

Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy



By [Marni Battista](#)

In this day and age, females aren't expected (nor do they want) to be that delicate flower patiently waiting for the object of their affection to ring them up and ask them to the drive-in. We're making more money and finding fulfillment in ourselves, so by golly, we should be able to make the first move with confidence every once in a while!

Expert Dating Advice: How to Be Proactive

In the interest of maintaining that magical feminine mystique that makes us such a desirable gender, it's important to determine where being proactive crosses into pushy territory. And since navigating that line can be a subjective and nearly impossible exercise on your own, here's a Dating With Dignity list from our relationship experts to help you keep your sexy confidence from turning scary:

Related Link: [How to Know When to Make a Move for Him](#)

1. Introducing yourself: There is absolutely nothing wrong with walking up and saying hi to that cute guy you spot across a room. In fact, many fellas will say they find it attractive when a girl goes after what she wants. If you're a little unsure, follow this expert dating advice when looking for a relationship and love: Shoot him a smile first and see how he responds; then, read the signs from there. As long as you keep it casual, light, and flirtatious, any red-blooded, American man will welcome an attractive lady doing the hard part for him.

Signs that you're being pushy: He's clearly trying to end the conversation; you catch him making subtle SOS signs to a friend; and/or he's wearing a wedding ring.

2. Initiating follow up: Many guys will be the first to admit they're clueless about when to pull the trigger, whether it's asking for a number, sending the first text, or suggesting a date idea. And much like being the first to say hello, it takes a heightened sense of social graces to determine when your go-getter attitude is a welcome one. If he's expressing interest during your initial conversation – actively engaging, making physical contact, listening attentively, and smiling plenty – you have your go-ahead to grab some digits or broach

the subject of hanging out.

Signs that you're being pushy: He's trigger shy at every turn; his responses to your contact are short and infrequent; and/or he doesn't seem to open up as contact continues.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

3. Making the first move: This is a tricky one. We assume that men, being the supposedly simple creatures they are, will make a move if they're even remotely attracted to you. But believe it or not, that's not always the case. For every man who leaves a date wishing he had swooped in for the kiss, there is a lady who won't let that happen. When and where you decide to do it is completely dependent on your comfort level, but deciding to do it in the first place requires a key focus on body language. Here's some expert dating advice to consider: If you can sense the attraction is there but nerves are standing in its way, it may just be you who needs to break that physical barrier.

Signs that you're being pushy: He maintains a healthy distance when the two of you are together; he doesn't initiate any physical contact; and/or he appears disinterested in conversation.

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

Screwing the Rules Video Dating Tips: Never Listen to THIS Relationship Advice



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

Does your best girlfriend, your mom, your sister, or any other female in your life try to give you relationship advice? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares three pieces of love advice that you should ignore, despite what they may tell you.

Related Link: [How 'The Bachelor' Is Changing the Reality of Dating](#)

Dating Expert from E!'s *Famously Single* Says to Ignore This Relationship Advice

1. Don't sleep with him too soon: This timeline will vary for each couple. For some, it may be the first date, and for others, it may not be until three months into a committed relationship. "The only person who gets to be the judge of that is *you*," House explains.

2. Dump him – immediately: Even if your guy is acting like a jerk, don't assume that the only solution is to break up with him. "Take a minute to think about if it's a real problem in the relationship or if it's a deal breaker," she shares. "If you cut the line because your friend said you should, you might quickly regret that decision."

Related Link: [Busting the Soul Mate Myth](#)

3. Follow the dating rules: Your friends may tell you not to call him first or to pretend you're busy when he asks you out. They may encourage you to keep your cards close and not reveal too much of yourself to him. As the dating expert says, "You might not even realize that the rules you're following are actually games." Instead, "screw those rules! It's time to get real."

If you're looking for a love that lasts, stop listening to these three pieces of relationship advice from your friends and family. "Your loved ones aren't in your situation, so they don't know exactly what you're going through," House reveals. "It's *your* life. Live it the way you feel in your heart, your gut, your soul, and your mind."

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

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

What piece of relationship advice from your family and friends do you ignore? Tell us in the comments below!

Gisele Bundchen Says She Knew Celebrity Love Tom Brady Was The One 'Straightaway'



By Maggie Manfredi

A lady in love! According to [UsMagazine.com](#), Gisele Bundchen

knew Tom Brady was The One instantly. She said, "I knew Tom was The One straightaway. I could see it in his eyes that he was a man with integrity who believes in the same things I do." This celebrity couple met on a blind date and are now happily married. The supermodel brought their kids to the big game on Sunday, and they cheered on her celebrity love as he claimed his fourth Super Bowl victory. The hot celebrity couple share two children together, son Benjamin and daughter Vivian, and Brady's son with Bridget Moynahan, Jack.

Celebrity love is just like any other variety of love in that it can appear when you least expect it. What are some ways to know you've found The One?

Cupid's Advice:

Sometimes even when you aren't searching, love can land right in your lap. You need to embrace love when it comes, and Cupid has some ways to know you've found The One:

1. You're comfortable: When you are with this person, like celebrity couple Bundchen and Brady, it just feels right. Whether it's love at first sight or friendship first, if it feels right, you may be on your way to a relationship and love.

Related Link: [Tom Brady and Gisele Bundchen Vacation in Costa Rica](#)

2. You're confident: If the person you have found makes you be a better person, that's a step in the right direction to becoming "the one." Make sure you also feel motivated and inspired by them, too.

