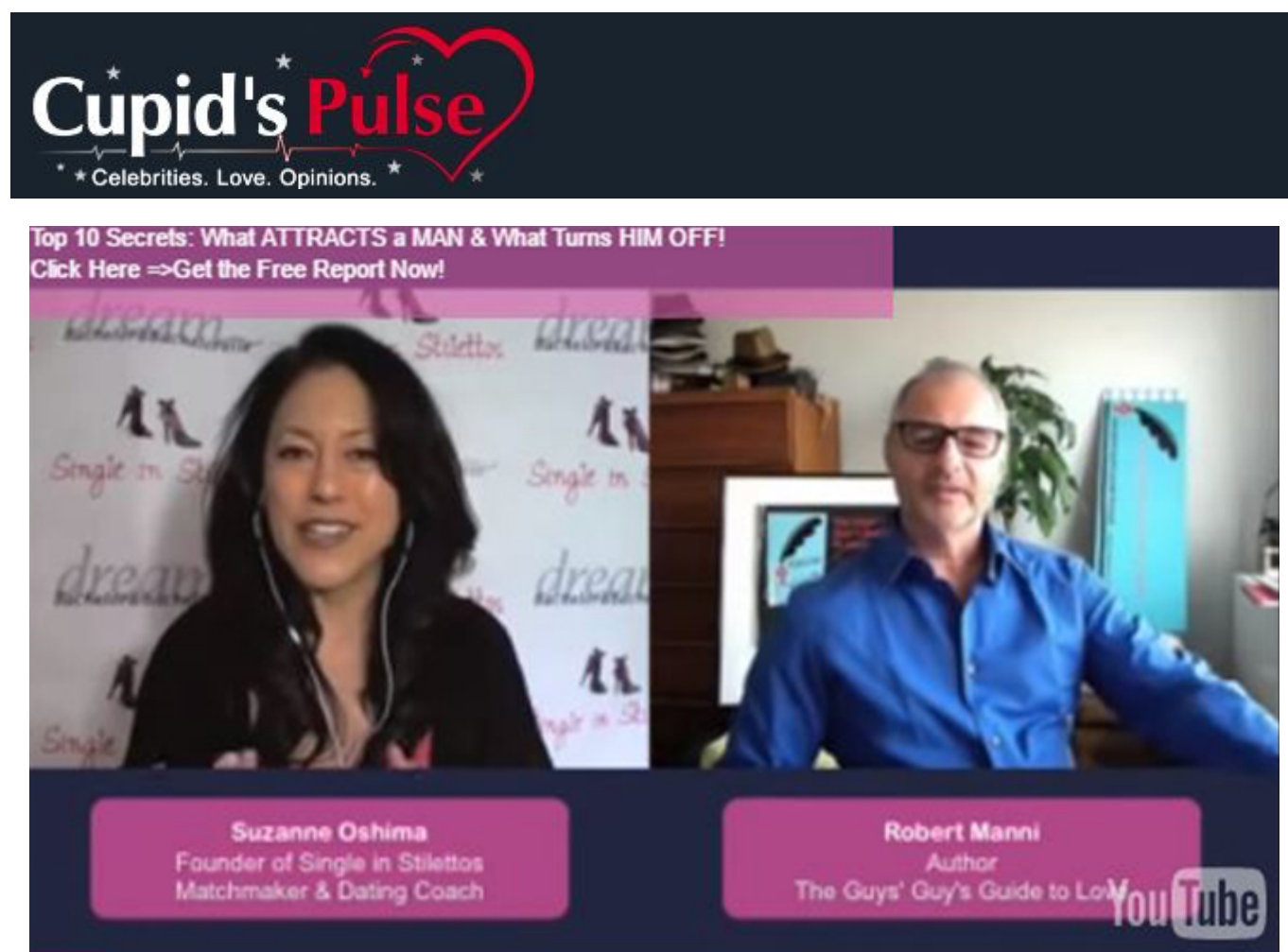


Expert Dating Advice On How To Handle Dating A Player



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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





By [Brooke Crawford](#)

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

An Exotic Weekend Date Idea

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

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

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

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

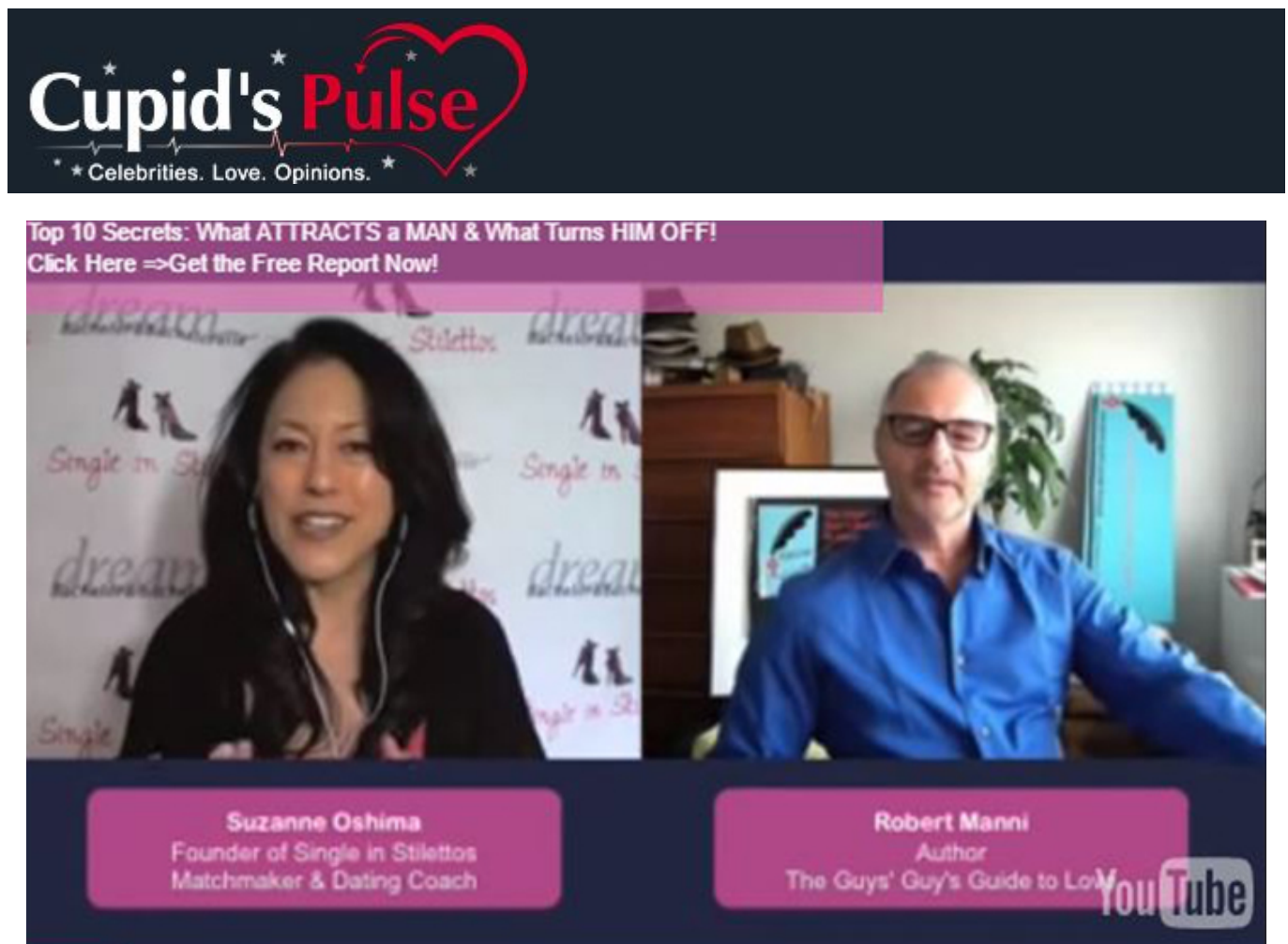
Related Link: [Anne Hathaway and Adam Shulman Adopt Adorable Puppy](#)

Dating Advice from a Favorite Celebrity Couple

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

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

Enjoy the Outdoors With This Challenging Date Idea!



By [Brooke Crawford](#)

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

Follow This Dating Advice All the Way to Acadia National Park

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

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

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

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

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

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

[a Road Trip](#)

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

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

Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"





By [Rebecca White](#)

From the small screen to the big screen, actor Blake Cooper Griffin has garnered success through diverse roles in shows like *90210* and *JESSIE* and Hollywood films including *Ride* and *Life of a King*. His new film *Love Is All You Need* challenges societal norms and showcases a world where homosexuality is accepted and heterosexuality is bullied. In our exclusive [celebrity interview](#), the energetic and charming actor talks about his new film, the #OscarsSoWhite controversy, and his best relationship advice.

Blake Cooper Griffin Opens Up About New Movie

The modern day *Romeo and Juliet*, *Love Is All You Need* is a tale of star-crossed lovers, Ryan and Jude, who fall in love in a world where being gay is the norm and being straight, like they are, is looked down upon. Although Griffin plays the antagonist and is not the most likable character, he says the script was innovative and featured a fascinating concept that

he had never seen before. "When you take the universal story of falling in love, on top of the flipping of the worlds, and combine all of the talented people I worked with, it turns into a dynamite movie," he says.

The film is inspired by true events, and each person involved with the movie had a mission to tell a story that would change people's lives. In order to prepare for a dynamic and complex role like Bill Bradley, Griffin did a lot of research including reading articles and watching videos. "I didn't want to play a stereotype or archetype of a bully," he explains. "I wanted to play it truthfully and figure out why somebody would have these hateful feelings for another person."

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

But it wasn't entirely imagination that helped the actor prepare for his role. "I certainly, like most people, have had situations in my life where I was excluded," he shares. As a child, his family moved around a lot, and he was often "the new kid" in school. "I knew what it was like to be cast out and not have someone to sit with at lunch," he reveals in our celebrity interview. So when he saw someone being bullied, he would always try to stick up for the other kids. "I would encourage people to do the same because instances of bullying goes down when people say something," he adds.

