

Expert Relationship Advice: Four Ways a Positive Attitude is Good for You



By [Amy Osmond Cook, Ph.D.](#)

It seems Hollywood celebrities are famous not only for their creative work, but also for their personal lives. Everybody has a story about their road to success, but amid the sparkle of superstardom and robust social media platforms, there are a handful of celebrities like [Emily Blunt](#), [Jim Carrey](#), [J.K. Rowling](#), and [Shania Twain](#), who persevered despite personal obstacles and adopted a profoundly positive attitude.

Now, studies show that not only is a positive attitude good for your career and relationship, but it is also good for your

health. Here are four reasons from [relationship expert](#) Dr. Amy Osmond Cook why looking at the bright side of life is good for you. This [expert relationship advice](#) will help you build a happier life for you and your partner!

Expert Relationship Advice to Cultivate Positivity

1. It controls stress: Nobody would deny that stress is real, but sometimes the way we view various stresses in our life makes a big difference in how we manage it.

As the administrator of Park Manor, a busy rehabilitative care center, Ben Flinders is aware of the stress this work environment presents to his staff. Flinders recognizes his role in creating a supportive environment that fosters positivity in the workplace. "For example, sometimes the best way to navigate the stress of work that robs us of needed energy is to step away and relax," he said. "Many times, a quiet walk during a work break or a brief meditation session can help relieve pressure." His management style encourages staff to work smarter not just harder by self-monitoring energy levels, emotions, and attitude and to take necessary measures to refocus.

"Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations," says the staff at the [Mayo Clinic](#). "Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst." Having that kind of mental control over any outcome is a powerful tool to control stress.

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2. Reduces recovery time: Healthcare providers witness the

power of a positive attitude daily. “Our therapists are experts at providing care, but they also recognize that a positive attitude enhances those services,” said [Karissa Ly](#), director of rehabilitation at St. Francis Heights Convalescent Hospital. “Attitude makes the body more receptive to recovery, and it can heighten a patient’s belief in themselves to get better.” Ly added that the physical work is important in recovery, but it also requires a mental toughness that needs positivity to support it.

3. Improves social connections: As more [studies](#) emerge emphasizing the importance of friendships and social interaction, they also note that a positive attitude is an important vehicle to secure those social connections. “In short, they (optimists) manage their relationships better, and as a result, when faced with adverse health events, they can rely on their social networks to a much greater degree and receive more support, managing the resulting stress more effectively,” explains PsychologyToday.com contributor [Utpal Dholakia, Ph.D.](#)

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4. Extends longevity: A [study](#) published by The Journals of Gerontology examined the relationship between an optimistic perception of aging and its impact on reducing markers of stress-related inflammation associated with heart disease and other illnesses. It seems a positive attitude will help you live longer and it will influence healthier lifestyle choices, as well. “Every day brings new challenges,” says [Martha Beck](#), author, speaker, and life coach. And how we face those challenges plays an important part in our health. So when life warrants an attitude adjustment—be grateful! It’s good for you.

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

Dating Advice: Thriving After Divorce



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you move on and enjoy dating after divorce. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Tanya Marie Dubé, for dating advice!

Dating Advice on How to Thrive After Divorce!

1. Accept the emotional cycle: Any loss, whether it be a death or a separation, entails an expected emotional cycle. Don't be surprised if you are in denial, become angry, try to bargain, or enter depression. But hope prevails! "You wake up one day and a light bulb goes off," Dubé says. She admits that during her own separation, she would "pull up the big girl panties and go on to the next thing without thinking about it." The problem with avoiding the grief cycle is that, because you didn't allow yourself time to process, you end up repeating previous mistakes in future relationships.

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2. Re-learn yourself: After a long relationship, you're a different person. You've spent your time thinking about you and your partner and, if relevant, your kids. Now, as a single woman, you have time to yourself and you should use that to explore what it is that you enjoy. Because you've changed, you need to relearn who you are and what makes you happy. "Right after a breakup, you have a low vibe and will attract someone with a low vibe," Dubé says. Not taking the time to relearn who you are and build happiness risks landing you in a relationship similar to the one you just left. Take the time for yourself, and your next relationship will reap the rewards.

Related Link: [Dating Advice: How to Fall in Love with Dating](#)

3. Practice optimism and mindfulness: "Before I attract people, I want to attract happiness," Dubé says. If you notice that you have a negative world view, you'll never be happy, and no relationship can change that. You need to focus on the "triad of emotion," as Dubé calls it. Fix any negative self-

talk, adopt powerful body, and shift your focus on to the bigger picture. Divorce is painful and takes a toll on your mental health, but paying attention to the verbal and physical language you use and where your focus is can help you practice a positive mindset, which will make you happy with your life before you start dating again!

