

Single in Stilettos Show: Love Advice to Go From Dating to a Committed Relationship



On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where

you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

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

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





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

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

Listen up for more great dating tips!

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

in the comments below!

Celebrity Secrets for Lasting Love



By Dr. Diana Kirschner

“It” couple, Khloe Kardashian and Lamar Odom, are best friends who are madly in love and even launching their own reality TV series centered around their relationship. They got married after a mere one-month courtship and renewed their wedding vows at their first anniversary. How did they find committed love so quickly? It’s hard to say exactly what happened in

their situation – true love always has its mysteries. But most probably there were certain factors at play – celebrity love secrets which you can use to create success in your own dating and love relationships. Here are a few of those secrets from my brand new book, *Sealing the Deal: The Love Mentor's Guide to Lasting Love*.

One critical secret involves using the three-question reality check about a hottie you may be dating:

1. Is he or she crazy about you? This is a big question, since you don't want to pine after a person who is not into you!

2. Is this person willing to grow? There are no perfect partners out there, for sure. That said, if the person is gaga for you and willing to work on themselves, they could become an AMAZINGLY great partner!

3. Is he or she meeting the basics? In other words, is this a good person with integrity, who is successful, wants a relationship and shares some chemistry with you?

If your partner meets these criteria, give him or her a real chance. You could develop a crazy-in-love relationship that gets better and better... and lasts for 10, 20 or even 30 years!!

Another key secret: Look for consistently improving contact. When you meet a new hottie, the sparks are great and you are high as a kite. But the question is, how is the relationship changing over time?

Is there more closeness between you? Are you sharing more of your thoughts and feelings? Is the L word being used? Are you sharing each other's space, meeting each other's friends or family members? Are you beginning to talk about thoughts of a shared future together?

Really look at the trends in your relationship. Is it fading

out? Is it getting boring? Are you starting to take each other for granted? Are you having longer or meaner fights?

Or is the trend improving over the months, or even years, just as it seems to be for Khloe and Lamar? There are always downticks in love, even in the beginning. But, if in the face of this, things bounce back, makeup sex happens and the intimacy is actually getting better, this is a very good sign. This means you could be with the One.

So, while it is very rare to have a one-month courtship that leads to lasting love, like Khloe Kardashian and Lamar Odom seem to have, it's still possible to have a right-for-you courtship that works to create the love you really want. Bottom line: you can use these relationship secrets to get to your own happiest-ever-after!

*Diana Kirschner, Ph.D. is a frequent guest psychologist on The Today Show & author of the new book, **Sealing the Deal: The Love Mentor's Guide to Lasting Love** which has been acclaimed by 14 top self-help gurus, including Dr. Christiane Northrup & John Gray. She authored the bestselling book, "Love in 90 Days," which was the basis of a PBS Special on love. Get weekly support from Dr. Diana through her **FREE Relationship and Dating Advice Newsletter**.*

**Giveaway: Diana Kirschner,
Ph.D. Discusses Building A
Successful, Committed**

Relationship with 'Sealing the Deal'



This post is sponsored by Dr. Diana Kirschner.

By Tanni Deb

Are you or someone you know in a situation where you're having difficulty finding love? Or if you've found The One, do you feel insecure about the future because you don't know where the relationship is heading? If so, psychologist Diana Kirschner, Ph.D., author of *Sealing the Deal: The Love Mentor's Guide to Lasting Love* can help guide you through your love life. As a relationship expert and best-selling author of *Love in 90 Days*, Dr. Kirschner has helped thousands of women find true love. In her latest work, which is based on clinical research and experience, she reveals her strategies

of building the perfect relationship, creating a deeper bond, getting him to commit and how to deal with infidelity. She also discusses how to avoid mistakes that can ruin a relationship, the importance of getting a love mentor, things to know if you're considering marriage and even 13 secrets that will make love last – no matter how long the relationship has been.

Cupid interviewed Dr. Kirschner last month via email about her book. Take a look at what she had to say:

Why did you choose to write a book geared towards women who are uncertain about the future of their relationship? What was challenging about writing the book?

I receive a lot of feedback from women who used my first book, *Love in 90 Days: the Essential Guide to Finding Your Own True Love*, to find a terrific man whom they considered to be the One. But sometimes, as they continued dating him, they had anxiety and uncertainty about where things stood. They asked for further advice on how to help things move along from casual to committed.

I have also gotten many emails from women who wanted to turn around a relationship – or even marriage – that was floundering. *Sealing the Deal* is designed to help women solve these love problems. And it works. You can watch the 31-Day Love Life Makeover Challenge, a video series in which I help 45-year old Nadette use *Sealing the Deal* to reignite her relationship with her ex so that they are madly in love.