Although he plays the bad guy, Griffin says that he does share similarities with his character. "He's very passionate; he's a perfectionist; and he has a lot of energy," the star says. "Unfortunately, Bill is putting all of his energy behind something I wouldn't, but I connected with him on those levels, which is important." The actor says he never judges where a character is coming from; instead, he focuses on finding the truth. The antagonist of a film is usually coming from a complex place because there is some conflict within that is leading them to take another route. "It is essential

for the story that the character be played truthfully so people can learn from it," he says. "We have to ask ourselves why Bill Bradley is taking the action he's taking. He is told by some extreme forces in the world about intolerance and hate, and those forces exist in our world too."

Love Is All You Need shows people how to resist that negativity and recognize that everyone wants to live their life being who they are without persecution. "If love is your guide, you can't go wrong," he says. "When we divide each other, that's when we fail. But when we come together, that's when we do great things."

While the movie tackles some serious societal issues, that doesn't mean the cast and crew didn't have a blast making the film. Griffin and co-star Emily Osment had Pop Tart eating competitions, while he and Briana Evigan would play basketball during the night shoots. "I'm closer to this cast than I have been with any other cast I've worked with," Griffin says. "We all became a family."

Celebrity Interview: Young Actor Discusses #OscarsSoWhite and Diversity in Film

Love Is All You Need directly addresses current controversies of discrimination and diversity. Recently, Hollywood has been under scrutiny since #OscarsSoWhite started trending. In 2016, only white actors and actresses were among the chosen few in the top four categories, for the second year in a row. Griffin believes that Hollywood directors need to seek out a diverse cast in their films. "We're telling stories about the world, and the world is diverse, so the stories we tell should be just as diverse," he says.

Related Link: [Celebrity Couple News: Gwen Stefani Wears Sheer](#)

[Dress with Blake Shelton at Oscars After-Party](#)

This message of diversity and the apparent discrimination is showcased in the new film as well. “No matter the difference, we’re all human beings, and we’re all a part of the same human story,” the actor shares. “We can all connect on that. There’s no need to say us versus them.”

Whether it be sexuality, race, or even religion, the film promotes tolerance, love, and respect. “Extremism in any form can be harmful,” Griffin says. “The movie calls out the misuse of religion to divide people.” It’s also important to note that the film displays characters finding refuge in their faith, which leaves the audience to ask themselves which is more appropriate and which is the more loving way to approach faith.

***Love Is All You Need* Star Shares Relationship Advice**

Of course, the main theme of the new film is love, and the star says there’s something to be learned from watching fictional characters on-screen. “The message of any love story you watch is that we all want love,” he says. “People need to take that seriously and not be reckless with other people’s hearts. Everyone has a desire to be loved, and we should treat that with respect.” In particular, with *Love Is All You Need*, viewers witness a couple deal with the heartache of not being accepted by their parents and peers. If this happens to you, Griffin’s love advice is to have courage. “You deserve to love whomever you choose, and if anyone tells you differently, that comes from their own fear and their own problems,” he says.

Related Link: [Celebrity Interview: ‘Flesh and Bone’ star Karell Williams Talks Relationship Advice Saying, “Be True, Be Real, Be Vulnerable”](#)

In his personal life, the famous actor avoids relationship problems by seeking out someone who is loyal, has a sense of humor, and is trustworthy. "I have a rule for myself," Griffin says. "I try to control what I can and let the rest go." Although love isn't easy, at the end of our lives, we will remember those we love over anything else. "I would encourage people to hold that idea in mind and know that the experience of loving another person is one of the greatest experiences one can have."

Now that *Love Is All You Need* continues to be released in select film festivals and theatres, the busy actor is finishing up his next project, romantic comedy *Before You Say I Do*. You can also catch him on an upcoming episode of *House of Lies* on Showtime.

For more information about [Blake Cooper Griffin](#) or [Love Is All You Need](#), check out [Twitter](#).

Date Ideas: Be Thankful (And Chefs) Together





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

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

Check out these Thanksgiving date ideas!

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

Related Link: [Former Celebrity Couple Gwyneth Paltrow and](#)

[Chris Martin Spend Thanksgiving Together](#)

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

Don't do all the work yourself. At the very least, take him in as the turkey carver.

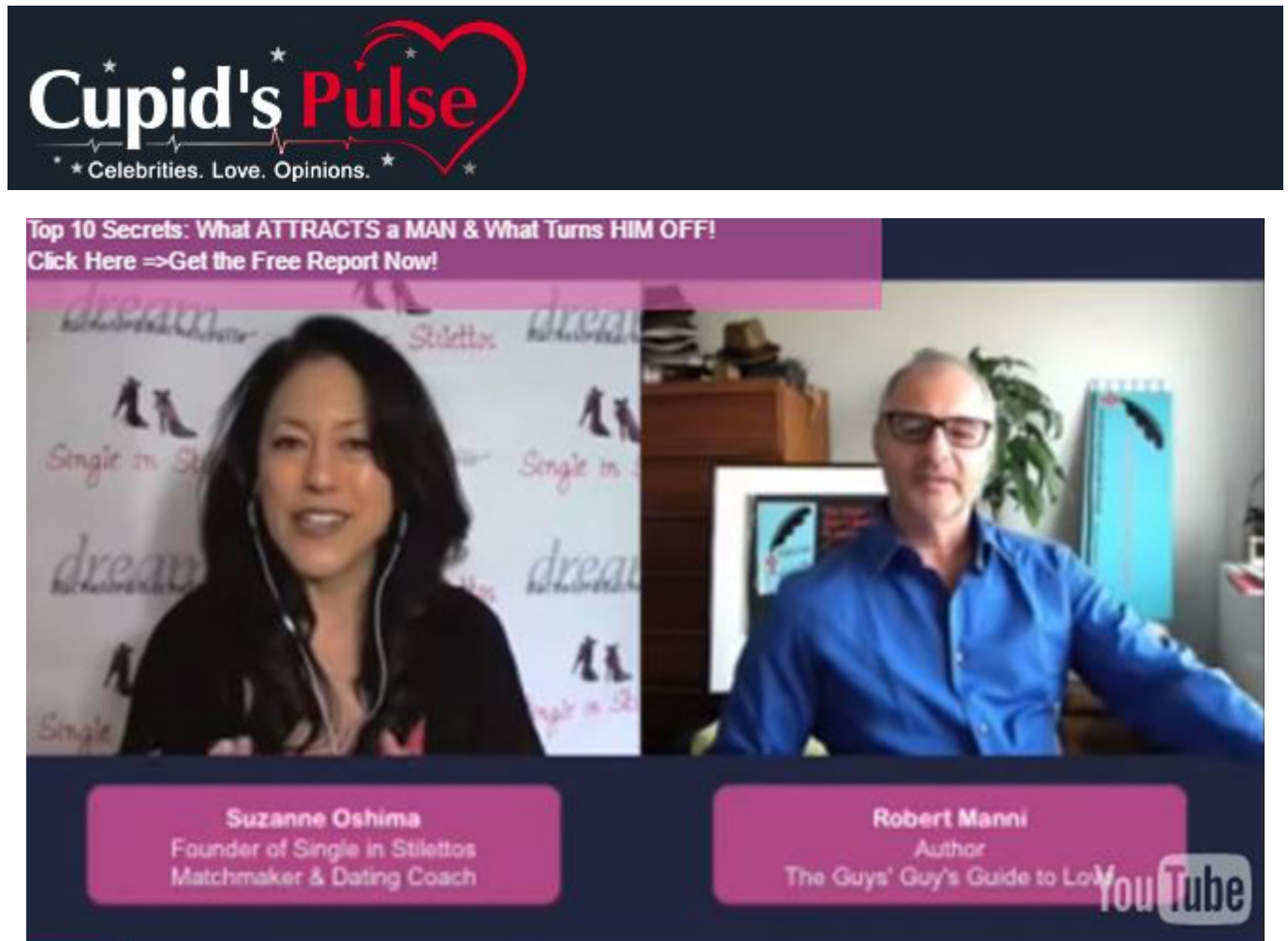
Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces. Or, you can choose to see what your favorite [celebrity couples](#) made for Turkey Day last year! Get inspired!

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

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-american pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

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

Dating Advice: What To Do When Your Relationship Gets Real



By Tracy McMillan

It says something about how intoxicating brand new love can be that while you're in it, you truly don't believe it's ever going to end. The butterflies, the long talks, the gazing into each other's eyes, and even (admit it) the sexting. There's nothing better! But sooner or later it happens – you get into an argument, you stop automatically clicking over when he calls, you choose drinks with your girls over dinner with your man. Your relationship is shifting gears. So what are some dating tips on how to make the transition from *Dangerously In Love* to *Irreplaceable*?

Check out this relationship expert's best [dating and relationship advice](#) on what to do when your relationship gets “real”:

1. Don't Freak Out. The first thing you need to know is: THIS IS NORMAL. It's easy to think that the first time you're not dying to jump into bed (or worse, he isn't) that the relationship is over. It's not.

2. Separation Is Necessary. Relationships follow a path that is sort of like child development. First, there's infancy, where forming a bond means you're all about 24/7 togetherness. But after infancy comes toddlerhood, where you learn that you and your partner are actually separate people. And learning to be separate is just as important as learning to be together.

Related Link: [Why Time Away Is Important in a Relationship](#)

3. Take Leaving Off The Table. There comes a point in every relationship where you have to decide if you're in or out. Contrary to romantic comedies, this isn't a magical turning point on a moonlit night. It's a decision you make to commit to a partner (who is totally imperfect, btw) because you've decided that a long-term or lifetime partnership is what you want for your life. Then you carry out that commitment day by day.

4. Go To Couples' Therapy. Every relationship has issues – every single one! It's part of the purpose of a relationship to heal old unresolved stuff from childhood. This is why, in my opinion, going to therapy should be like going to the gym. It's something you do once a week not because there's something wrong, but because you want to build on what's right. And that is all about skillfully handling the emotional

challenges that are part of being close to another human being.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

5. Love yourself more. Your negative qualities are unlikely to show up in the beginning stages of the relationship. But once things cool down, it's like the tide going out – you're suddenly going to see all the less-awesome aspects of the real you (and the real him, too). Loving yourself is all about being kind, compassionate, and patient – *with you* – even when you blow it at work and nothing fits but your fat jeans. Learning to love you no matter what is the single most important thing you can do for your partner. Because in the end, the only relationship you'll ever have with another person is the one you're already having with yourself.