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Dating Advice: Secrets to Letting Go of the Outcome of a Relationship





By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to spiritpreneur Abiola Abrams about letting go of expectations and staying present while dating. Don't miss this great [relationship advice](#); watch the video above!

The Dating Advice You Need to Stop Worrying About Outcomes and Enjoy Dating

1. Practice mindfulness: Mindfulness is a “mind, body, and spirit principle [about] being radically present,” Abrams says. Our society is structured around distractions. Our phones chime and we drop everything to answer an email or respond to a text. Because our attention span isn't a muscle we train often, our dates are effected. “We're thinking on our first date what our kids would like or what their last name sounds like,” Abram says with a laugh. To stop “futurizing,”

focus on what to be grateful for in that person. This exercise in gratitude will bring you to the present moment, help you calm first-date jitters, and enjoy the other person more.

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2. Bring a little gift: Women are used to being impressed while men are used to being the ones impressing. Abrams advises, “We always assume that masculine energy doesn’t appreciate gifts, but they eat it up.” Bring something small, like a rock or twig from an area they’ve mentioned or their favorite candy bar. “You don’t have to spend money,” Oshima says, “In this case, it really is the thought that counts.” Small gifts, especially early in a relationship, show that you pay attention. It forces you to be present in a conversation and think about what someone would want or need.

Related Link: [Single of Stilettos: Dating Advice About Mindfulness](#)

3. Be vulnerable: A large percentage of relationship advice emphasizes the importance of vulnerability. People appreciate it, yet we’re all too scared to do it. You don’t always have to reveal your secrets to be vulnerable; instead, share a personal story. Share a memory you rarely do, a tale you hadn’t thought about in awhile, an anecdote that will reveal a trait about yourself that you want the other person to know. “When you shield yourself like you’re Wonder Woman, you prevent yourself from being seen and felt.” When you open up to someone, it grounds you in the present, and the other person feels valued for connecting with you on a more intimate level.

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Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to be more desirable! Watch the video above and read the article below for some feel-good tips to improve your dating life!

Dating Advice to Help You Feel and Look More Desirable!

1. Own your desire: “For women, there is shame attached to owning your desire,” Contenta says. “Be okay with owning and showing it.” When you become more aware and attached to your desires and sensuality, a creative fire ignites in you. You become more engaged with the present world around you. This helps you enjoy life more, but it also makes you much more attractive to others. The first part of being desirable is connecting with that desire in yourself.

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2. Express sensuality: Once you own your desire, what are the different ways to express it? Contenta says there are two: the ability to elevate your senses at any moment and to manage your sexual energies. “Pleasure,” Contenta says, “is in the moment that you’re in and engaging the senses fully.” If you want to become more aware of each moment, engage as many senses as possible. This is true for any partner as well. It’s a huge turn-on to use all five senses.

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3. Transition into feminine energy: There are two primary sexual energies: masculine and feminine. Masculinity often empowers forward movement, motivation, and power. Femininity, on the other hand, embodies emotions and reciprocity. “In our results-driven society,” Contenta says, “We all engage in masculine energy. But to become more desirable, transition into feminine energy using non-verbal, physical cues.” Think about your body and how much space it takes up. Men stand wider, and when women want to emit power they use body language that takes up more space. Feminine energy, which is softer, connects the inner thighs. When you walk, squeeze your

inner thighs together to encourage more curves and a sultry stance. When you move to point to something, caress yourself instead of just pointing. Show that you love yourself and desire will follow, both from you and observers.

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Expert Dating Advice Guys' Edition: 5 Not So Obvious Signs She's Into You





By [Joshua Pompey](#)

Guys, have you ever been on a date that you thought went well, only to never hear from the girl again? This is frustrating and discouraging for anyone. Don't dwell on the dates that didn't work out. The best thing you can do is learn how to assess a date while you're on one so you won't be taken off guard if you do get ghosted. Read the below [expert dating advice](#) by [relationship expert](#) Joshua Pompey to enhance your dating life!

Expert Dating Advice for Guys to Make You Dating Pros!

1. Small touches: Women express love or interest with physical gestures. If she lightly touches your arm, leg, or back, she is showing she's interested. Sometimes this is a purely subconscious act for women, but sometimes it is a direct means of flirting with you. To encourage even more friendly flirting, reciprocate these small touches, but be sure to keep it G-rated and organic.