Related Link: [Celebrities Who Met on Blind Dates](#)

3. You're happy: Above all else, your happiness needs to come first. Hopefully the person you are spending time with makes you happy and, in turn, you make them happy, too.

Have you found The One? How did you know? Share your insight below!

Relationship Advice: How Should We Raise Our Kids?



By [Courtney Omernick](#)

Relationships and love can be complicated, and when it comes time to decide how to raise your children, there's no doubt that you and your partner might have opposing viewpoints. These three pieces of relationship advice will help you agree on the best approach!

Relationship Advice to Help You Determine How to Raise Your Kids

Consider the relationship advice below:

1. Consider your own upbringing: Not all of us like every aspect of how we were raised, but it's definitely a conversation that you can have in order to put some ideas on the table. Think about what your parents or guardians did or didn't do while raising you that you would or wouldn't like to see incorporated into your own child's upbringing.

Related Link: [Celebrity Pregnancy: Kate Middleton Says She Can Feel Baby Kicking](#)

2. Look at the research: There's plenty of research that has been done on how and where to raise children. Doing a simple Google search can tell you some of the most effective tips when it comes to certain situations. You be the judge. Is what relationship experts are suggesting going to work for you?

Related Link: [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!](#)

3. Make a list: Once the both of you have decided what you absolutely have to do/can't do as parents, come together and compromise. Write down your "must haves" as a couple while raising your children. This way, you lay the ground rules for raising your kids and each person has input and some of their rules incorporated.

What relationship advice would you give on how to raise children? Comment below!

Celebrity Interview & Giveaway: Florist David Goldstein Says to “Go the Traditional Route” for Valentine’s Day



This post is sponsored by BloomNation.

By Shannon Seibert

Named by *Entrepreneur* as a Top 5 Silicon Beach Startup to Watch, BloomNation caters to an exclusive and extensive clientele. The florists create and sell unique and hand-crafted original designs. More specifically, My Beverly Hills Florist, owned by celebrity florist David Goldstein, guarantees arrangements that stay away from the cliché, cookie cutter options. In 2004, he opened his floral studios in Los Angeles and Beverly Hills, and since then, he has catered to some big names in Hollywood, including Dennis Quaid, Russell Simmons, and OWN (the Oprah Winfrey Network). Business flourished due to his European flair, contemporary trends, and stunning style of floral expressions for all occasions and affairs. In our celebrity interview, Goldstein shares his best dating advice and offered his expertise to ensure that your relationships and love thrive on Valentine's Day!

Florist Shares Dating Advice in Celebrity Interview

During the season of love, the floral industry is quite busy! There are a lot of criteria to consider when choosing what flowers to purchase, but there's one major focal point according to Goldstein. "People know about color," he says. "They know about reds, hot pinks, purples, and all of the other passionate colors. These are the colors of flowers that people are most likely to pick." For first dates, people tend to stick to light pinks and softer colors since they're generally safer. "And for new relationships, I would go for hot pinks, specifically peonies," the floral expert advises.

Related Link: [Expert Dating Advice: Valentine's Day Tips](#)

For Valentine's Day, though, he recommends a time-honored

flower: “Roses are very common, but they are always classy. The holiday is all about love , so I would definitely go the traditional route,” he says.

If you’re still struggling with making a decision, Goldstein encourages you to consider your loved one’s personality and tastes. “Every flower, in my opinion, is beautiful, but everyone is different,” he shares. “English garden roses are definitely my favorite because they’re really hard to get your hands on.”

The florist agrees that flowers are the go-to gift for women, but this begs the most important question of this celebrity interview: Do men want to receive flowers too? Goldstein thinks so! “Calalillies and darker colors are very manly,” he reveals.

No matter what, go with your gut when selecting the perfect arrangement for your love. “Stay away from daisies and carnations,” he says. “Otherwise, you can pick out any flower you want, and it will be appreciated.”

What Flowers Do Celebrities Prefer?

Being centered in Los Angeles and Beverly Hills has its perks, thanks to the many famous residents! This florist has covered a wide variety of events from celebrity weddings to baby showers, and some are more unusual than others. “I did the wedding for George Pajon Jr. of the Black Eyed Peas in Mexico,” he excitedly reveals. “It was right after Valentine’s Day, and we did thousands of red roses inside a cave!”

Related Link: [Former ‘Bachelorette’ Desiree Hartsock Shares Celebrity Wedding Photos](#)

It’s no surprise that Goldstein prefers the one-of-a-kind events to the more traditional ones. “Large events are fun, but I personally like more unique occasions, like

intimate parties,” he explains. His newest project is for nearly 100 celebrities in the music and modeling industries. “Naomi Campbell might show up, and maybe Tyra Banks and Kim Kardashian too,” he says about the super-exclusive event.

So what flowers do celebrities enjoy most? “They do a lot of white flowers, like gardenias, orchids, casablanca lilies, and peonies, which are rare,” he shares. “We have a couple of celebrities who just don’t do roses.”

~~**GIVEAWAY ALERT: One lucky reader will receive a \$50 coupon code for BloomNation, just in time for Valentine’s Day! To enter this giveaway, complete the form on our [Contact](#) page. Please select Giveaways in the What Can We Help You With? dropdown and include “Bloom Nation Giveaway” as well as your address and phone number in the Your Message box. The giveaway ends on Tuesday, February 10th at 5 p.m. EST. Good luck!**~~

This giveaway is now closed. Thank you to all who participated!

For more on David’s work with BloomNation and My Beverly Hills Florist, check out www.bloomnation.com.

‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules



By Emma L. Wells

“The sky’s the limit...,” read Britt Nilsson’s one-on-one date card on last night’s episode of *The Bachelor* season 19. That’s when the 27-year-old waitress started to cry in panic due to her debilitating phobia of heights. Still, she pulled it together before their one-on-one date. People.com reported Chris Soules saying that she was “just as beautiful first thing in the morning as when she’s all dolled up for the rose ceremony. It’s pretty incredible.” Turns out, she gets all dolled up for bed too, but oh well! The reality TV lovebirds soon arrived in the New Mexico desert to find a hot air balloon waiting for them, and Nilsson’s fears quickly disappeared with Soules’ arms around her.

This *Bachelor* season 19 contestant

overcame her fear to get closer to Chris Soules. What are some ways you can beat your phobias when looking for a relationship and love?

Cupid's Advice:

Whether you fear heights, spiders, darkness, or commitment, you shouldn't let it stand in your way when you're looking for a relationship and love. It's completely possible to overcome your distress, no matter how big it may seem. Cupid has some dating advice for you:

1. Switch your focus: On *The Bachelor* season 19, Nilsson was able get over her fear because being close to Soules was more important to her. If you're afraid of flying but have to take a trip, focus on the destination to help you get through the flight. Paying attention to your fear will only make the situation harder. That's why having a hunky farmer by your side is always a benefit!

Related Link: [The First Official Look at Chris Soules on 'The Bachelor' Season 19](#)

2. Get your facts straight: Most fears – like the fear of sharks, for instance – aren't based on actual statistics. Our imaginations make our phobias much worse than they should be. Do you really live in an area where you need to be worried about giant, poisonous spiders getting you in the dark, or is it just in your mind? Do some research to calm your nerves.

Related Link: ['The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"](#)

3. Face your fear: You can't just ignore it and expect it to

go away. To overcome your terror, you need to take gradual steps. If you're afraid of dogs, watch a few videos of them until you're comfortable seeing them on the screen. Then, work your way up to being in the same room with them or passing them on a sidewalk. Keep going until you can interact with a large dog in an enclosed setting. There's no need to rush!

Tell us about a time where you had to face your fears in the name of love!

**Single in Stilettos Show:
Dating Advice About
Mindfulness**





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

Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains. "It's about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it's about learning how to be present, not only on a date but in a relationship." Watch the video above for her tips on how to improve your relationship and love life!

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

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

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

Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me to Be Better'



By [Rebecca White](#)

Love is in the air ... celebrity love that is! Celebrity couple Britney Spears and Charlie Ebersol are happy in their relationship and love life after they began dating in the

fall. According to [People](#), the pair have been spending more and more time together, from the holidays to birthdays, and they are even beginning to have a positive effect in each other's life. "Honestly, the way that she treats people does make you look in the mirror and question how much you're really giving to other people. Because she is a person who leads with her heart and treats people around her – who she knows and who she doesn't know – better than you or I," said Ebersol. "So it drives me every morning to want to get up and be better ... It motivates me."

It's rare to find positive celebrity love stories these days. What are three ways you can improve your relationship and love life?

Cupid's Advice:

If you're looking to improve your relationship and love life, you may want to take some advice from this famous couple. Being in a relationship should make you a better person, so make sure your partner is motivating you on that level.

1. Lead by example: Take a note out of Spears' book, and just lead by example. If you strive to be the best you can be then that will rub off on your loved one and it will encourage them to do the same. Make sure you ask yourself, "Does my partner inspire me to be a better person?" If not, this may not be the relationship for you.

Related Link: [Britney Spears Confirms New Boyfriend](#)

2. Give honest and sincere appreciation: Make sure your partner knows that you appreciate all the hard work they put in to every facet of their life, whether it be in work, helping others, family life, or in the relationship itself.

This will inspire them to continue improving which will in turn encourage you to do the same.

Related Link: [Britney Spears: I'm 'So Excited and Happy' for Jamie Lynn Spear's Engagement](#)

3. Treat everyone the way you would want to be treated: Go above and beyond with your friendships, acquaintances, and relationships. This will show the people in your life that you appreciate them and it could inspire them to be nicer to the loved ones in their lives too.

How do you encourage your partner to improve? Comment below!

New Celebrity Couple Selena Gomez and Zedd Face Doubt From Her Friends





By [Whitney Johnson](#)

It looks like Selena Gomez has finally moved on following her celebrity break-up with Justin Bieber! The pop princess is now in a relationship with music producer Zedd. According to [E! Online](#), a source close to the singer says, "Everything is going great with him. She is really happy, and they are having fun." Unfortunately, some of Gomez's loved ones are unsure about the new celebrity couple and where their relationship is headed. "Selena's friends are a little bit wary while remaining hopeful," the source adds. "Right now, he is making Selena happy, and he's not Justin Bieber, so that's a good thing."

This celebrity couple is facing some doubt from the pop star's friends. How do you handle criticism about a new relationship

and love?

Cupid's Advice:

The beginning of a new relationship and love should be filled with joy and bliss. However, when your pals are unsupportive of your new partner, it can put a damper on your happiness. If you're facing criticism like this celebrity couple, Cupid has some tips:

1. Introduce them: If your buddies haven't met your significant other yet, ask them to be open-minded until they get to know each other. If they've already been introduced and had a negative first impression, tell your buddies that it'd really mean a lot if they would give your beau a second chance. Encourage them to set judgments aside until they spend some quality time together.