Tracy McMillan is an author of the book [Multiple Listings](#), which addresses conflicts in both family and romantic relationships. Connect with Tracy on Twitter at [@TracyMcMillan](#) and on her [website](#).

Celebrity Couple News: Taylor Swift & Calvin Harris Enjoy Steak-Filled Date





By [Brooke Crawford](#)

Julia Roberts and Richard Gere are not the only [celebrity couple](#) to frequent CUT, the Wolfgang Puck restaurant located in the Beverly Wilshire hotel. [Taylor Swift](#) and Calvin Harris spent an evening out at the notorious hotel where the romantic '80s classic film *Pretty Woman* was filmed, according to [UsMagazine.com](#). The Hollywood couple, who have been in a [celebrity relationship](#) for a year now, was spotted on a date night ordering steaks and enjoying a night on the town for the first time since the Grammy's after party.

This celebrity couple happens to enjoy life in the form of food. What do you do if you are not a fan of your partner's favorite dish?

Cupid's Advice:

You can't always share your partner's likes and dislikes.

Sometimes you can't help, but despise your partner's favorite food. But, what do you do? Cupid has some tips:

1. Find an alternative: Plenty of restaurants offer a variety of dishes to appeal to the masses. Check the menu of the restaurant before attending to look for options that appeal to your palate.

Related Link: [Celebrity Couple News: Taylor Swift Takes Calvin Harris to Grammys Afterparty](#)

2. Try something new: As a couple, it is great when you can compromise and find something that each other can enjoy. Not only does it help to build a stronger relationship, but it also opens you up to new dishes.

Related Link: [Celebrity Couple Taylor Swift and Calvin Harris Plan Trip Abroad to Meet His Parents](#)

3. Cook a meal together: Finding favorable options on a menu can be difficult sometime. Pick up your favorite bottle of wine, the ingredients for a meal, and that Redbox you both have been dying to watch to kick off a night full of bonding.

What are some other actions you can take if you aren't a fan of your partner's favorite dish? Share your thoughts below.

Relationship Advice: Author Dave Kerpen Talks 11 People Skills and Dating Tips



Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
Click Here =>Get the Free Report Now!



[By Mary DeMaio](#)

Being able to build strong relationships and treat people with respect will establish understanding and trust, some of the most substantial components in any relationship. The way we communicate and the connections we develop, set the foundation for creating more meaningful relationships. Dave Kerpen's new self-help book offers 53 simple tips to help master the 11 people skills that will get you more of what you wish for at work, at home, and in life. His book, *The Art of People: 11 Simple People Skills That Will Get You Everything You Want* discusses what it takes to win success and influence in today's competitive world. In this exclusive author interview, Kerpen shares his best [relationship advice](#) revealing some dating tips to improve your romantic life.

Author Opens Up on Best Relationship Advice to Incorporate People Skills

To start, we are so excited for your book to come out! Can you give us some background on what inspired you to write this book?

The inspiration for *The Art of People* was, well, people. All of the amazing people I have been fortunate enough to meet along the way have had a huge impact on me – most of all, my wife Carrie. In fact, my mother-in-law called the book “a giant love letter.” Plus, as I wrote and talked about my first 2 books, *Likeable Social Media* and *Likeable Business*, I realized that the people skills I was writing about didn’t just apply to social media or business- they applied to all relationships, in and out of work.

Related Link: [5 Top People Tools for Relationships and Love](#)

If romantic relationships are based on trust and sincerity, how can you apply the 11 people skills you discuss to your romantic life?

There are countless ways to apply the 11 people skills and 53 strategies I wrote about to your romantic life. It’s about sincerely listening and seeking to understand, mirroring and validating your partner, following the conflict resolution process I discuss when things go wrong, and remaining authentic and grateful.

Which skills do you feel can be applied to both a romantic and professional relationship? How are they used in the same way?

All of the skills presented can be applied to any kind of relationship. If you have any relationship problems, a few that stand out as being particularly applicable to both

professional and romantic relationships are understanding others, reading others, and being able to resolve conflict. Being able to effectively understand and read others on a deep level is crucial whether you share a house with someone or just a meeting room.

Our visitors are always looking for advice on how to make the most of their personal lives, what people skills do you feel are most important in a romantic relationship?

My relationship advice is to listen, listen, and then listen some more. Try to get out of your own perspective for a little while and try to truly listen and understand your significant other. The key to a successful relationship is the platinum rule: Instead of doing unto others as you'd like done to yourself, understand your partner well enough to do unto him as you know he would like done!

Related Link: [How to Campaign for a Better Relationship](#)

How can these 11 people skills sustain a relationship over a long period of time?

The best way to answer this question is to look at a relationship as an extended series of small day-to-day interactions. If you don't make a conscious effort to improve your people skills today, you likely won't notice any immediate difference. However, making numerous small improvements now will have a big impact on your relationship down the road. And when it doubt, remember the basics: listening, understanding, and gratitude. One more, that my wife has taught me well: It's better to be happy than right.

What is the most important message readers should walk away with after reading this book?

I want readers to know that people skills are something that can be learned! I truly believe that it's possible to create more meaningful relationships in life by trying to better

understand yourself and the people around you, listen better, help them get what they want, and guide them to help you get what you want.

The Art of People: 11 Simple People Skills That Will Get You Everything You Want can be ordered now on [Amazon](https://www.amazon.com). For more Dave Kerpen visit <http://davekerpen.ceo/> and <http://www.likeablelocal.com/>.

Dating Advice: Get Inspired by Childhood Fun

The image shows a YouTube video player interface. At the top, the channel name 'Cupid's Pulse' is displayed in a stylized font with a red heart outline, and the tagline 'Celebrities. Love. Opinions.' is below it. The video title is 'Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!' with a call to action 'Click Here =>Get the Free Report Now!'. The video features two hosts: Suzanne Oshima, Founder of Single in Stilettos Matchmaker & Dating Coach, and Robert Manni, Author of 'The Guys' Guy's Guide to Love'. The video player includes a YouTube logo in the bottom right corner.

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

Top 10 Secrets: What ATTRACTS a MAN & What Turns HIM OFF!
Click Here =>Get the Free Report Now!

Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach

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

YouTube

By [Brooke Crawford](#)

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

Follow This Dating Advice and Visit Historical Coney Island

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

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

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

grow closer while working to win.

Take This Date Idea to the Happiest Place on Earth

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

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

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

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

Relationship Advice: Is Long Distance Worth It?





By [David Wygant](#)

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

Relationship Expert Gives Relationship Advice On Long Distance

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with

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

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

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

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

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

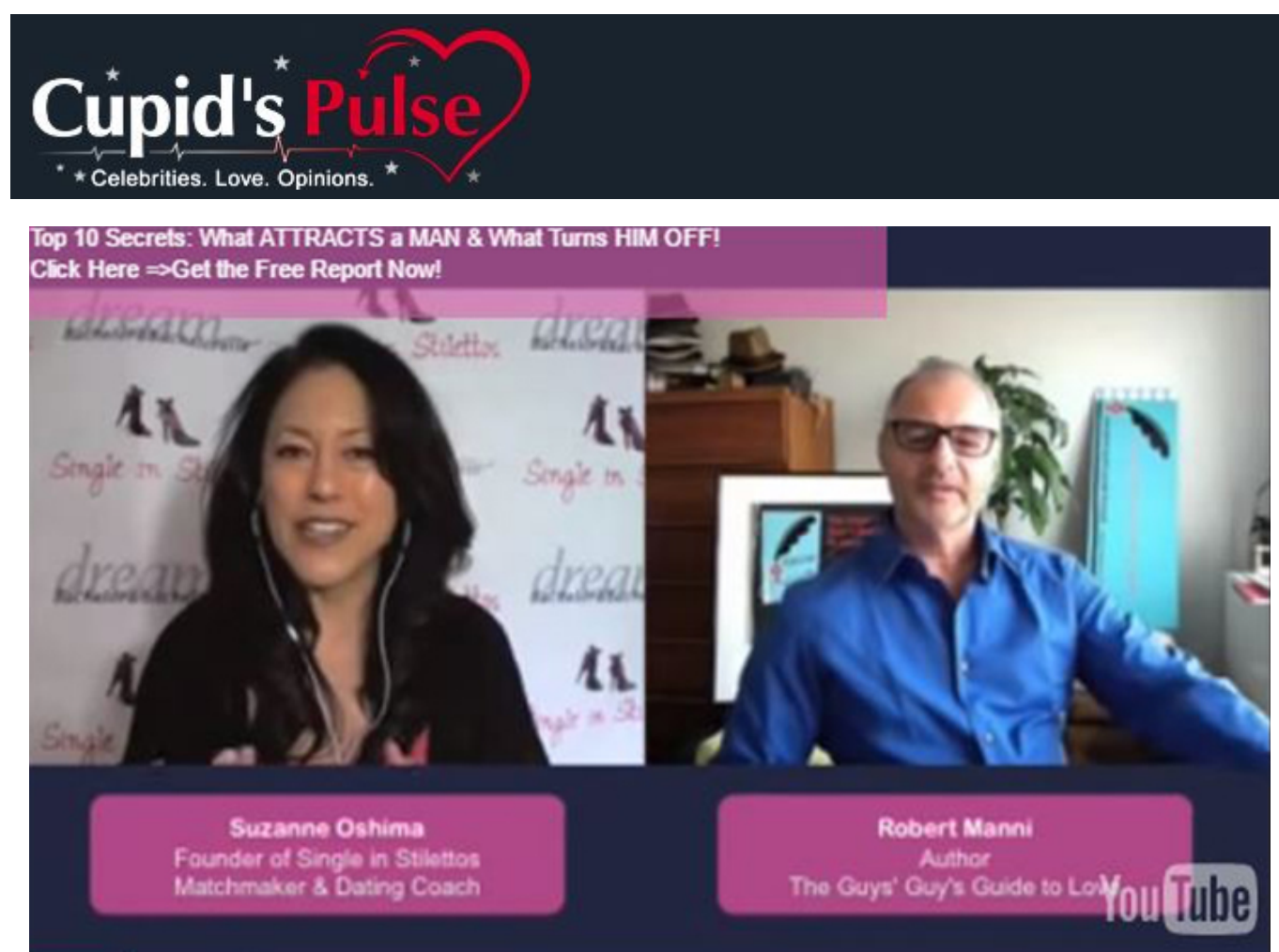
Related Link: [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