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2. Make-up Touch-ups: When women go to the bathroom on a date, they often adjust their hair or reapply make-up. Pay attention to this. If you notice a fresh coat of lipstick, it's a sign that she wants to look good for you. Lipstick draws the eye to the lips, and a fresh coat is a strong sign that she hopes for a kiss at the end of the date. If a woman isn't interested, she's not freshening up for you.

3. Personal Questions: Did she ask about your family at some point during the date? Was she curious about your goals and passions? The more personal questions she asks directly correlates to how interested she is in you. It's natural to want to know more about someone you are interested in, but pay attention to her body language as she asks these questions. If she's looking around or checking her phone, then she's bored but trying to be polite. If she's leaning into the conversation, that's a great sign.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Commonalities: No matter what kind of relationship you are building with someone, whether it be friendly, familial, or romantic, sharing common interests is a great sign for the success of that bond. If you and your date discover commonalities and her demeanor changes to one of excitement, she's probably thinking of ways to engage in these shared interests for future dates.

5. No phone: When are women truly alone? Almost never. Women rely on their girlfriends for guy advice, safety, and a way out of a bad date if needed. If thirty minutes into the date she checks her phone, you can almost be certain it's a girlfriend checking in to see if your date is enjoying herself or needs an escape plan. If she quickly responds, apologizes,

and jumps right back into the conversation, you're in good shape!

For more free dating information from Joshua Pompey, click [here](#).

Relationship Advice: How to Attract a Strong Man Who Takes the Lead



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stilettos [dating advice video](#) will help you attract the kind of man who will take the lead. [Relationship expert](#) Suzanne Oshima interviews Bex Burton for the best dating advice to bring a strong man into your life. Watch the video above to learn more!

Relationship Advice to Help You Attract a Strong Man!

1. Be an authentic woman: Burton says if a woman is “true to herself, connected with her own heart, her intuition, and whatever her divine belief is,” then she’s authentic. It’s important to know who you are and stick with that. If your actions match your words and your behaviors match your beliefs, then you know who you are to the core. Strong men love women who are confident in themselves, and confidence starts with an intense personal knowledge. Suzanne adds, “Show up how you are in the beginning.” If you worry that your confidence intimidates men, then you might consider steering clear from men who don’t embrace that characteristic or who are not strong enough to handle this type of woman. This will keep you open for others who come into your life and appreciate what you have to offer.

Related Link: [Relationship Advice: Why You Keep Attracting the Same Kind of Men](#)

2. Be present: Knowing what you want and what you won’t settle for allows you to navigate relationships with clarity. Men appreciate a decisive woman; it avoids petty arguments. It also allows men who like to take charge to have the opportunity to do so because they know, thanks to you, what they need to do to make you happy. Burton says, “Identifying what you need is a journey and a skill to develop.” Knowing

what you need from the beginning helps you weed out people who won't make you happy.

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3. Be connected: Similar to knowing what you need and knowing who you are, you need to be aware and connected with your emotions. Not only does this create an emotionally stable environment, but being aware of negative emotions before they escalate will diffuse arguments with your partner before they begin. Don't just focus on yourself, though. Women are naturally more attuned to emotions and when you focus on the ability to connect outwardly, you can intuitively recognize your partner's emotional state. Burton says, "It helps men connect with their emotions, making you valuable in their lives [because] you help him feel so much more deeply."

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Love & Libations: The Negroni & Anthony Bourdain





By [Yolanda Shoshana](#)

When I was thinking about what I wanted to do for this column, I was walking through NYC and came upon Les Halles. Unless you have been away from the news recently, you may know that Anthony Bourdain passed away. Les Halles was a French bistro where he got his start as an executive chef. Let's just say many romantic nights were had at the restaurant. Though both locations of the bistro are now closed, people have been leaving tributes to him pasted on the windows. Consider this my cheers to the icon.

The culinary world is still reeling over the death of Bourdain; in fact, it may never be the same. It will be hard to find anyone who can take his place, though someone will try to fill the void. He undoubtedly changed the way that people eat and drink. Someone said, "He was the Mr. Rogers of the food world." I would have never compared the two, but he did have an edgy Mr. Rogers charm about him. More importantly, both men had a way of making people stop, listen and think in a way that impacted lives. People around the world are coming forward with stories of how Bourdain helped them learn to love

food. Since there's such a deep connection between love and food, maybe Bourdain should have added "love doctor" to his resume.

Keep reading for details from our relationship expert Yolanda Shoshana on the late Anthony Bourdain's favorite cocktail!

