

Amy Laurent Tells Us How to Navigate a New Relationship and Go From '8 Weeks to Everlasting'



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's *Miss Advised*
with Kristen McGuiness

By Whitney Baker

Matchmaker and reality star Amy Laurent didn't realize how much she needed her own help until she began filming Bravo's 'Miss Advised.' As viewers saw throughout the first season, she quickly learned how hard it was to be open to love and how scary it was to feel vulnerable. That was the catalyst she needed to write her book, which she began working on two-thirds through filming. *8 Weeks to Everlasting: A Step-by-Step Guide to Getting (and Keeping!) the Guy You Want* isn't about getting the ring or getting to the altar; it's about building a strong foundation for a lasting relationship with your perfect person. "This book offers simple guidelines that every woman needs to follow when they first meet someone they like," Laurent explains. "It's about how to change your approach to dating so you don't lose yourself in it." No one knows the importance of these parameters better than the author. We had a chance to chat with her about what rules to follow, what lies men tell and what she's learned in her search for love.

How did you develop your dating philosophy?

I found that women kept asking the same questions when it came to men and the early stages of dating. I've been giving women solid advice on how to handle these situations, and they've come back to me and thanked me for everything I said. But here I am, getting back into dating myself, and I'm totally stinking at it. During the course of filming 'Miss Advised,' I realized that I needed my own coaching. Talk about a sense of urgency! It was like, "Oh my god, I need to take everything that I've been telling women to do and turn it into a handbook so I can find a guy for myself!"

No matter who we are, whether we're the expert or not, we really need rules that are clearly laid out, week-by-week, about how to date men. It's the first eight weeks that are the most torturous for women!

Related Link: ['Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Someone Who Is More Mellow and Chill"](#)

In the introduction of your book, you tell women that they're in charge of their fate and they can have any kind of relationship they want. What is preventing women from finding their ideal relationship?

Accepting less than what we deserve. There are boundaries that teach a new guy in your life what is acceptable and if you are a relationship girl or a casual dater. Your actions towards him define how he looks at you; you teach people how you want to be treated.

How many of us get excited about a guy and then start to cancel our plans with girlfriends because he suddenly calls and asks us out? That's the complete opposite of what you're supposed to do, but we've all been there. We're so emotionally invested in this guy that we've only been out with a handful of times that he has an affect on whether we have a good day or not. As women, we need to remember that we're in control. If someone isn't respecting you or treating you how you want to be treated, you get to choose to write that person off.

You banish women from making the first move, yet so many of our male readers tells us they *want* a woman to approach them first. What are your thoughts on that?

One of the biggest points in my book is that women should *never* initiate. You don't call or text a guy first; you don't suggest that you get together on a Friday night. You have to let the man take the male role. If you become aggressive, he's going to lose interest very quickly.

As a matchmaker, I work very closely with men, and they tell me things that I wish they would say to more women's faces. If a guy says he loves when a women takes the initiative and asks him out, he's lying to you. Any man will say that it's

cool at first – it's less work when the woman comes to him. But he'll also tell you that he's never dated that girl for longer than two weeks. That's the truth.

Related Link: [Subtle Ways to Get a Second Date](#)

What love lessons did you learn from filming 'Miss Advised' and writing this book?

First, I gained a newfound respect for my clients. It had been so long since I put my heart out there, and I realized that my clients do it everyday. It's not easy!

I also learned that dating is about enjoying the process, weeding out the jerks, finding your perfect person and having fun along the way because you're in control. One of the keys is balance: you need to stay open enough but also hold the reins and pace yourself.

Lastly, if there were one piece of advice you could give women looking for love, what would it be?

One thing I said repetitively is that, if a guy genuinely cares about you and wants to get to know you, he is going to try to impress you – and you should let him. You really have to communicate what kind of relationship you want, and you have to stick to that.

And buy my book, of course!

You can buy '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want' on Amazon. Be sure to keep up with Laurent on Facebook, Twitter and her personal site at www.AmyLaurent.com.

Season Finale of Miss Advised: Love and Loneliness



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised
with Kristen McGuiness

Monday, August 6th @ 10/9c – Miss Advised *SEASON FINALE*

In the season finale, Amy discusses how her prom-disaster date

may be the last time she puts herself out there for love. While one love expert still struggles to find a match, another's future in love looks pretty solid. Emily's trip to Napa with David takes a sudden turn and morphs their relationship forever.