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

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

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

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



On this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

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

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

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

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

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

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

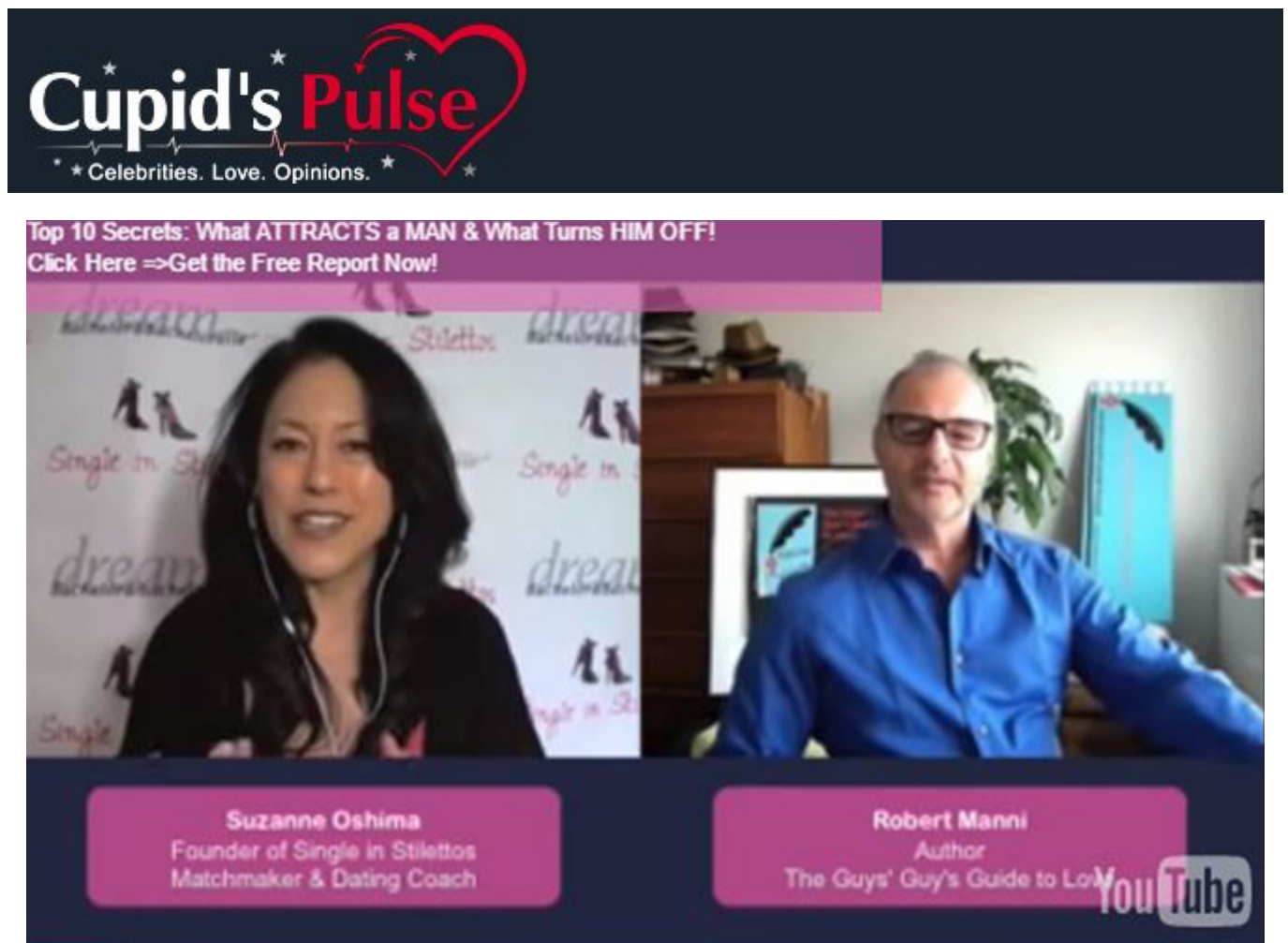
3. You haven't met his family or friends: Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

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

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

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

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



By [Michelle Foti](#)

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

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

A great way to start online dating is by trying out a few sites and seeing which you like best. Luckily, reputable sites like these that also offer free trials can be easily found [at DatingAdvice.com](#). By signing up for these free trials, you can usually peruse others images, profile text, and sometimes even contact them. Either way, you will be able to choose a site that you are most comfortable with and that matches your dating goals.

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

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

2. Take a second and think about it: Think about whether or

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

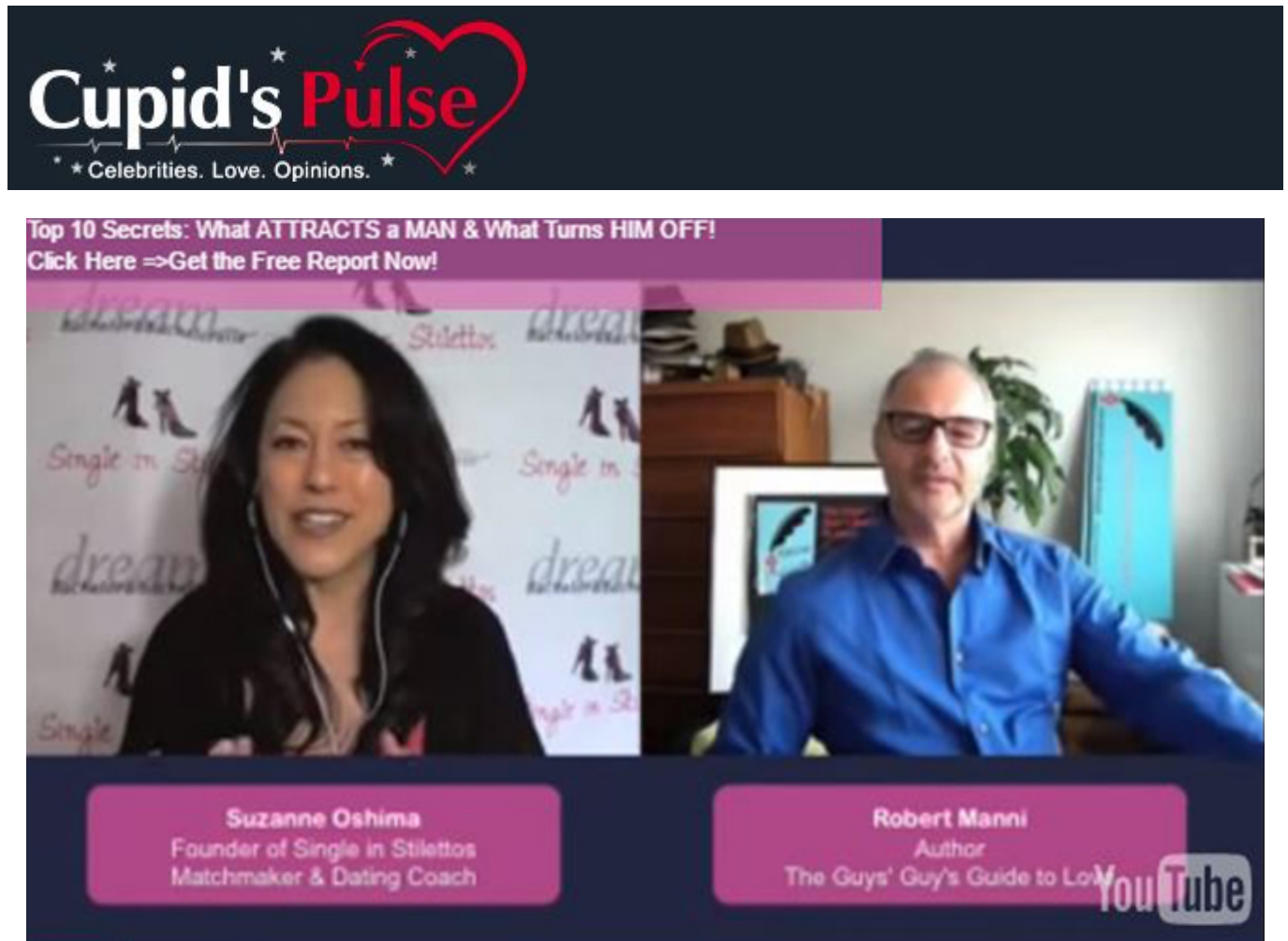
3. Check him out without him knowing: If he catches you checking him out in person, he may take this as an invitation to approach you. But when you search for love online, you can decide first whether or not he's your type for reasons that stem beyond his perfect hair and rock-solid chest.

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

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

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

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



By [Joshua Pompey](#)

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

Dating Advice On Transitioning From Online To First Date

1. Texting should not be limited to making plans. The dangerous part about online dating is that other women will still be coming after your man while you are trying to win him over. It's your job to make him forget about his other options and focus completely on you. My dating advice is to avoid making small talk and don't act disengaged with your conversations. Texting is your opportunity to cement a man's attraction to you with fun, playful, and light-hearted conversations, so that by the time the first date rolls around, he will feel as if he has known you forever.