While most people think of food when they think of Bourdain, he was also a man who loved a good libation. He was often caught with a glass of wine in his hand, but there was a particular cocktail that he was a big fan of as well: The Negroni. Named after Italian Count Camillo Negroni in 1919, the classic aperitif is famous around the world. Bourdain called it the perfect drink, saying, "It's [made from] three liquors that I'm not particularly interested in, but put them together with a slice of orange... it works. That first sip is confusing and not particularly pleasant. But man, it grows on you." I would have to agree. The first time I took a sip of a Negroni, I was intrigued. After about three sips, that intrigue turned to love. It's been one of my favorite libations ever since.

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Bourdain shared a story with *Maxim* about how he made Negroni cocktails for his crew and ended up a bit tipsy. It's the kind of drink meant to share with those near and dear. Get your squad together for a Negroni or two. We can all use a little bit more love and light. Plus, you can also use it as an aphrodisiac cocktail if you want to just kick it with your boo on [date night](#). It's the perfect libation to sip during intimate conversations.

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The best part about the Negroni is that it's so simple to make. All you need are three ingredients and a slice of orange. If you don't have the orange slice, don't fret. After a few sips, it won't even matter. Cheers to you, Bourdain and those you love.

Negroni

1oz. Gin

1 oz. Campari

1 oz. Sweet Vermouth

Slice of orange

For more Love & Libations date ideas and celebrity couple predictions from Yolanda Shoshana, click [here](#).

Relationship Advice: Why You Keep Attracting the Same Kind of Men





By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you understand why you keep attracting the same type of guy and how you have the power to change that! Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis.

Relationship Advice to Help You Stop Attracting Mr. Wrong and Start Attracting Mr. Right

1. Discover your core beliefs: "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you are continuously facing abuse in relationships, you may internalize those failures as your own and begin to believe that you do not deserve more out of love. Evaluate past relationships; it's never just one person's

fault when a relationship fails. If you find that you are in a cycle of dating the same guy in different skin, that's a sign that there is something in your beliefs that needs healing.

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2. Change your story: Once you discover your core beliefs, you have the power to change them. "What you believe is what you create," Fidelis says. If you discover that you don't believe in love or that you don't deserve it, challenge those beliefs so that you can change the dating cycle you've created. Fidelis advises, "When searching, focus on the energy of the relationship you want to create together." Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, "You limit yourself when you focus on superficial wants." What is more important: how tall a man is or how he makes you feel?

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3. Break your routine: After you've discovered your core beliefs and chosen the story of your future, you need to take these discoveries out into the world. Going to the same places that you always have will only keep you around the same types of people. "You need to put yourself in front of the type of guys you want to attract," Fidelis states. Oshima offers her own advice, "Sometimes what we think is our type really isn't if every relationship keeps ending." Open your mind to other people. Ridding yourself of negative beliefs will allow you to be more attracted to different types of people. Have fun with it!

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Relationship Advice: How to Overcome the Fear of Abandonment



By [Rachel Sparks](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to overcome the fear of abandonment. Watch the video above for their best [relationship advice!](#)

Relationship Advice to Help You Overcome Fears of Abandonment!

1. Are you abandoning yourself? Sabourin believes that we all have a fear of abandonment that traces back to our childhood. It's normal, she assures viewers. "We continue to perpetuate that fear into adulthood by abandoning ourselves." Though you've heard the advice before, it's worth repeating: you have to be your own best friend. "Nurture that part of yourself that feels alone," Sabourin says, "It's self-parenting. You'll feel whole again."

Related Link: [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

2. Stop taking things personally: Things go wrong when dating. We often second-guess why the guy wouldn't call us back or why it's taking so long to get a response. "You're only responsible for half of the equation," Sabourin reminds viewers. "Don't blame yourself." Self-blame stems from an attachment to a desired outcome. When you expect certain results from your dates, you take responsibility for things outside of your control. The best way to end this cycle is by just enjoying dates and releasing expectations. Without expectations, you're less likely to blame yourself for when things go wrong.

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

3. Take responsibility for your emotions: Ultimately, fears will be present, but how you handle them will effect outcomes. If you worry about abandonment before it's happened, Oshima warns that you can sabotage a relationship. Sabourin advises that by taking ownership of your emotions, you can learn healthy ways of processing failures and fears and work towards your dream relationship. Sabourin warns, "Ignoring emotions creates a beach-ball affect: you can push the ball underwater,

but at some point it will come back up with force.” Start by accepting what you are feeling, allow yourself to feel it, and then release those emotions. You’ll heal faster.

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Expert Dating Advice: Date Ideas for Spring Love



By [Joshua Pompey](#)

If you are a New Yorker like me, it often feels like winter will never come to an end. Believe it or not, it was snowing in April this year! While this can be frustrating, it only makes the arrival of Spring all the more sweeter. As an added bonus, spring is an incredible time for dating if you use the [expert dating advice](#) below. Try these spring [date ideas](#) from [relationship expert](#) Joshua Pompey that will help you and your loved one make the most of this season!