Watch: Julia breaks down after a bad date

Watch: Emily and David take their relationship to the new level

'Miss Advised' Star Emily Morse Says, "I'm Not Choosing Monogamy; I'm Choosing to Date"



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's *Miss Advised*
with Kristen McGuinness

By Jessica Nappi

Radio show host, author and reality star – what can't Emily Morse do? If you haven't seen Emily navigate her dating life on the new hit show 'Miss Advised,' produced by Disney darling Ashley Tisdale, read her book, 'Hot Sex: Over 200 Things You Can Try Tonight!,' or listened to her radio show, 'Sex with Emily,' no doubt you soon will because this young lady is just getting warmed up. She's even been dubbed the real-life Carrie Bradshaw, although she openly admits that she has never watched an episode of 'Sex and The City.'

After seven years of hosting her radio show, Morse was approached to be a part of 'Miss Advised,' which follows three single dating experts (Amy Laurent, Julia Allison and Emily Morse) who must put their own advice to the test. While the other stars may have learned that it's hard to practice what they preach, Morse stuck to her guns. She says, "I definitely take my own relationship advice to heart. But, I've made mistakes in my relationships – I'm not perfect."

Morse has stayed true to herself by finally acknowledging that she's "not choosing monogamy right now; [she's] choosing to date." But she didn't just come to this revelation overnight. "I've evolved into this person by saying it publicly and being on national television. I think it made me realize that it's okay to be me. It's okay to live my life differently than other people live their lives."

Related: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After receiving hundreds of emails in support of her dating philosophy and unrushed desire to settle down, Morse noted that she felt so much more "validated and accepted." But being open and vulnerable hasn't always been easy for her. "The greatest lesson I've learned is to "be honest with yourself; stay true to yourself; and be self-aware," she says. "The more honest you are with yourself, the more you'll know what you like, and the easier dating will become."

Since monogamy is crossed off her list, Morse is free to date and have fun with no constraint. "I've never been a woman who plays by the stereotypical dating rules," she says. Since there are so many dating advice books, she says you just have to "pick and choose what feels good to you because blanket rules for everyone just doesn't make any sense."

She may not be a fan of rules, but she is certainly a fan of helping others spice up their relationships. Emily notes that

her favorite section of her book deals with partner massages. “By massaging your partner, you will feel reconnected again. I think it’s a really nice, sweet thing you can do to become attached to your partner again.”

As you may know by now, Morse doesn’t hold anything back. That’s why we get to see her dating life firsthand on ‘Miss Advised.’ Here is where we get to observe from afar as Emily goes on all types of dates. We even watch when she dates her newly-divorced fifth grade crush, David Rubin, and they drive to Napa Valley for a romantic night. Of the finale, which will be airing tonight, Morse promises that their relationship “takes an interesting turn. It’s surprising, and it’s a really fun episode, “ she says.

So what’s next for Morse? She aspires to be the Dr. Ruth of our generation – and she’s already well on her way. As she continues to grow her career, she will be getting her doctorate in human sexuality and coming out with a third iPhone App. She will also be hosting her radio show and keeping her fingers crossed for a second season of ‘Miss Advised.’

Be sure to catch Emily Morse tonight on the SEASON FINALE of ‘Miss Advised’ at 10/9c on Bravo. You can also check out her personal site at www.EmilyMorse.com and follow her on Twitter @SexWithEmily.

Miss Advised: Matchmaker

Doesn't Believe 'The One' Exists



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised

with Kristen McGuiness

Monday, July 30th at 10/9c – Miss Advised

Amy screams on the first date, but it doesn't involve her "giving it up" in the sexual sense. A rock climbing date

brings out her biggest fears, and it's tough to tell whether or not the climb during the date is literally or figuratively getting the best of her. Later on, Emily's friend David surprises her on-air, but his appearance leaves them both stunned by how unexpectedly similar their theories on love are...

Watch: Love expert takes the climb.

Watch: Emily doesn't believe in "the one."

Miss Advised: Yoga...An Aphrodisiac Gone Wrong



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's *Miss Advised*
with Kristen McGuiness

Monday, July 16th @ 10/9c – Miss Advised

Matchmaker Julia takes matters into her own hands and plans her dream date. Meanwhile, Amy goes casual on her third date with Lewis but is surprised when she realizes the tables have now turned. Emily tries to get in touch with her sexual side by doing acrobatic yoga on a blind date, but things just get too weird for her liking...

Watch: Is Emily a good kisser?

BONUS: The first episode is available FREE on iTunes!