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

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

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

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into](#)

You...or Not

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

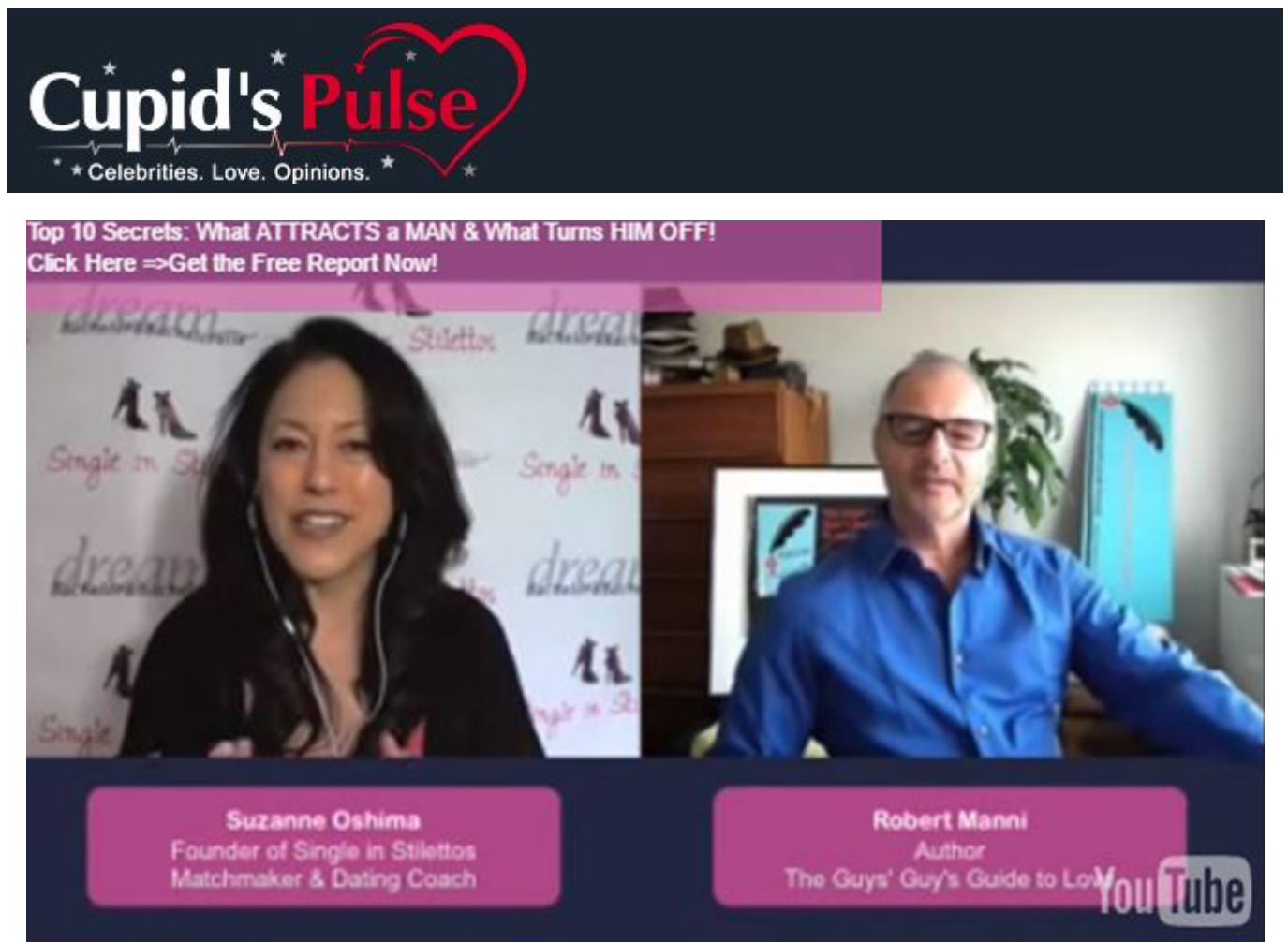
Related Link: [Dating Advice Q&A: Is it Appropriate to Play Hard to Get Via Texting?](#)

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

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

**Relationship Advice: Author
Kira Asatryan Talks**

Loneliness and Relationship Problems



Interview by [Emma Malefakis](#). Written by [Mary DeMaio](#)

Everyone experiences loneliness at some point in their life. Loneliness isn't just something that happens when we are physically separated, but can also arise in the presence of others when we fail to build strong connections. The new self-help book by certified relationship coach Kira Asatryan, gives readers [relationship advice](#) on how to create closeness to fulfill human interaction. Her book, *Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships* suggests many helpful approaches for satisfying long-term relationships, as well as casual companionship's through knowing and caring for others. In this exclusive author interview, Asatryan talks about how closeness is

established on a deeper level to understand people from their own perspective.

Author Opens Up On Best Relationship Advice When Feeling Lonely

To start, we love the premise of *Stop Being Lonely*. Can you give us some background on what inspired you to write this book?

I have been interested in the topic of loneliness for years because I have experienced a lot of it myself over the course of my life. I found it really frustrating and confusing mainly because I have always had relationships with people and always had people in my life, so I didn't quite understand why that wasn't enough to make me not feel lonely all the time. That is why I wanted to explore the distinction between having people in your life and having a certain quality in one's relationship.

Related Link: [Kate Gosselin Reveals She's Lonely on Dr. Drew](#)

What do you feel the primary cause of loneliness is in our culture?

There are a number of things that have made it so that people are becoming lonelier. The trends say that the amount of people feeling lonely is increasing. It is up 30 percent over the last couple of years. One thing that is sort of crazy to me is that we have more and more access to each other than we ever had before through technology specifically. It is an interesting counter-intuitive thing that we have more access to people and yet loneliness is increasing.

How would you say online dating impacts loneliness in a

relationship? Can you explain if it sets a precedent for communicating only via email/text?

Online dating is starting to be studied in depth both how people use it and how it is affecting people. At this point, the results are that online dating is just really complicated. Both men and women are struggling with how to interact with each other over these mediums. I think you are right, it does set a precedent of leading these relationships through text, email and messaging. One thing we do know is that you cannot get very close to somebody unless you interact with them in person.

Related Link: [Relationship Author Daisy Buchanan Shares Her Dating Advice For 'Meeting Your Match' Online](#)

You mention that the cure to loneliness is closeness. Can you explain how closeness would cure loneliness in a romantic relationship?

In the social science world, people tend to typically say intimacy when they are talking about romantic relationships. To me, intimacy encompasses what I define as closeness and also the sexual component. I talk mostly about the closeness component because it applies to more relationships than just your sexual relationship. Closeness, as I define it, is direct access to another person's inner world. I say that it is the antidote to loneliness because the kind of loneliness that we are experiencing these days is not really a lack of people, it is a lack of feeling like we can really understand each other and that we are really valued by the people in our lives. So closeness kind of minimizes that internal distance that we are feeling, which creates the feeling of loneliness.

What advice would you give to a couple who has relationship problems and is struggling with loneliness?

Loneliness in romantic couples is challenging because if you are already in a committed relationship, say a marriage, you

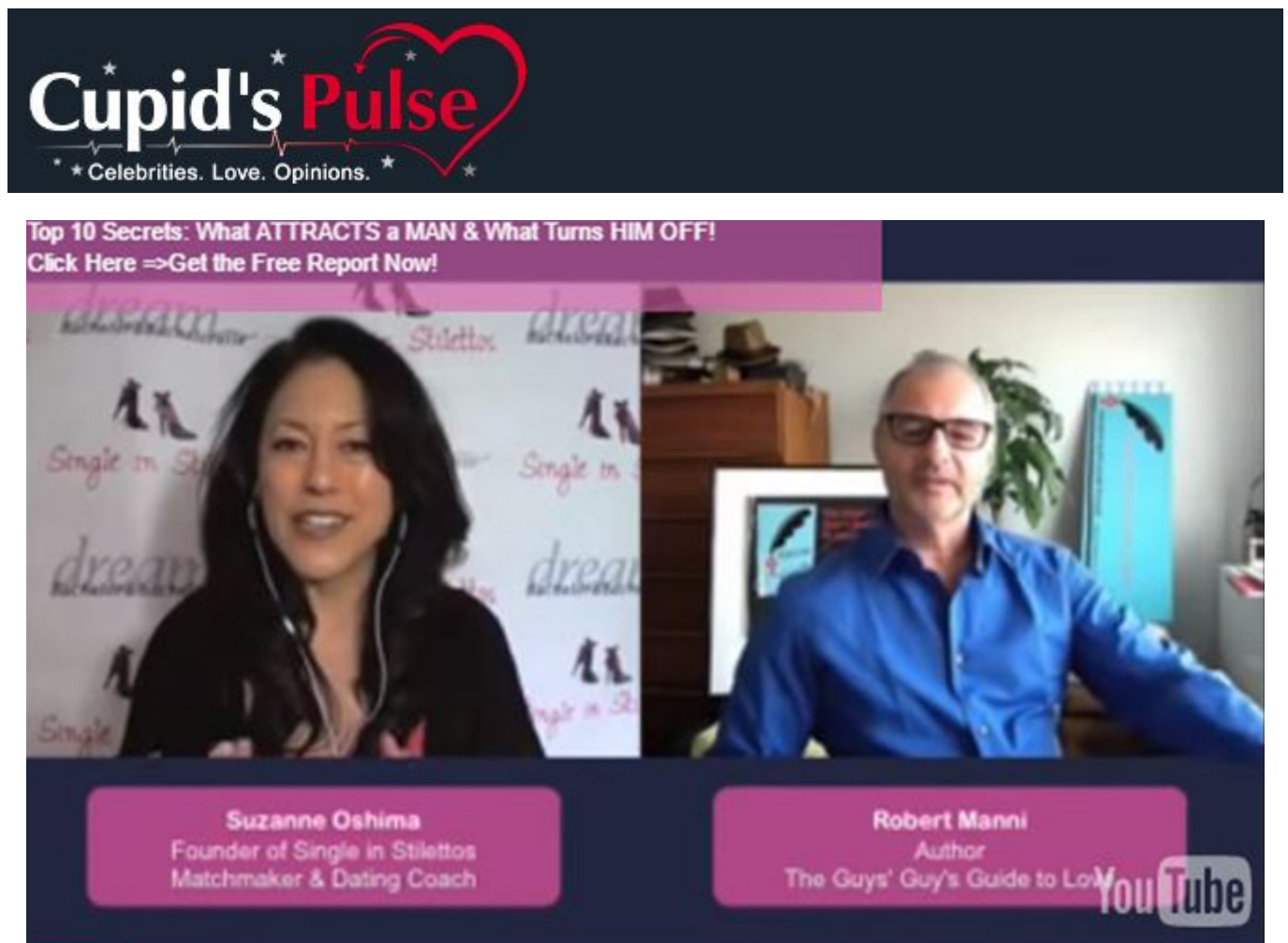
have to start at a different place than you would if this was a new person that you just met. In general, I say people should create closeness by knowing and caring. Knowing means getting to know the person on a deeper level and understanding them from their own perspective. Caring means showing them that you are interested and that you matter to them. For couples who are already married or in a committed relationship, I would start with the caring part because the couple that has been married for 10 years would typically say we know everything about each other. Whether or not that is actually true, that is what they believe. Caring and showing the other person that you appreciate them or support them can really diminish quickly in a marriage, so bolstering that side of it up can make a huge difference.