Expert Dating Advice to Ignite a Spring Love!

Spring serves as a symbolic fresh start. With the sun shining and the flowers blooming, all is renewed in the world again. Take advantage of the feel-good vibes and enjoy some outdoor date ideas that tap into these endorphins.

1. Check out a ball game: Nothing says spring more than going to a ballgame. Even if you're not a fan of sports, the atmosphere at a game is infectious. There is a reason baseball is called America's favorite pastime: the cheering, the weather, the nostalgia. It all makes for a terrific date night. Indulge in some good old fashioned American food, have a few drinks, and don't forget the songs, chanting, and seventh-inning stretch.

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2. Go to the park: There are so many ways to enjoy a day at the park. Bring a basket full of cheeses, fruits, nuts and a bottle of wine for a romantic picnic. Try tossing around a Frisbee like you're kids again. Relax on a blanket and people watch on a beautiful day. And of course, the conversation of a great date will make the time unforgettable. Explore each others' interests, ask about old childhood memories, and

discover something new about your love.

Related Link: [Dating Advice: 5 Steps to Securing a Second Date](#)

3. Find a roof top: Roof top bars or restaurants with a nice view tend to make incredible dates. What more can you really ask for when you see the city skyline? If you can't find a rooftop, a restaurant with a nice patio is a great backup plan.

4. Head to the dog park: This may not apply to all of you out there, but nothing will bond people quicker than an adorable dog. A dog tends to make the ultimate wing man (or woman!), and if your date has a dog, you will be guaranteed a great time outside. Who doesn't feel light-hearted around four-legged creatures that only want to please people? Take turns tossing a ball or playing tug of war. Befriending your date's pet is a win in every dating book.

For more expert dating advice from [Joshua Pompey](#), click [here](#).

Relationship Advice: I'm Scared to Get Back Out There and Date!





By [Rachel Sparks](#)

The [relationship advice](#) in this week's *Single in Stilettos* [dating advice video](#) will help you overcome that paralyzing fear of dating! Whether you've just gotten out of a bad relationship or have been battling dating anxiety, [relationship expert](#) and *Single in Stilettos* founder Suzanne Oshima interviews relationship coach Iris Benrubi for the top three tips on how to overcome fear and get back into the dating game.

Relationship advice from relationship coach Iris Benrubi will help you overcome fear and help you start dating again!

1. Anxiety is normal: Benrubi says, "Anxiety is your body's way of keeping you safe, but sometimes safe also means stuck." Getting back into the dating game is frightening. After

heartbreak, who wants to risk getting hurt again? Like Benrubi says in her relationship advice video, playing it safe often means doing what you already do, and that likely means staying alone. “Choose the pain,” Benrubi adds, “Would you rather have the pain of being alone or have the pain of putting yourself out there?”

Related Link: [Dating Advice Video: Dating After Heartbreak](#)

2. Use dating to experiment: “Online dating is going to give you the biggest bang for your buck,” Benrubi says. “Use it as a place to experiment.” Oshima reminds viewers, “You are totally in control.” See what works and what people respond to. If something doesn’t work, don’t be disappointed or hurt, and instead try a different approach. Viewing dating, especially online dating, as an experiment removes you from the anxiety and allows you to have more fun. Dating should be fun!

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3. Know what you want: “Just saying you want a relationship is not enough,” Benrubi says. “Any man can give you a relationship.” Build a top ten list of traits and needs that a relationship should meet. Do you want a long or short-term relationship? Do you want kids? Do you want to live in the country or the city? Knowing these must-haves helps you avoid wasting time in the dating game and allows you to find someone who is not only a good person but also meets all your needs.

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Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

1. Be brave: “The things that we dream of most are the things we are most scared of,” Welch shares. Face your fear in order to pursue your dream relationship. It’s easier to sit on the couch and wallow in heartache, but that doesn’t help you move on. Dating is scary, but as the relationship author says, “Do it anyway.”

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2. Move on: May Weather once said, “The best way to get over someone is to get under someone else.” Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

3. Learn relationship science: There are boundless resources that can teach you about the human mating cycle. While that’s not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn’t. If you’re already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, “Taking no steps is guaranteed failure.”

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Relationship Advice for the Guys: How to Approach a Woman You're Interested In



By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting

to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, "I really wanted to talk to this woman, but she was too busy on her phone." Women will always have their phone. It's the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

Relationship Advice on Approaching Women from Relationship Expert David Wygant

Related Link: [Relationship Advice: When's the Right Time to Pop the Question \(Marriage\)?](#)

If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you'll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you're just strangers passing each other during the day. It's so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she's at Starbucks and ordering a drink you've never had, say something like, "I've never had that here. Is it good? Is it your favorite?"