In a brief summary of your book, you said that it is possible to “...deepen any relationship – even if you have been dating two months, on and off for 10 years, or in a relationship where you feel uncertain, tense, or afraid that it is ending. Even if your partner has cheated.” Do you think that a relationship can truly survive and be healthy and loving if one of the partners has cheated in the past?

Yes, because people can realize that they have made mistakes, and grow as individuals. Also when the affair comes out they realize that they may be losing their partner. Which sets the stage to appreciate their partner in a whole new way! So it becomes worth it to them to step up, make apologies and reparations and create a whole new level of connection and commitment.

What do you think is the most important step in having a healthy, loving relationship?

Developing loving-kindness towards oneself and towards one's partner.

Did you write *Sealing the Deal* based on the experiences you've had in your relationship and the advices you received?

Yes. I had a brilliant Love Mentor who gave me the support and advice that I used to create my own passionate, lasting marriage of over 25 years. These are the same principles I write about in *Sealing the Deal*.

What is the best advice you can give to women who have a difficult time creating a loving, lasting relationship?

Find a Love Mentor or coach who can give you the support, smart advice and a bit of a kick in the butt as needed in order to help you move forward in a love relationship.

Cupid thanks Dr. Kirschner for her time! If you're searching for The One or are attempting to keep the passion alive in your relationship, visit Amazon to purchase *Sealing the Deal: The Love Mentor's Guide to Lasting Love*. For more information on Dr. Kirschner and her book, visit her website at www.LoveIn90Days.com.

~~**GIVEAWAY ALERT:** Cupid's Pulse has teamed up with Dr. Kirschner to give a copy of *Sealing the Deal* to one lucky reader! To enter, tell us what love problem you'd like to solve in a~~

~~comment below. Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown. If your email is not included you will automatically be ineligible to win. This giveaway will run until 11:59 PM EST on Tuesday, May 3. Good luck!~~

This giveaway is now closed.

Dr. Diana Kirshner Talks 'Love in 90 Days'



By Krissy Dolor

A deadline for love? According to Dr. Diana Kirschner, it's possible! This love expert, media psychologist, and author has helped both singles and couples on their road to love. Based on clinical research and personal experience, *Love in 90 Days* guides you along your journey to self-discovery with good advice, and of course, tough love. The author also addresses common mistaken beliefs about relationships and dating, and shares stories from women who have been successful in their own 90-day path to a great relationship.

How can you find love in 90 days?

Cupid's Advice:

Love in 90 Days has step-by-step instructions, checklists, and homework assignments to aid those needing a little help in the romance department, as well as tips from women who have done it themselves. Cupid caught up with Dr. Kirschner via email last month to talk about the book. Take a look at what she had to say:

How did you come up with the 'deadline,' so to speak, of finding love in 90 days?

Because over the years, as I was helping more and more women find true love, they were able to do it faster and faster! Ninety days to change your love life became a real, doable possibility, and a reality for many women.

Are people skeptical of your claim that anyone can find love in 90 days?

Yes. But once I start outlining all the different steps you can use in the book to handle any dead-end-dating patterns and find lots of terrific men, they are convinced that it is possible!

There are exercises to use to stop yourself from being a "hermit," or getting involved with guys too fast (the "Flame-

Out”) so that it blows up in your face, and many more. I describe 13 of these Deadly Dating Patterns and what to do about them. And then we have dozens of ways to meet great guys, including ways to optimize your profile so that it comes up first on online dating sites when men search! Also, places to go that are loaded with great guys where there is very little competition – and much more.

I have had women go from zero guys to having 200 to choose from!

Here’s one secret: skyrocket the number of people you meet online by simply changing your profile a bit every day – you’ll go to the top of the search engine on the site, and hundreds more will see you.

While writing your book, what was the most surprising piece of research you came across that you wanted to share with your readers?

That if you don’t recover from the depression of a break up by 16 weeks there is decreased brain activity in regions associated with emotion, motivation, and attention.

The paperback now has as chapter entitled ‘Dating Games Men Play.’ What made you decide to include a new chapter – and a chapter on this topic in particular?

So often women choose the wrong guy to give everything to! And then when the relationship explodes, they suffer and tend to analyze what they did wrong to make it go south, and it wasn’t necessarily anything they did. I wanted to give a clear road map to women to help them see who they are dealing with when they are dating.

Half the people in who are in relationships shouldn’t be in them. There are 16 different sabotaging games men play in relationships. Three are completely unworkable, and call for an immediate dump! The other 13 are more workable. So if

you're unhappy in a relationship, what you'll learn in the *Love in 90 Days* paperback is how to figure out what the guy's dead-end patterns are, and whether to keep him or dump him.

Best news of all – if you leave him, I can help you find someone new in 90 Days.

What's the one piece of advice you want your readers to come away with after reading your book?

Know that you can find true love no matter what your age, size, or baggage from the past is! You just need to learn how to do it.