What dating advice would you give to someone who is holding out and not dating because they haven't met anyone who has all the criteria on their checklist?

I would say that there is value to taking that step to meet someone in person if you are at all interested in them. Don't go into a date prepared that the other person might be totally terrible and you might regret doing it. My relationship advice is to view it as an opportunity to get to know the person, especially if this is an online situation. It is basically impossible to know if someone is a good fit for you on deeper level through the online stuff. So as painful as it can be, if you can get yourself out there to meet them, I think that is the right thing to do.

Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships *is available now on [Amazon](#). For more on Kira Asatryan visit the [Stop Being Lonely website](#) and check out Kira's twitter at <https://twitter.com/kiraasatryan>.*

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



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

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

Dating Advice About Going Through His Phone

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

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

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

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

[Robert Manni, Guy's Guy](#): The answer is no. Successful relationships are built on trust, honesty, and clear communication. Snooping in a partner's phone is a breach of trust on your part. I doubt you would approve of his perusing your personal correspondence behind your back! If for some reason you're concerned that your guy is still in touch with his ex, just ask him. You will get a response. Then, you can

decide if what he says is acceptable or if a deeper conversation about your relationship and expectations from one another is necessary. Above all, approach the process from a position of respect for your partner, your relationship, and, most importantly, yourself.

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

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

What's your best piece of dating advice when it comes to going through your partner's phone? Share in the comments below!

Expert Dating Advice: The Help You Need to Find Love





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

Dating Advice to Help You Find Love

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

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

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

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

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

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

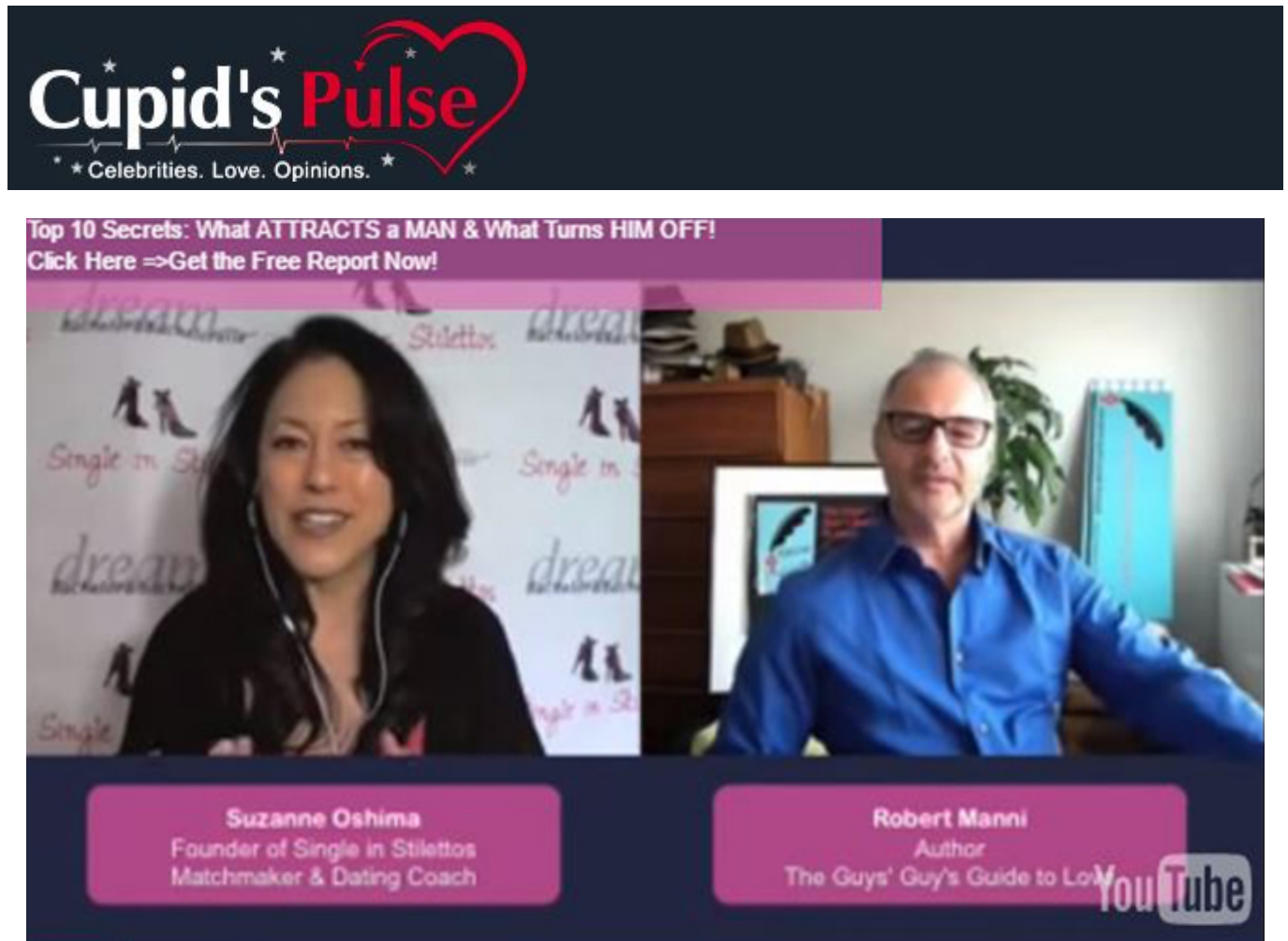
3. Get in touch with your feminine side: A woman needs to let down her masculine walls to allow a potential partner, the bearer of masculinity, to step in and contribute to her life. The dating expert explains that single women often become too self-sufficient, taking on both masculine and feminine roles.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

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

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

What’s your best dating advice for finding love? Tell us in the comments below!

Dating Advice: 4 Signs He's About to Say 'I Love You'



[By Katie Gray](#)

Love is such a beautiful thing. When you're in a new relationship, there's no doubt that it's an exciting time, as we get to truly know the other person we have developed feelings for. That being said, there are also tons of thoughts swirling around your head. A big one is, "When is he/she going to say 'I love you'?" Cupid has some [dating advice](#) on how to look for signs that he's about to utter the L word.

This [relationship advice](#) is sure to help you as you navigate your way through the journey of love!

Whether you feel like your partner is about to say they love you or if you just think they might, there are signs to tell if they really love you and are going to stand the test of time. Cupid has some dating advice on the four signs to look for:

1. He's spending tons of time with you: A sure sign that he's going to confess his love for you is if he's spending a ton of time with you. Guys don't eagerly spend time with people who they don't have strong feelings for. It's for sure a sign if he's busy, but still makes time for you. If he's the one initiating the get together, you know he cares and is on his way to saying those three words that mean the world!

Related Link: [Relationship Advice: 10 Actresses To Look To For Guidance](#)

2. He displays sweet gestures: When your partner is making a lot of effort and is giving you random acts of kindness, you know that they care and are a keeper. When they cherish you, they make sure to display sweet gestures for you. It's a definite sign that he likes you and is going to say "I love you" soon. Why would they put in effort if they didn't care? When they go out of their way to do something, it's because they genuinely care.

3. He can't keep his hands to himself: Take a cue from Selena Gomez's hit song. When your partner wants to always show affection, hold your hand, run their fingers through your hair, kiss you and hug you, it's a sign that they're most definitely falling for you.

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

4. He remembers everything: When people remember things you have said or done in the past, it's because you know they truly care. People don't remember things that don't matter to them. If your partner remembers dates, like the firsts of the relationship, it's because they do care deeply for you.

What are some signs you knew your partner was about to say 'I love you?' Share your stories below!

Former Celebrity Couple Ben Affleck & Jennifer Garner Hit the Slopes with Tom & Gisele





By Emily Hoff

In [celebrity news](#), former [celebrity couple](#) Ben Affleck and Jennifer Garner and current couple Tom Brady and Gisele Bundchen were spotted vacationing together in Big Sky Montana on February 15th, according to [UsMagazine.com](#). The group went skiing at one of the Yellowstone Clubs where they enjoyed drinks and nachos. In past [celebrity relationship](#) news, Affleck had a fling with Christine Ouzonian, Ben Affleck and Jennifer Garner's nanny. Many people think that Ouzonian contributed to the celebrity divorce.

This former celebrity couple isn't letting their split affect their family life! What are some ways to keep your family life strong after a split?

Cupid's Advice:

1. Communicate: Good communication is key to anything in life. You need to communicate to your family what is going on. Communicate especially if there are kids involved. A split can cause a lack of communication, but it is vital, especially if you want to keep a strong family unit.

Related Link: [Celebrity News: Martin Henderson Dishes on Kissing Britney Spears in Music Video](#)

2. Be open about how you are feeling: If you are the one going through the divorce, communicate with your friends, family, or ex-spouse, how you are feeling. Do not hold those feeling in and be passive aggressive. No one wins in that case, and it only hurts your family more, so it's important to especially ask your kids how they are feeling because a divorce is very hard on them.