Men are always looking for opening lines. Opening lines are the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she's ET's sister. That's how you approach a woman you're interested in. Remember that you're not truly interested in her until you get to know her.

Related Link: [Relationship Advice for Guys: Why Is It So Hard to Date?](#)

So how do you get to know her? You must talk to her. Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

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

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

Love & Libations: Mint Juleps for a Derby Date Idea





By [Yolanda Shoshana](#)

Whether you care about the Kentucky Derby or not, you will be hearing about the races' infamous Mint Julep until the Derby is well and done. You can't have a Derby celebration without the classic cocktail! Plenty of celebrities show up at the Derby to be seen, including Kathy Couric, Debra Messing, Tracy Morgan, and Harry Connick Jr., to name a few. Some celebrities even host events. Try hosting your own Derby party for a fun [date idea](#)!

Keep reading for celebrity spins on Mint Juleps for a fun date idea!

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

If you can't make it to the Derby to hang out with your favorite famous people, you can still sip like a celeb. Dust off your big hats and put on your flashy clothes (even if you are just watching at home) to rock the latest [celebrity style](#)

for your party or date night. Here are two recipes for the Mint Julep for your date idea – one has a Cognac base, while the other is based in whiskey:

D’USSÉ Julep (recipe courtesy of D’USSÉ)

Recently, [Beyoncé](#) stunned the world with her hot Coachella performance. Her boo, [Jay-Z](#), even joined her onstage. This celebrity couple will, no doubt, partake in the Derby. Jay-Z will probably make Bey a D’USSÉ Julep, the cognac-based version of this famous drink. Doesn’t she deserve one or two? The Mint Julep was originally made with Cognac, so if you want a historically proper Mint Julep, this recipe is for you. It’s perfect for entertaining, but if you and your partner are having a quiet Derby Day at home, it’s still a great fit for your date.

Ingredients:

- 2 1½ parts D’USSÉ VSOP Cognac
- 1½ part simple syrup
- 2-4 sprigs of mint
- Crushed ice

Directions:

Place simple syrup in a julep glass with 5 or 6 mint leaves and muddle. Fill the glass halfway with ice, add 1 1½ parts of D’USSÉ VSOP Cognac, and stir. Add more ice and 1 part of D’USSÉ VSOP Cognac. Stir again until the glass is fully frosted. Top with ice.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

Jimmy Russell’s Mint Julep

Matthew McConaughey is in bed with Wild Turkey to have his own signature whiskey called Long Branch. The whiskey is inspired

by his Kentucky and Texas roots. The following Mint Julep recipe is one that McConaughey has shared from the master distiller of Wild Turkey, though I recommend using his Long Branch instead of Wild Turkey 101. It has Matt's humor written all over it. This one is a friends-and-family drink. It's worthy of whipping up a batch because it will go fast.

Ingredients:

- 200 mL Wild Turkey 101 or Long Branch
- 2-3 fresh mint sprigs
- Shaved ice
- 1/3 portion simple syrup
- Powdered Sugar

Directions:

Pour the whiskey and set aside. To fully enjoy the experience, make sure you have a proper stainless steel julep cup. Pick the fresh mint sprigs of their leaves and muddle the mint leaves in the bottom of the cup. Don't use crushed ice! Get a block of ice and shave some ice into the cup. This step is very important. Once the cup is cold and sweating, add simple syrup, powdered sugar, and mint sprigs. Finally, take the cup, go to your backdoor, throw the whole thing out, and drink the whiskey straight!

For more Love & Libations date night ideas and celebrity couple predictions from relationship expert Yolanda Shoshana, click [here](#).

Dating Advice Video: Signs

He's Settling for You



By [Rachel Sparks](#)

In this week's [dating advice video](#), [Single in Stilettos](#) founder and relationship expert [Suzanne Oshima](#) talks to [relationship author](#) Tinzley Bradford about how to tell if a man is settling for you. Here, Bradford shares three signs that you're with the wrong man. Don't miss their expert relationship advice in the video above!

Relationship Author Reveals the Signs for When a Man Settles for You in This Dating Advice Video

1. He's not doing the things he loves: We girls like a girls'

night out, right? So do our men! “If your man finds himself not doing the things he used to love doing with the people that matter to him, like his best friends, then he’s settled,” the relationship author shares. Often, it’s a sign that he’s giving things up to make you feel secure. “If a man loves you, he won’t cheat on you,” she adds. Don’t be nervous about a guys’ night out, and show him you love him back with your trust.