Related Link: [Selena Gomez Cries Singing Song About Justin Bieber](#)

2. Listen to their concerns: It may seem counterproductive, but it's important to ask your friends to explain their doubt to you. As much as you may want to ignore their criticism, giving them the chance to share their worries will go a long way. It'll help you understand where they're coming from, and it'll allow your pals to feel like they're being heard. Getting everything out in the open will help you all move forward in a graceful way.

Related Link: [Back Together? Justin Bieber and Selena Gomez Snap Cozy Pic in Canada](#)

3. Be honest: If all else fails, you need to have a heart-to-heart with your loved ones and open up about your new relationship. To help them understand how you feel, share the reasons why you want to be with your significant other and how they make you feel. If they truly love you (and they should!),

seeing you so happy should be enough for them.

How do you handle criticism for your pals about a new relationship and love? Share with us in the comments below!

Expert Dating Advice: Valentine's Day Tips



By [Melanie Mar](#)

Valentine's Day: the red heart holiday. It's guaranteed to keep restaurants busy and flower stores in business. Whether you're single, newly dating, or married, this heartfelt day can be a bit tricky to navigate. Depending on your

expectations in the romance department, Valentine's Day can be an incredible hit or a massive miss. So how do you make sure you and your partner feel special on a day dedicated to love? Read my expert dating advice below!

Expert Dating Advice to Consider Before Valentine's Day

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

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

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

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

My recommendation: If you are at a certain level of comfort

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

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

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

Valentine's Day Date Ideas for Married Couples

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

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

flames of passion and, in turn, fills the heart with love.

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

How to Be Mindful When It Comes to Relationships and Love





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

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

The Importance of Mindfulness in Relationships and Love

One specific word I find essential, helpful, and a miracle worker when it comes to relationships and love is “mindfulness.” Why? Here’s a broad definition that will hopefully answer this question:

Mindfulness means to consciously paying attention to what you are experiencing (feeling and thinking) as it’s happening. You must be in the present moment within your mind. It means to be fully anchored in the moment, leaving what has happened in the past or what’s lying ahead in the future. To be mindful means

to be aware of your thoughts and emotions and then to choose how to behave and respond through your words, actions, body language, etc. It means to recognize others around you as they are without judgment.

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

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

Celebrity Exes Nick Cannon and Mariah Carey

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

Mindfulness is naturally becoming a common practice among health and wellness professionals, counselors, relationship experts, and life coaches. You can clearly see why in the description above. If you wish to have a healthy relationship and love, choosing to be mindful of your own thoughts, actions, and feelings each day will be a significant benefit

for you and your partner. Remember, you are 50 percent of a relationship. Your other half must also do their part to mirror your practice of being mindful. When we are mindful of what is going on around us and how we are choosing to respond, feel, think, and behave ourselves, we are likely to feel more connected. We engage in healthier and happier patterns of behavior. These positive patterns will serve us well if we will do our part to practice mindfulness, so make it a daily choice.

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

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

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



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Relationship Author Sophia Dembling Says, “Extroverts Sparkle and Introverts Glow”



By [Sarah Batcheller](#)

Sophia Dembling is the most outgoing introvert you may ever meet, and she has got a lot to teach her readers who are looking for love. The relationship author previously penned *100 Places in the U.S.A. Every Woman Should Go*, and recently, the Dallas resident released *Introverts in Love: The Quiet Way to Happily Ever After*. In her new book about love, introverts and extroverts alike can learn the true definition

of introversion as well as how this personality type functions in a relationship. CupidsPulse.com recently had the chance to speak with the writer and editor about *Introverts in Love* as well as her best dating advice.

Relationship Author Discusses New Book About Love

What do you think is the most important thing introverts need to know about themselves?

That there's nothing wrong with it. The more at ease you are with your own introversion, the easier it is to navigate the world. You start respecting your motivation. The difference between shyness and introversion is that shyness is fear; it's wanting to be in social situations but being fearful and anxious. Introversion is a measure of how much you need interaction. So when you start respecting that you don't need as much and start giving yourself permission to say "no" or to leave parties when you've had enough, then it makes it a lot easier to go out in the first place. The more you respect your introversion, the easier life is.

Related Link: [Single in Stilettos Show: Why Self-Confidence is So Important in Dating](#)

In your book, you mention that half of couples are introvert-introvert, while the other half are introvert-extrovert. Can you explain why both kinds of relationships may or may not work?

One of the most common questions I get is, "Do I look for an introvert, or do I look for an extrovert?" The introverts who are with extroverts really like the fact that this person brings a more active social life to the relationship. They drag them out instead of letting them sit at home stewing in their own juices, and the introvert really needs and

appreciates that. The challenges of that relationship are getting the extrovert to appreciate your lifestyle and stay home sometimes. You want to make sure that the extrovert is okay with bringing the social aspect and doesn't feel used. You have to understand the parameters of this interaction.

As far as introvert-introvert relationships, I spoke with one woman for the book who was married to an extrovert, and it ultimately wore her out. They eventually got divorced, and when she met her current husband, who is also an introvert, it was a huge relief to have somebody who was happy to stay home and didn't have to go out every weekend. That's what some introverts really need. The peril there is that they sort of encourage your own worst habits when it comes to being isolated. If something were to end the marriage, you've made your world so small that you don't have many other people. I was also talking to a psychologist who mentioned that, because introverts tend to not express their feelings, the introvert-introvert relationship can flat line – there's just not a lot of passion or interaction going on.

Dating Advice for Introverts

The dating game can be tough for introverts because it involves putting yourself out there. How can an introvert overcome the daunting aspects of a first date?