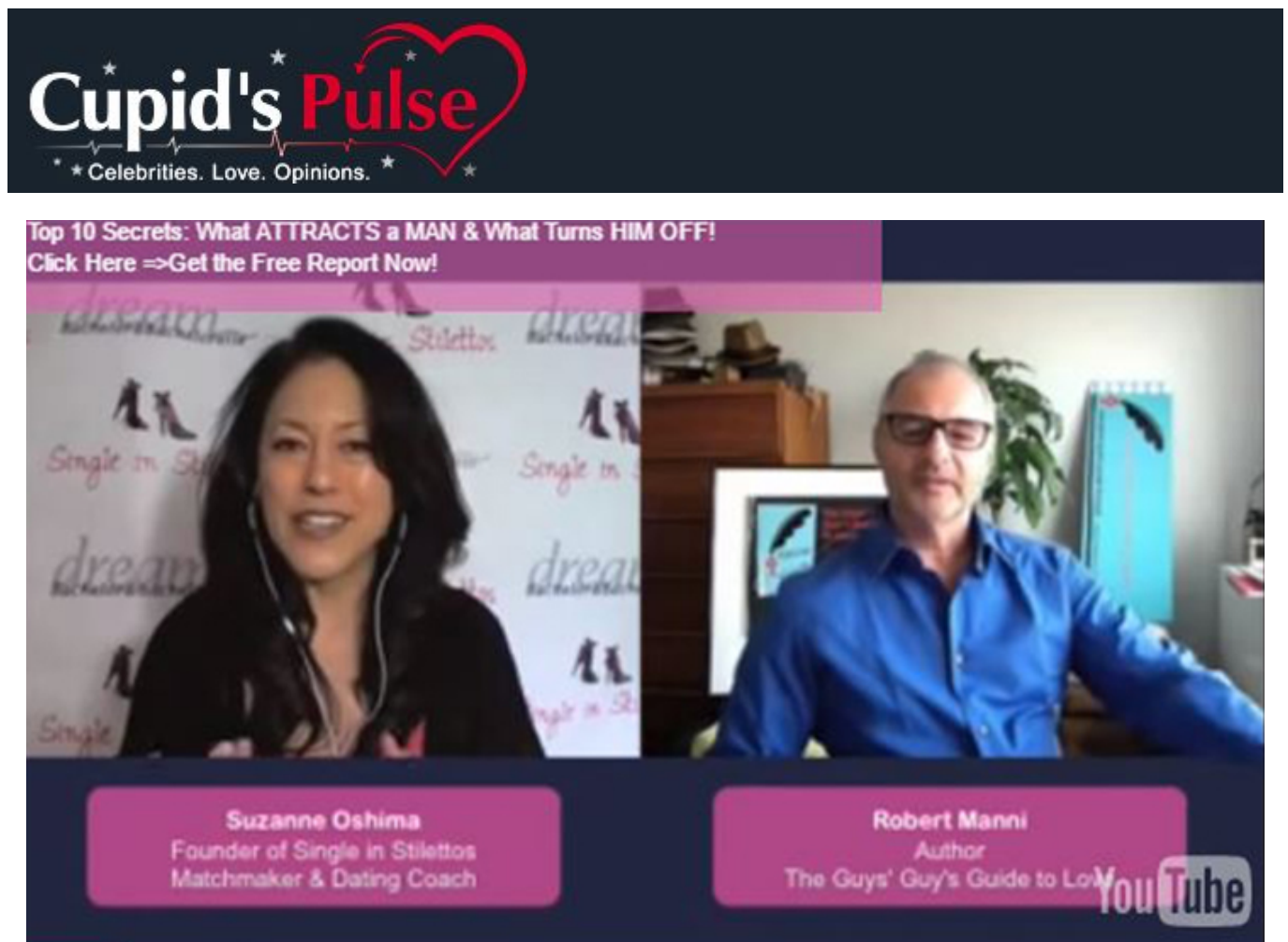
Related Link: [Celebrity News: Gwen Stefani Says She's 'Only Had Two Boyfriends'](#)

3. Know it takes work to be a strong family unit during a divorce: Ben and Jen are very lucky that they still can communicate with each other and be civil after their split. Some are not as fortunate. So, just know that if you want to still be a strong family unit especially after a split, that it is going to take work and it is not going to come easily.

What are some ways to keep your family unit strong during a split? Comment Below.

Expert Dating Advice:

Mastering the Nonverbal Cues of Flirting



By Jared Sais

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

are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

Expert Dating Advice: Nonverbal Cues of Flirting

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

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

1. Lick lips/attention to your mouth. You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will trigger a response from the person you are targeting. Think of it like this, if I were to ask you "how are you" you would

probably say “good, and you?” Now, you may not be good but that’s what you say in response to that question; it’s an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

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

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

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

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

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

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

Match.com's Sixth Annual #SinglesInAmerica Dating Advice: Study Proves a Second Date is More Crucial for Long-Term Love





This post is sponsored by Match.com.

By Samantha Vlahos

Calling all singles! Has this past Valentine's Day gotten you down? Are you still determined to find love in 2016? If so, you're in luck! Over the holiday weekend, Match.com hosted a live stream event and shared their sixth annual Singles In America study at [The Rickey at Dream Midtown](#) in New York City. This year's study explored dating during the election year, how to ditch your ex when you return to the dating world and also confirmed that a second date is more important than the first.

Match.com Reveals Dating Advice For Singles In America

The First Date Playbook: Recipes for Second-Date Fate

The first date blues. It gets us all. You are constantly going on dates and cannot seem to find a spark with anyone. Don't worry, it's not just you. According to Match.com's study, 59%

of singles do not expect to feel chemistry until the second date, and over a third of singles don't expect passion to erupt until the third date or later.

So, instead of putting so much focus on the first date, start thinking about the second one. And, the study shows that the best way to get a second date is with sushi! Yes, going out for sushi on the first date increases your chance of a second date by 200%. There's just something intriguing about sharing a sushi roll and teaching your date how to use chopsticks, that makes them want to ask you out again!

The Ex Factor: Letting Go and Moving On

Who classifies as an ex these days? Over 50% of singles believe you have to date more than three months to count someone as an ex, with 32% of women believing you have to date someone for over a year to consider them in that category.

Post-breakup dating is one of the most challenging aspects of dating these days. With today's technology and our society's infatuation with social media, it's almost impossible to not keep up with your ex after a breakup. No matter what the circumstances, remember that you should never talk about an ex during a date. Talking about or asking about an ex will diminish your chances of furthering the relationship. At the start of a relationship, you should focus on learning about the person versus worrying about their past. Learning about a person's past relationships will come naturally later if you stay together.

The Single Vote: Politics in Dating

According to the study, a good discussion on any political issue can boost your chances of a second date by 91 percent. Of this, 25% of singles say "not being registered to vote" is an instant deal-breaker, while 35% will not consider dating someone who "does not have an opinion on key political issues."

So, is it politically correct to assume that the dating life of a Republican and Democrat are really that different? Yes, it is. Match has noted that in this election year, the study also reveals the significant, yet subtle similarities and differences between single Republicans and Democrats.

Democrats, are you thinking about marriage? If so, bring it up on the first date! The topic will increase your chances for a second. As for you Republicans, going out for an expensive dinner increases your chances for a second date by 50 percent.

As the Match.com Singles In America survey reveals and Dr. Fisher says, "We're so focused on the first date, but the big deal is to get the second date." Dating today is constantly changing with the help of technology, but remember not to put too much pressure on the first date. Go to a simple dinner, get to know the person and give the second date a real shot!

To watch the full live stream click [here](#).

Expert Dating Advice On How To Flirt With Men





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

Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. "Flirting is one of life's greatest pleasures and if you're missing out on it that's a shame," Steinberg says. "As women it's our right to flirt, let's not give that up." Below are a few of her tips on how to flirt with men!

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

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

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

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

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

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

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

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

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

For more relationship advice videos and additional information

Single in Stilettos show, click [here](#).

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

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

Celebrity News: Martin Henderson Dishes on Kissing Britney Spears in Music Video

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By Emily Hoff

Kissing someone for the first time can be extremely nerve-wracking, even if it's for the sake of your art. Try kissing an extremely famous pop star on top of that! That was the case for *Grey's Anatomy* star Martin Henderson when he kissed Britney Spears for the first time in her "Toxic" music video. According to UsMagazine.com, the video is still making [celebrity news](#) as Henderson said, "It was a legendary kiss." Even though Britney Spears is a pop sensation, Henderson added, "She was so down to earth, and I remember really being charmed by the way she made fun of her own song." Is this Chris hinting he could have been pictured in our [celebrity relationship](#) section back in the day? We'll probably never know!

This celebrity news has us curious. What are some things you can tell about a new relationship from a kiss?

Cupid's Advice:

This kiss obviously caused some sparks for Henderson, if he is still talking about it. It leads us to believe that a kiss can tell us a lot about a new relationship. Cupid has some thoughts:

1. You should enjoy kissing your partner: Kissing, especially in a new relationship, should make you happy. You should be in a great mood and smile after getting a kiss from your partner. If you are not talking about your kiss years after it happens like Henderson, then there might be a lack of chemistry.

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

2. If you don't enjoy it, don't fret: If your partner is not a great kisser, there is always room for improvement. It will

get better as the relationship grows and you are more comfortable communicating with each other. Or even better yet, you can start communicating earlier about this in the relationship. However, if you are not feeling sparks, this is an indicator that there might be something lacking, so pay close attention to that.

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

3. It should come natural: Especially in a new relationship, you and your partner should want to kiss each other all the time. Like in all relationship aspects, if it doesn't come natural and it seems forced, you might have to look over your relationship.

Do you think a kiss can tell a lot about a new relationship? Comment below.

Dating Advice: Authors of 'The Marriage Test' Reveal How To Confirm Compatibility Before Vows





[By Mary DeMaio](#)

Perhaps one of the most important decisions you can make is deciding who that special someone should be waiting at the end of the aisle. In the new self-help book by Jill Andres and Brook Silva-Braga, the couple shares their best [dating advice](#) on the issues that can strengthen or terminate a relationship and love prior to their union. Their book, *The Marriage Test: Our 40 Dates Before 'I Do,'* is designed to test the depth and durability of the relationship to see if their love can survive real life scenarios through 40 simulating challenges. This book is sure to give you a few interesting date ideas! In this exclusive author interview, the duo talks about their dating advice to confirm compatibility before proclaiming any VOWS.