Miss Advised: Love Expert Seeks Help From a Witch



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised
with Kristen McGuiness

Monday, July 9th at 10/9c – Miss Advised

While attempting to play hard to get, Amy breaks (another!) rule by desperately asking her date why he didn't text her. Julia visits a witch (yes, witch!) to help her break bad dating habits. Meanwhile, Emily uncovers some unexpected answers on open relationships...

Watch: Amy unloads on her date.

Watch: Julia hazes her date.

BONUS: The first episode is available for FREE on iTunes [here!](#)

'Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill"



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks to Everlasting

Amy Laurent

Star of Bravo's *Miss Advised*
with Kristen McGuiness

By [Whitney Baker](#)

As a relationship expert and executive matchmaker for the past seven years, Amy Laurent has plenty of advice when it comes to navigating the dating world. And, now she's putting it out there publicly starring on Bravo's new reality series 'Miss Advised,' a show that features three single relationship experts as they attempt to follow their own dating advice in the search for love.

Given Laurent's background, we thought she'd be the perfect source to comment on the most talked about divorce of the week

(and most likely the year), the infamous TomKat split. By now, we've all read the tabloids or heard the news that Tom's obsession with Scientology was a huge factor in their divorce (source), but how important is religion to a marriage?

"For some people, religion is an absolute deal-breaker, and you have to respect that when choosing a potential partner," Laurent explains. "I think it's a waste of time to try to put two people together with different religious opinions."

Related: [Katie Holmes Files for Divorce from Tom Cruise](#)

Although Laurent advises against coupling up if you have religious differences, many people do marry outside of their religion and go on to have happy and healthy relationships.

However, most of them aren't A-list celebrities who live a very public life while one of them is strong-arming the other about the beliefs of the secretive practice of Scientology. In this case, Cruise's religious beliefs and intention to have Suri attend a Scientology "boot camp," according to *The Sun*, may have been more important than the views of his catholic-raised wife, Katie.

"I encourage my clients to be very open and to not have a laundry list," Laurent says. "Ultimately, if you're going to find the right match and not waste your own time or the other person's time, you have to very honest about what's important to you."

With Katie now on the singles market, everyone is left guessing who she'll date next. It's definitely too early to tell, but Laurent says that she's always seen Katie with someone who is "more mellow and chill."

"I see her being with someone who has more of a laid back approach to their relationship because I feel like that will really let Katie shine." As for Tom, "Definitely a Scientologist," Laurent says with a laugh. "She needs to be

very type-A and a perfectionist – someone with the same level of intensity as he has.”

Related: [Heidi Klum and Seal: Marriages Don't End Overnight](#)

Of course, neither Holmes nor Cruise should dive back into the dating world any time soon. For the time being, their primary focus should be on their six-year-old daughter, Suri. “Anyone going through a divorce with children needs to be very sensitive to figuring out how this new dynamic is going to work. No matter what happened, Katie and Tom still have to be a team for Suri’s sake,” Laurent explains.

When she’s not setting up her clients or analyzing other people’s relationships, Laurent has her own love life to sort out. As viewers will see on this season of ‘Miss Advised,’ she gives romance a shot for the first time in a long time. “I end up having a few great dates where I can finally relax and enjoy it without being totally type-A and trying to control everything. Maybe I should date Tom!,” she chuckles.

“Obviously, there are things that I still struggle with throughout the show,” Laurent adds. “But I will say that there is someone who I see a few times who is a really amazing guy. I’m kind of excited for my dating future – maybe there is hope for me.” As fun as it may look, Laurent notes that this show provides a great opportunity for viewers to learn from her mistakes and improve their own love lives.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

Laurent is releasing her first book next month, ‘8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.’ “It’s very easy for me to coach my clients and give them the rules that work. But it’s very hard for me to follow my own guidance, and that’s where I got the inspiration to write this handbook,” she explains. “It’s a girl’s dating bible that really breaks down, step-by-step, the first eight weeks after meeting someone new.”

She adds, "I started writing this book in the middle of shooting 'Miss Advised' because I recognized that no matter who you are – whether you're a matchmaker, a teacher, whoever – everybody needs a support system. It's been helpful for me – I realized that my rules really work!"

Check out Laurent via her Web site, AmyLaurent.com Twitter or Facebook, and be sure to watch 'Miss Advised' on Mondays at 10/9c on Bravo. Also, keep your eyes open for her new book '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.'