The hardest part of a first date is small talk – and introverts hate small talk because we put too much pressure on ourselves to be interesting and deep. Small talk is so shallow. But it's important to remember that a first date is just a first date. Don't go in thinking you have to make this intense impression and that it's happily ever after or nothing at all. Instead, tell yourself, "Okay, it's an evening. Maybe it'll be fun, or maybe it won't."

When it comes down to what you wear, wear something that makes you comfortable. If you do yourself up all fabulous, then you

won't feel like yourself. It's just like the old advice your mother gives you: You have to be yourself. I'm reading another book right now, and the relationship author talks about finding what your core person is. If you discover and respect that person, then the person you end up with will be somebody who appreciates that. Don't pretend to be an extrovert; just go and see what happens.

Related Link: [Cupid's Weekly Round-Up: Building a Strong Bond](#)

What do introverts bring to the table that extroverts may not?

We're really good listeners. We're deep listeners that like to take something into our heads, chew it up, and analyze it. We tend to be very loyal because we are very selective in our relationships. We don't need a thousand friends, and we know that, if we have five friends, we have to take care of our friendships because losing one friend would be a great loss.

What I say is that extroverts sparkle and introverts glow. We have our own quiet glow. We think we're being overlooked, but if we stop being threatened by the extrovert, then we'll realize we have our own quiet, respectful energy that people will be attracted to.

Do you think that introverts suffer from rejection more harshly than extroverts do?

Not many introverts are pursuers. They tend to let themselves be pursued. One person in particular who I spoke to for the book said that, once you've been rejected a couple of times, it makes it harder. I will say that if you've always been pursued, then there's a risk that you will end up with people simply because they pursued you *without* actually making the choice that that is the person you want. If you're always pursued, you may not be thinking very much about what you want from your relationships.

And finally, does online dating help or hurt an introvert?

I think it's great, and quite a few of the introverts I spoke to in my book met their partner online. It's good because introverts express themselves really well in writing. It also gives you that time to think things through. It takes introverts a while to warm up to people, so it gives us that time before we meet face-to-face. There is that risk, though, that we'll get stuck in e-mailing. Ultimately, it is very low-risk, and it helps us find someone we have a lot in common with.

For more from Sophia Dembling, check out her blog on PsychologyToday.com, find her on www.facebook.com/SophiaDemblingWriter, and follow her on Twitter @SophiaDembling. Purchase her latest book about love on Amazon!

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





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

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

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

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

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

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

'The Bachelor' Chris Soules Says That Men "Don't Work Well with Subtlety"



By Emma L. Wells

Poor Chris Soules had a lot to handle on last night's jam-packed episode of the hit reality TV show *The Bachelor*. His hands were full with two group dates, two one-on-ones, a visit

from his sisters, a shameless *Cinderella* promotion, and one big confession. The first group date brought seven girls to the lake for a day of beach fun and night of camping. Ashley I. was, in her own words, a camping virgin and a virgin camping, and after fretting over it, she decided to tell Soules the truth about her sexual history – or lack thereof. She snuck into *The Bachelor* star's tent in the middle of night to wake him up and was clearly nervous as she danced around the point of the conversation without actually saying it. In his blog on People.com, the Iowa farmer writes, "Here's a little lesson for you ladies: Men are pretty simple when it comes to words... Spell it out for us. Maybe even write it down so we don't forget it. We don't work well with subtlety." Later in the episode, she bravely tried again, and this time, she came right out with her confession.

***The Bachelor* contestant Ashley I. was in need of some dating advice before she confronted Chris Soules with her big reveal on last night's episode. What are some ways to successfully open up to a guy?**

Cupid's Advice:

Getting to know someone at the start of a relationship is both fun and scary. Once you get through basic background information, you have to open up about the good, the bad, and the emotional – and that's not always easy. It's worth it, though: Sharing yourself with a new guy leads to a deeper connection and a stronger relationship. Cupid has some dating advice to help you successfully open up:

1. Pick the right time and place: Ashley I. should've waited

for a better opportunity to reveal her big secret to Soules. If you're ready to share something personal, it's important that your partner be in the right mindset. Make sure you have an appropriate amount of time, their undivided attention, and a bit of privacy. You should be somewhere where you feel comfortable expressing your emotions and talking freely without interruptions or distractions.

Related Link: [‘The Bachelor’ Season 19 Contestants Deal with Jealousy – Chris Soules Can’t Stop Kissing Them!](#)

2. Be straightforward: Like *The Bachelor* said, “Spell it out.” Don’t beat around the bush; your significant other probably won’t understand what you’re trying to say, and you won’t get the response you’re looking for. It can be hard, but say it as plainly as possible. You may still have answer some follow-up questions though, so be prepared to have a conversation and not just make a confession.

Related Link: [‘The Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Let it happen naturally: Reaching the point in a relationship where you two can really be honest with each other can’t be forced. If it’s meant to be, it will be. There’s no need to rush to pull the skeletons out of your closet in the first few weeks of a knowing each other. When the timing is right, you’ll feel it. That being said, if you think this person can’t really get to know you while you’re keeping a secret, then it’s time to reveal it.

How do you know when it’s time to open up in a new relationship? Tell us in the comments below!

Dating Advice: How to Date & Get the Best Results



By Deborah Downey

The most important aspect of dating is to be confident. Men and women want different things from relationships and love as they age. Consider the following dating advice, as it's perfect for those of you who want more options when it comes to the dating pool and are determined to find true love in a monogamous, committed relationship filled with passion and purpose with the person of your dreams.