Relationship Authors Open Up On Best Dating Advice Before Saying 'I

Do'

To start, we are so excited for your new book! Can you give us some background on what made you decide to open up about your dating experiences?

Jill: After dating for several years, we reached a point that a lot of couples face: You really love each other, but it's hard to know if you should get married when the things that cause problems – sharing finances, raising a family – you don't typically face when you're dating. So we came up with activities to test ourselves and our relationship before making that big decision. We learned so much going through this test that we thought other couples could benefit from hearing our story!

Related Link: [Relationship Advice: Authors of 'The Marriage Boot Camp' Reveal How to Build A Rock Solid Relationship and Love](#)

What made you choose forty dating challenges, not more or less? And how did you decide what obstacles you should do together?

Brook: It could have been more or less but 40 gave us a chance to try lots of different things in a lot of different categories. We started by thinking of ways to simulate some of the problems married people face—*Oh we could swap credit cards*—and then when we started telling people about the idea they all had their own suggestions for dates to try.

In what ways do these dating challenges prove that you are compatible with someone? Can you explain which one is the most beneficial in strengthening a relationship?

Jill: More than anything, they show your willingness to work through hard things because the activities are designed to cause tension. We cut our budget in half for a month and it

really stressed our relationship more than we thought it would. But it also helped prove that we could get past that tension and still want to be together.

Related Link: [Four Dates and a Wedding](#)

I'm sure you have some interesting stories from trying out all of these dates! Can you each describe a funny or unusual situation that you found yourself in on these dates?

Brook: We did a date where we went out with each other's exes and both those afternoons were memorable. First, we went out with Jill's ex-boyfriend and he spent the whole lunch talking about how he'd never met anyone as good as Jill—I was afraid he might try to take her back. Then, we went out with my ex-girlfriend and she spent an hour and a half explaining why her husband is better than me. I was glad when that date was over.

Jill: We spent a week trying to simulate having a newborn and not letting ourselves sleep for more than three hours at a time. Then we'd have to finish a chore like doing laundry or cleaning our bathroom. By the end of the week I was a walking zombie, barely able to get through the day. It wasn't so funny at the time but it's funny to think back on.

After going on these 40 dates, we have to ask...How do you both feel these marriage tests prepared you for your own marriage?

Brook: I really think they prepared us well. They forced us to discuss some awkward stuff that otherwise we would have avoided as long as we could. Instead, by the time we got married, we had worked through lots of hard stuff—like what religion we'd raise our kids and how we would change our last names—it made our first year of marriage pretty worry-free.

Our visitors are always looking for advice on how to make the most of their personal lives. So what advice would you give to couples who are struggling to keep the spark alive in their

relationship?

Jill: In a word: communication—do more of it. As for the sexual spark, we did a couple fun activities people can try. For a week we dared ourselves to have a different kind of sex every day—it was a good way to get out of old bedroom habits. We also did a date called “Sex Seen,” where we agreed to re-create every love scene we saw in TV and the movies.

On the other hand, what message do you have for readers who are struggling to break up with their partner, even though they know it’s the right thing to do?

Jill: Be brave. Ending up with someone who isn’t the right fit isn’t good for either partner. It’s better for both of you to break up sooner rather than later and start moving on. Plus, imagine how painful it would feel to your partner if they found out you’d been considering breaking up with them for a while.

What is the most important message readers should walk away with after reading this book?

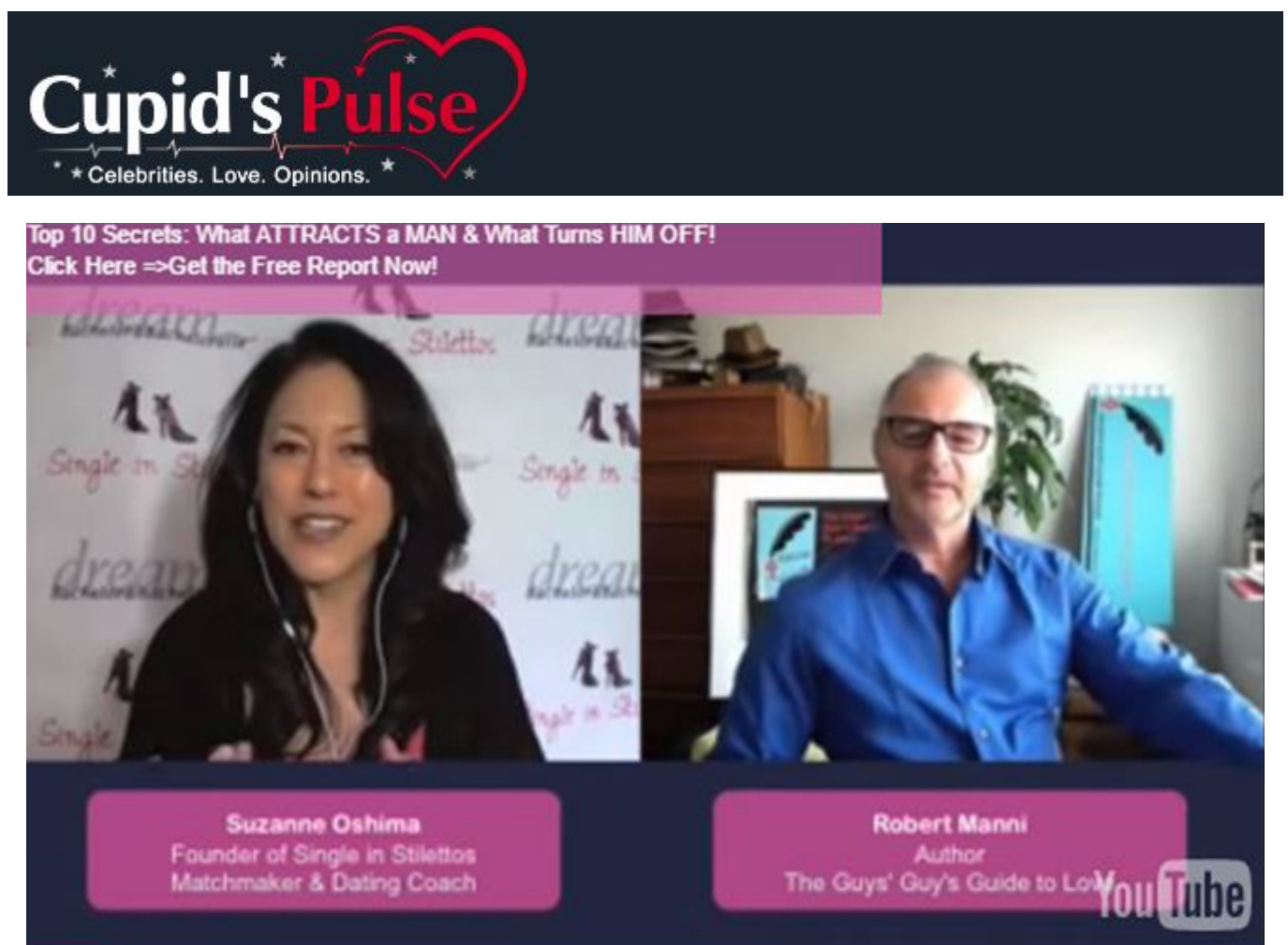
Brook: It’s hard to be honest with yourself and your partner about the shortcomings in a relationship. Especially for a couple who are serious enough to be considering marriage. Your lives are so intertwined that the possibility of breaking up is really scary. But our love advice is that we think it’s much better to honestly confront those things now than pushing them off or wishing them away.

Lastly, do you have any other upcoming projects or anything else you’d like to share with our readers?

Jill: We’re inviting other couples to try some of the dates and tell us how it goes—their stories are being published on our blog. You can go to themarriagetestbook.com/quiz to get some date suggestions.

The Marriage Test: Our 40 Dates Before 'I Do' is available now on [Amazon](#). For more on Jill Andres and Brook Silva-Braga visit The Marriage Test [website](#) and check out Jill's Twitter at <https://twitter.com/jillyjill7>.

Kris Jenner Gives Her Best Dating Advice



By [Jessica DeRubbo](#)

[Kris Jenner](#) was all about giving some important [dating advice](#) on *Elle.com* recently, according to [UsMagazine.com](#). Among other things, she discussed how the best way to live within

singledom is to be yourself. She said, “Don’t try too hard. Because if you’re not your true self and putting on a lot of airs, then I think what’s going to happen is when you finally come up for air, it’s going to be really uncomfortable trying to keep up with that.” For the past two years, the reality TV star has been in a relationship with Corey Gamble, [Justin Bieber](#)’s former tour manager. She’s been through heartbreak with Bruce Jenner, and she’s certainly qualified to give important [relationship advice](#) to the masses.

This celebrity news shows those who have been through a lot are often times the best at giving dating advice. How do you know if a source is reliable for relationship advice?

Cupid’s Advice:

Sometimes you’re floundering in your relationship and you need reliable advice. The fact of the matter is, not all dating advice is created equal. Cupid has some tips that the advice you’re getting is legit:

1. It’s substantiated: Whether it’s through academic research or tons of experience, the advice someone is giving you needs to be substantiated in some way. Don’t just take someone’s word for it. Always ask, “Why?”

Related Link: [Dating Advice: How To Get Noticed on Dating Sites](#)

2. The book is published through a big name publisher: If you’re getting your advice by reading a book, it’s often a

good sign if the book was published by one of the well-known publishers. Often times independent publishes release 100 copies of a book, and those aren't the ones you want to take as a say all end all.

Related Link: [Dating Experts Share Best Online Dating Advice](#)

3. You're close to the person giving the advice: Obviously family and friends only want you to be happy, so they aren't going to purposely steer you in the wrong direction. What they say probably holds more truth than someone who's a stranger and is spouting off ideas.

What are some other ways to know the advice you're getting is reliable? Share your thoughts below.