Related Link: [Dating Advice Video: The Questions You Should Be Asking Him](#)

2. It’s convenient for him: “Is he choosing you because of the stuff you can do for him?” Bradford asks in this dating advice video. If you’re stable and he’s not, then it’s convenient for him, and it’s a sign he’s settling. If you have a car, a house, or money and these are things he needs, he’ll settle for the convenience. Watch out! He’ll move on when he finally gets the resources himself or finds someone with more than you have.

Related Link: [Dating Advice: How to Fall in Love with Dating](#)

3. He likes a certain kind of woman: If he says something like, “I don’t usually date women with X, but I like that you have Y,” be careful! A man who “compliments you and criticizes you in the same sentence” is settling for the things he likes about you – but that doesn’t mean you are the total package for him. He may be hoping that you change for him, or he may be settling for you until someone better comes along. This can be emotionally abusive. Don’t change for someone, especially someone who is settling for you!

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

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

Expert Relationship Advice: How to Move On After Being Ghosted



By [Megan Weks](#)

Ghosted? Congratulations! While it may hurt to be left alone without any explanation, this [expert relationship advice](#) will help you see how ghosting can be a *positive* thing for your dating life.

Reference the expert relationship advice below when you're feeling the dating blues!

Last night, a client told me how a man she had planned a date with seemingly fell off the face of the earth, except for one thing: the haunting green light on his Match account was lit up. He was online. His photos and approach were so entirely normal that I could not deem this man a scammer, a player, or anything in between. Frankly, it made the situation worse. It's easier when you can say, "This looks like a fake account" or "You dodged a bullet."

Related Link: [Expert Relationship Advice: When to Sleep Over](#)

My client was trying to move on and was doing great until that same man sent a message saying, "I have not heard back from you in response to my last few messages." The fishy thing was that my client had been writing to him and had not heard back. She explained that in her next message. Was it a glitch with Match? Could it be some sort of deranged, crossed e-mail lines? She wrote him several times, reassuring him that she had written back. Flatline.

Did this man make the most lame excuse on the planet to dodge the date he had previously seemed so excited to attend? We may never know. As my client told her story, I felt knots in the pit of my stomach. Dating can be extremely discouraging already. This behavior, while unlikely a technical glitch, was completely outside of the realm of integrity that would line up with my client. She is a person who dedicates her life selflessly to others and deserves the utmost quality in her future mate.

When I finished scratching my head, I realized this truth: Some people are completely inept in telling you that they are

not interested. One reason may simply be because they don't care. The other reason is that they actually care but cannot bring themselves to express the words.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

I want you to know that, if you're doing a good job putting yourself out there, you will come across some low-grade individuals – people who have little or no aptitude for dating whatsoever. It's going to be par for the course. While your dating life may not be the [latest celebrity news](#), it's still a tumultuous and painful journey.

What might be less obvious to you is that it's a sign you're on the right track. You're on the right track because you are taking the risks to get out there and to take the good with the bad. If you're doing that, you're already winning.

The path toward finding The One can be bumpy. It's those who are willing to face the bumps and persevere who will find their love. Keep going. Rejection is simply redirection. It's the universe's way of sending you one step closer toward your right person. Trust my love advice – it will help you avoid any more unnecessary heartbreak.

You were ghosted? Congratulations. NEXT!

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more expert relationship advice articles from Megan, click [here](#).

Relationship Advice: How to

Get Engaged at Any Age



By [Rachel Sparks](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Get Engaged at Any Age

Sabourin's four-step process will help you get that rock on your finger:

1. First, you need a vision: Without a vision, we have nothing

to strive for. “Get clear about what you want and *why* you want it,” the dating coach says. Why you want something will help you have the strength to overcome obstacles when they come (because they will come).

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Next, you must believe in yourself: Without believing you can achieve your vision, how will it ever come true? Sabourin encourages you to start building your belief by saying your affirmations out loud – something like, “I have a man who loves and adores me.” Say it again and again until you truly believe it.

3. Now is the time to take action: All of the dating advice in the world is useless without action. Where is the best action at? It’s outside of your comfort zone – or the “known zone,” as the relationship expert calls it. “We have to step out of our comfort zone and take more risks, so we can live a bigger life,” she adds.

Related Link: [Relationship Advice: How to Emotionally Connect with a Man](#)

4. Finally, consider your results: This is the time to evaluate what your vision, belief, and actions have created. If you don’t like it, your vision, belief, and actions weren’t strong enough. Develop a clear image of what you want, and start the process over again until you create the life you want.