7-Step Dating System for Relationships and Love

To begin, design your search path and ask yourself what you want your love life to look like. Dating is a fact-finding mission; it's a process of elimination. You will attract someone with the exact amount of self-worth that you possess. Follow these steps:

Step one: Define what you want. Not who you want.

Related Link: [10 Relationship Myths](#)

Step two: Evaluate your readiness and check your motives.

Step three: Revise your needs and make sure they are realistic and that you have attainable goals.

Step four: Build your mindset and lose any doubt.

Step five: Create a "want ad for love" to the universe (not to print or show or tell anyone). Also, construct a strategy / plan to meet your loved one.

Step six: Prepare, Practice, and Poise

Step seven: Support Sorting and Sex

Related Link: [Dating Advice: Six Tips for Meeting Someone Special in 2015](#)

Check out the following conversation topics to use as dating advice:

Talk about books, movies, interests, hobbies, parents, work, hopes and dreams, spirituality, habits, relationship to money, health, their financial health... any debt? Last relationship?

Why it ended ...how long it lasted...what they found really unappealing? What they learned about themselves?

Final Thoughts:

Make sure to watch and listen carefully on a date. People will show you who they are by how they treat wait staff or drivers. Take your own car for the first few dates, and go to places where there are lots of people. Stay away from his or her place for a minimum of 3 dates.

A date for the first 3 weeks is best if it lasts no longer than 3 hours.

Don't take or be taken hostage by spending multiple days on a date with someone. Only see them once or twice a week for the first 3 weeks and try to see other people while dating them until you mutually agree to be exclusive. Do ask them about sexually transmitted diseases, and make sure they've been tested recently.

Deborah Downey's experience spans 25 years of recovery in various 12-step programs around the country. Holding certifications as a professional life coach and as a chemical dependency counselor, Downey has dealt with addiction in its various forms, both as the child of alcoholic parents and as a confidant for others. In her self-help book, "What Are You Worried About!" (<http://www.coachdeborahdowney.com/>), Downey, who has multiple sclerosis, details a proactive approach to training one's mind to think positive.

New Celebrity Couple:

Courtney Robertson is Dating New Tinder Boyfriend



By [Katie Gray](#)

There is a new celebrity couple in town. Model and former winner of *The Bachelor*, Courtney Robertson, has a new boyfriend, whom she met on Tinder. According to [UsMagazine.com](#), a source said, "They went out for dinner and drinks on their first date. On their second date, they both deleted their Tinders. She adores him!" Another source shed light on how the duo met. It turns out the now couple unknowingly lived a mile apart from one another for years and believe they wouldn't have met without the app." This celebrity couple is very happy together.

New celebrity couples face the same challenges the rest of us

face when it comes to finding a good match. How do you branch out in order to find a new love?

Cupid's Advice:

When it comes to relationships and love, it's important to broaden your horizons. Get out there and meet new people. Try new things, eat new food and do a bit of traveling. Take a class on a topic that interests you, hit the gym or do yoga, study or do work in a coffee shop, join a book club, participate in charity organizations and volunteer. Cupid has some tips:

1. Visit new places: It's really important to expose yourself to new surroundings. Get yourself outside of your habitual places and try new locations to eat, shop, dance and frequent. Not only is this a good way to meet a potential partner, it's good for yourself too. Most likely you will find that you enjoy yourself and the new spots.

Related Link: ['The Bachelor' Winner Courtney Robertson Tells All In New Book: "I Really Didn't Hold Back!"](#)

2. Indulge in new experiences: Part of the process of finding your soulmate deals with trying new experiences and activities. Picking up a hobby that you discover brings you a lot of enjoyment, going to a wine tasting and taking a cooking class, or playing sports and working out are just examples of what you might do. During this time, you are finding yourself, not only searching for the love of your life. Enjoy every step along the way and you will feel extremely fulfilled.

Related Link: ['Bachelor' Stars Ben Flajnik and Courtney Robertson Call It Quits](#)

3. New people: Meeting new people introduces you to new things, and brings you one step closer to finding your match. It's also a way to make more genuine friends to enjoy your

life with. The comfort we feel when we're with our friends and family is what matters the most in life. Sometimes you need to step outside of the circle of people you know at work and school. When the range of people you know widens, so does potential partners. Surround yourself with supportive and loving people.

How did you branch out in order to find a new love? Share your stories with us below.

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





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

Read on to find out what our relationship experts think!

Dating Advice from Our Relationship Experts

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

If a guy really likes you, whatever you write in a text is very rarely going to change how he feels. However, if you play too many games and play hard to get, you're more likely to lose him than to get into a relationship with him. Here's my

best dating advice: Stop thinking too much about what/how/when to text him and just go with the flow. You might win him over by being yourself!

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

How do you think *The Bachelor* is changing the way we date?

Tell us in the comments below!

'The Bachelor' Season 19 Contestants Deal with Jealousy – Chris Soules Can't Stop Kissing Them!



By Emma L. Wells

[Chris Soules](#) certainly seemed to be enjoying himself during last night's episode of [The Bachelor season 19](#)! Reality TV fans got to see multiple makeout sessions and enjoy a lot

of laughs, thanks to a guest appearance by Jimmy Kimmel. According to People.com, Soules kissed eight different women, claiming that it was simply part of the process of finding love. When asked by Mackenzie why he was macking with so many different honeys, he answered nervously that that's just how he gets to know people. Becca was the only girl to deny his attempt at a smooch; instead, the two shared a sweet hug.

What are some ways to deal with jealousy when, like the contestants on *The Bachelor* season 19, you aren't exclusive yet?

