was "Starboy by The Weeknd." This was followed by a burst of laughter just so all of his Beliebers knew he was joking; he and Gomez were dating on and off again from 2011 to 2014.

This [celebrity news](#) has a lot of Beliebers running to the rescue.

What are some ways to put yourself out there when you are single?

Cupid's Advice:

Even famous celebrities like Justin Bieber get into a dating rut every once in a while. It has us wondering, what are some ways to get yourself out of it? Cupid's here with some [dating advice](#):

1. Be confident: There is *nothing* sexier than being confident. There's something about being confident that makes people gravitate towards you. When you're confident you're never trying to be something that you're not, and people truly admire that quality.

Related Link: [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

2. Go out for a night on the town: If Netflix has been your boyfriend every Friday night for a while now, it's time to take a break. In order to "put yourself out there" you actually have to get your butt off the couch and *go out*! Put on some red lip stick, link up with your girls, and show the guys at the bar what they've been missing out on.

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

3. Don't be idle: If you keep waiting for "Mr. Right" to show up at your doorstep, chances are it might not work out that way. Don't be afraid to go up to people and introduce yourself rather than wait for others to do that for you. Taking the initiative is extremely attractive, and it will go a long way!

Are you sick of being single? Comment below with some ways to get yourself out there!