Miss Advised: Relationship Guru Rekindles Fifth-Grade Flame



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised
with Kristen McGuiness

Monday, June 2nd @ 10/9c – Miss Advised

Amy reluctantly agrees to go on a blind date that was set up by a friend. Julia enlists a professional love coach to rid her of her bad dating habits and do some digging into her past. It's back to Michigan for Emily, where visiting her fifth-grade crush makes her wonder if moving home is the answer to finding true love. Get exclusive clips from this week's episode here!

Watch: Julia admits her worst fear is being called 'crazy.'

Watch: Emily's mom says the answer is to move back to Michigan.

BONUS: The first episode is available for FREE on iTunes!

'Miss Advised' Dishes Surprising Single-Gal Advice



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised
with Kristen McGuiness

Monday, June 25th @ 10/9c – Miss Advised

After her first date in Los Angeles was a bust, Julia looks to rebound with a former college basketball player. Amy continues to break her own rules by dating a younger man. Emily goes on an unconventional date – to a strip club – with one of her radio show guests, rapper Ray Luv.

Watch: Julia's date won't kiss on the lips.

Watch: Emily: "If I've gotta slap one more strippers ass, I'm

gonna shoot myself!"

Series Premiere of 'Miss Advised': Love Is in the Air



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's Miss Advised
with Kristen McGuiness

Monday, June 18th @ 10/9c – *SERIES PREMIERE* Miss Advised

In the premiere of Bravo's new docu-series 'Miss Advised,' three single relationship experts can't seem to practice what they preach. The show follows Julia Allison (Los Angeles), Emily Morse (San Francisco) and Amy Laurent (New York) as they struggle to stay afloat in the deep-end of the dating pool. Each of the girls is a highly-regarded expert when it comes to *giving* romance advice, but they are admittedly not the best at following it. Take a sneak peak below.

Watch: Julia's 73 point checklist for her lovers.

Watch: Sex with Emily.

Watch: Amy sets the rules but then breaks them.

Bravo Sets A Date With New Docu-Series "Miss Advised"



A Step-by-Step Guide
to Getting (and Keeping!)
the Guy You Want



Weeks
to Everlasting

Amy Laurent

Star of Bravo's *Miss Advised*
with Kristen McGuiness

“Miss Advised” Premieres Monday, June 18 at 10PM ET/PT

Bravo Media premieres “Miss Advised,” a docu-series about three single relationship experts who make a living dispensing dating advice, but struggle to make their own love connections. The series follows Julia Allison in Los Angeles, Amy Laurent in New York City and Emily Morse in San Francisco, as they maneuver through the dating world disregarding their own advice. When it comes to falling in love, these experts need to practice what they preach.

In the premiere episode, dating columnist Julia Allison makes a big move to Los Angeles on a quest to find Mr. Right. With a 73-point checklist to guide her, Julia is ready to settle into the storybook romance of her dreams. Matchmaking maven Amy Laurent has built an empire in New York City by bringing perfect matches together all thanks to “The Rules.” But when an old flame comes back to town, she struggles to follow her own guidelines. Radio host and sex expert Emily Morse proclaims that monogamy is an epidemic, but when her happily-married brother comes to visit, Emily admits that she would be open to falling in love.

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

“Miss Advised” cast includes:

Julia Allison

Julia Allison is a columnist, television personality, Internet entrepreneur, public speaker and unabashed social media junkie. A media and relationship expert, Allison has made over 1,000 television appearances on every major network and has written for publications such as Newsweek, New York Magazine, Huffington Post, Cosmopolitan, The Chicago Tribune, Teen Vogue and The New York Post.

Amy Laurent

As the founder and president of the exclusive Amy Laurent International matchmaking agency for the past six years, Laurent has maintained an 85% success rate finding her clients serious relationships within 3 months. She has been featured in publications such as The New York Times, Miami Herald, Oprah Magazine, Men’s Health, and Cosmopolitan, and is widely regarded for her professionalism and personal ability to make her clients feel at ease. Laurent’s first book “Eight Weeks to Everlasting – How to Get (and Keep) the Guy You Want” will be released in summer 2012.

Related: [Is that you, Mr. Right?](#)

Emily Morse

Emily Morse is the host of “Sex with Emily,” a live radio show and top downloaded podcast on iTunes. Morse has appeared as a guest expert on countless radio and television shows, as well as been featured in The New York Times, Los Angeles Times and San Francisco Chronicle.

Miss Advised is produced by RelativityREAL and Ashley Tisdale’s Blondie Girl Productions, with Ashley Tisdale, Jessica Rhoades, Tom Forman, Michaline Babich and Brad Bishop serving as executive producers. For more information, visit www.BravoTV.com and follow us on Twitter at <https://twitter.com/BravoPR>.