Cupid's Advice:

It's easy to get jealous during the beginning stages of relationships and love. On *The Bachelor* season 19, the contestants are forced to watch the man they're all falling for go after multiple women at once. While a little jealousy can add heat to your romance, letting it consume you can have consequences. Whether you're on reality TV or dating in real life, Cupid has some dating advice to help you handle your jealousy:

1. Honesty is key: Soules doesn't – and can't – hide his dalliances from the women on *The Bachelor* season 19. You should be honest with your partner too, no matter how hard it may be to tell him that you're ready to go all in and stop dating other people. Besides, don't you want to know if he's seeing someone else? The only way to truly know for sure is to ask.

Related Link: [‘The Bachelor’ Chris Soules on First Night Jitters](#)

2. It's not a competition: Cut down on your jealousy by

focusing on your relationship. You could drive yourself crazy comparing yourself to other people in your date's life. Your relationship, even if it's not exclusive yet, should be about just the two of you. Focus on the amazing time you have together and all the positive aspects of your partnership so far.

Related Link: ['The Bachelor' Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

3. Take the power back: Jealousy in relationships often stems from a lack of power. This doesn't mean you need to control your partner's actions, but you should assert your right to make your own decisions. For instance, don't feel the need to match every move of your beau. Even if you've agreed that you're not ready to be exclusive, you don't have to date other people just because he is. You should do what feels right for you! Take a tip from Mackenzie and Becca and clarify what *your* boundaries are for the relationship.

What's your best tip for dealing with jealousy in the early stages of dating? Tell us in the comments below!

Single in Stilettos Show: What Turns a Man On





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

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

Relationship Advice for the Early Stages of Dating

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

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

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

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

Olivia Munn Supports Boyfriend Aaron Rodgers at Every Green Bay Packers Home Game





By [Katie Gray](#)

Go green and gold! Green Bay Packers quarterback Aaron Rodgers has the support of girlfriend Olivia Munn at every home game. Relationships and love go hand in hand...or in the football stand, in this case. According to [UsMagazine.com](#), the actress explained, "Every home game, I am there. When there's an away game, that's when I leave to do my work." She went on to say, "I think I'm a good fan. I'm there, and I'm screaming a lot. I think it's really important to scream, and my acupuncturist told me energy follows thought. That was a very Hollywood sentence for you guys." The Packers played a great season and were the division champs. On Sunday, Jan. 18, they sadly lost 22 to 28 against the Seattle Seahawks. We hope this celebrity couple makes it to next season!

Relationships and love require a solid foundation, which includes

supporting each others' interests. What are some ways to support your partner's hobbies?

Cupid's Advice:

Supporting the things your partner loves is important when it comes to solidifying your relationship. Check out Cupid's love advice below:

1. Show interest: When you're dealing with relationships and love, it's really important to show interest in whatever they like to do. If they're into sports, pay attention to the games and scores. It can be as easy as setting up ESPN alerts on your phone. You don't have to be obsessed with their favorite team, but keeping updated on them will make your significant other happy.

Related Link: [Olivia Munn and Joel Kinnaman Call It Quits](#)

2. Take initiative: This piece of love advice isn't just for celebrity couples like Munn and Rodgers. To show your partner that you truly care, it really is all about the little things. If they are into Mexican food, make them homemade chicken enchiladas as a surprise. If they are wine connoisseurs or beer lovers, take them to a wine tasting or on a brewery tour. If they are into horror movies, suggest going to see one when it comes to theaters. Grab the bull by the horns and let them know that you pay attention to their likes and dislikes.

Related Link: [3 Ways to Support Your Partner](#)

3. New experiences: Life is all about adventures. If your partner has a hobby or activity that they enjoy, try it out yourself! Whether that means playing tennis or going fishing, give it a shot. You don't have to be super into these activities, but actually doing them together will bring you

closer. Plus, you will most likely really enjoy yourself. Feel free to invite them along with you to your hobbies too!

What are other ways you have shown support of your partner's interests? Share your experiences below.

Miley Cyrus' Brother Is Dating Patrick Schwarzenegger's Sister



By Maggie Manfredi

This will make for a fun double date. According to

UsMagazine.com, Miley Cyrus' brother Braison is dating her boyfriend Patrick Schwarzenegger's sister Christina Schwarzenegger. Talk about some juicy celebrity gossip! A source stated, "They are dating and have been since a little after Patrick and Miley got official. Both Patrick and Miley approve of the pairing. Miley loves her brother and thinks it's a great match." This celebrity relationship isn't in the spotlight as much as their siblings, but they seem happy together nonetheless.

Celebrity relationship gossip heats up with this type of development, but it's not always so easy to meet a new partner. How do you mix up your dating game in order to meet new people?

Cupid's Advice:

Dating can be fun, exciting, and invigorating, but it can also be overwhelming and nerve-racking. Cupid has some ideas on how to step up your dating game as you're searching for The One:

1. Get out there: This piece of dating advice is most important, as you can't sit on your couch and expect to find someone special! Don't get stuck in a rut. Single women and men need to throw on some lipstick or cologne and congregate in a social setting in order to find potential partners. Or take a cue from this celebrity relationship and simply hang out with your sibling and their new partner.

Related Link: [Kim Kardashian Takes Fashion Advice From Husband Kanye West](#)

2. Have new experiences: Never been skydiving? Find a social group online that is going, and join the ranks! You'll not only be conquering your fears, but you'll be doing it with new people. That type of experience is no doubt going to lead to some bonding opportunities.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globe Win](#)

3. Use your tools: There are websites, apps, events and more all working in your dating favor. Play to your strengths and use the tools provided to you to reach out and make some new connections.

Do you think these two couples are destined to last or just flings? Share your comments below.

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





By [Sandra Fidelis](#)

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

Take a Cue From Celebrity Couple Britney Spears and Charlie Ebersol

Like you and your new love, celebrity couples must also learn how to balance their budding love affairs with a demanding work schedule. Take hot new twosome Britney Spears and producer Charlie Ebersol, who recently went public with their four-month-old relationship. With the singer's smash Las Vegas

show still going strong and the demands of being a pop princess, she must juggle her new romance with the responsibilities of a career she's worked so hard to build. You may not have access to Brit's army of assistants, chauffeurs, and nannies, but with a little focus, you too can give your love life and your career the TLC they both deserve. Here are three pieces of dating advice to consider:

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

1. Take time for self-care: You're a busy woman with a full schedule, so it's important that you have enough energy to perform well at work and to be present for your new relationship and love when you're together. Staying active is one of the best things you can do to increase your productivity. A regular exercise routine has been shown to give you more energy throughout the day. Can't afford a personal trainer like Spears? No problem. Try a Pilates class at your local gym or join a running group. You can even start with a 30-minute workout DVD in your living room. Prioritizing self-care will help you keep up with the demands of your busy career.

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

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

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

Expert Love Advice About Balancing Love and a Career

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

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

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

Dr. Karl Pillemer Interviews Hundreds of Americans for '30 Lessons on Loving'



By [Sarah Batcheller](#)

Dr. Karl Pillemer is a professor in the Department of Human Development at Cornell University and an internationally-renowned gerontologist. Being so familiar with the biological and social aspects of aging, he set out to answer some of our society's biggest questions about what it takes to create a long-lasting love. What makes long-term relationships so successful? How do older married couples' feelings change over time? In his book, *30 Lessons for Loving: Advice from the Wisest Americans on Love, Relationships, and Marriage*, Dr. Pillemer interviews elder Americans all across the country in order to convey their messages to our country's young lovers who hope to enjoy long, happy relationships as well.

What thoughts kept running through your mind when you first set out on your journey to interview couples?

I'm a little bit of a self-help junkie myself, but looking at marriage and relationship advice books, it really hit me that many of them weren't based on any hard information. They're either written by a top psychologist, a celebrity, or a motivational speaker, but none of it seemed to be based on anything concrete. So the idea occurred to me: Why not talk to people who have actually done what young people are hoping to do?

That led me to collect the data for this study, which does include the largest sample of long-time married people ever done. I essentially wanted to find out if there's something older people know about having a healthy, happy marriage that younger people don't and if I could I distill it to young people by sharing these practical lessons.

Related Link: [Cupid's Weekly Round-Up: Date While You're Married](#)

How did you narrow down 700 interviews into just 30 lessons?

That was the most difficult part of writing the book. There were thousands of pages of transcripts. There were two ways I did it. First, I used social science methods to code the data, meaning I went through and assigned codes to the lessons people provided, which allowed me to narrow it down more easily. In addition to this, I read, and re-read and re-re-read all of these interviews. Even though it was very difficult, these lessons emerge very clearly from the data.

When it comes to dealing with obstacles in relationships, what do older generations have in common with Generation Y?

I think that young people often forget that a lot of the things that cause stress in marriage were experienced by older generations but worse. People are now trying to start lifelong relationships during the second worst economic downturn in American history, but a lot of the people interviewed were starting relationships in *the* worst economic downturn. Let's

put it this way: Our bad jobs would seem like great jobs to those who were starting families during the Depression.

Another example is that people were much more tied to their spouse's family back then, so they had in-law problems, much like people do today. These examples are relevant because they show that older people have been through every kind of problem that keep young people awake at night nowadays. Because these people have experienced the same problems, but perhaps more intensely, that, to me, makes for incredible experts.

Is there one particular lesson that you think is most valuable? Or one that was most surprising or eye-opening?

I found all the little lessons to be the most surprising. A number of the elders identified one particular thing that contributes to solving arguments and fights, and that's asking, "Are you hungry?" Often, they describe arguments as going out of range or becoming much worse if one partner hasn't eaten. So, interestingly, one of their solutions to fights is making a sandwich.

Other small insights that never really occurred to me is the small act of being polite and to lighten up. If we use "please" and "thank you" in our relationships, it really helps. You should also always ask yourself, "Is this thing we're fighting about really going to make a difference when we're both 70 or 80?" People tend to forget to have fun. We get stuck in the midst of work, career, and children, and life goes by in a blur.

One personal example I can give is a time that my wife and I were going on a trip, and she left her I.D. in the car and we had to run all the way back and get it and almost missed our plane. So I had to ask myself what's more important: the quality of our time together and our overall relationship or my being mad about this? That's what older people want younger people to know about their relationships.

Related Link: [4 Questions to Ask Yourself Before Getting Married](#)

Finally, what do you think is the most difficult part about learning these lessons?

One problem is that people don't know where to go for advice about their relationships. Another problem, which research proves, is that often times, in your 20s and 30s, you have an impossible level of perfectionism about how the relationship has to be. One of the lessons from older people that we have to learn is that marriage and long-term relationships are hard. So people have this image of a trouble-free perfection in a relationship when really it's a mixture of incredibly joyous, exhilarating experiences and very difficult ones. We are treated to a lot of false ideals in our society, but the nuts-and-bolts, nitty-gritty of a relationship is to try and try every day.

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