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

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Expert Dating Advice: Why You and Your Partner are Constantly Arguing



By [Joshua Pompey](#)

I'd love to sit here and pretend that I was always Mr. Perfect when it came to relationships – I am a relationship expert after all! But I had to learn the [relationship advice](#) that I offer. When I look back at my younger days, I had one specific relationship that was not only far from perfect but downright unhealthy. The arguments would come in like clockwork. No matter how many times I would say, "This is the last fight," a

new argument inevitably came around sooner rather than later.

Fast forward to the present with my beautiful wife, and I can happily say that our fights are almost non-existent. We'll have one small argument every few months – if that. So, what brought the turn-around? Here are a few reasons that my former self was always arguing in a previous relationship as well as some possible signs that you may need to end your own relationship. With this [expert dating advice](#), you too can build a healthy relationship that's free of arguing.

Relationship Expert Shares Expert Dating Advice About Arguing

1. I was with the wrong person: This may sound oversimplified, but sometimes, things are more clear when you take a step back and think about how you are living your life. My ex and I weren't right for each other, so we argued constantly. If I said a table was black, she'd argue it was brown. No matter what the topic was, we were always butting heads. We may have both been nice people at heart, but that doesn't mean we were nice people who should've been in a relationship together.

Related Link: [Relationship Advice: How Do You Know When It's Right to Move in with Someone?](#)

2. My partner was resistant to change: Even during times in my life when I wasn't perfect, I was always the type of guy who wanted to grow and become a better person. During my younger years, I had some relationship habits that were ingrained in me from the experiences I had throughout my childhood. We are the product of our environment and upbringing in many ways, right?

But the key difference was that, while I was always attempting to improve, my partner never self-reflects or sought to change her own bad habits. My ability to self-improve allowed

me to grow in relationships, and it even took me as far as becoming a relationship expert. When one person in a relationship is trying to change and the other person is resistant, it leads to resentment and, ultimately, to much more arguing. Life is about growth, and nobody is perfect. Both partners must acknowledge this truth and, more importantly, work on it.

Related Link: [Expert Relationship Advice: Is it Lust or Love?](#)

3. My former partners didn't know how to handle me: One of the most amazing things about my wife is that she knows how to deal with my moods. Like all people in life, I have a bad day or react poorly. It's rare, but it happens. My wife knows how to handle me because she understands that I'm human. Sometimes, she must be firm and intolerant when she realizes the motivation for my reaction is out of line. Other times, her reaction is to just let me have my peace and not turn it into anything serious because she knows I'm just having a bad moment. Because these instances are extremely rare, these approaches work.

On the other hand, in my previous serious relationships, if I ever did something wrong or made a mistake, my partner would go on the offensive, antagonizing me and pushing my buttons. This is far from conducive to a loving relationship. It's important that our partners accept that we are human and that we will make mistakes. Remember that every mistake shouldn't lead to a massive argument.

For more expert dating advice from relationship expert [Joshua Pompey](#), click [here](#).

Expert Marriage Advice: Your Choice of Mate Can Make or Break Your Career



By Rachel Pace

Choosing a mate is one of the biggest choices you'll ever make. When you decided to marry your partner you probably never thought that this choice could make or break your career. It may sound extreme, but studies from Washington University in St. Louis show that your spouse's personality, namely a conscientious mate, may have a direct influence on how successful your career is. The same traits that you love in your marriage may help you professionally down the line. Choosing a wife who is supportive or a husband who encourages you to do your best can make all the difference in your

success. So, choose carefully!

Here is some of the best [marriage advice](#) for your professional and romantic future. These are the top personality traits to look out for when picking your life partner:

1. LOOK FOR... A Supportive Spouse: When choosing a mate, you weren't likely thinking about how their personality might affect your future career. After all, getting married is all about the initial physical attraction, following emotional attraction, and a strong love.

If you want someone who will be good for your career, follow this marriage advice: create a support system. This means you and your partner listen to one another, offer help, pay attention to your spouse's needs, laugh together, show love, patience, and always as a team. If you have a healthy support system at home you know that your partner will always be rooting for you through the good times and is ready to be your shoulder to lean on during the hard days.

2. AVOID... Jealousy: Marriage advice regarding jealousy usually goes a little something like this: "Jealousy is damaging to your marriage on a good day." A level of healthy jealousy regarding someone moving in on your spouse is normal. It is when jealousy moves into the realms of anxiety and control that it becomes damaging.

Telltale signs that your spouse is jealous of your career include the following: speaking negatively about your job, trying to hold you back from advancing in work, and not showing any interest in your day. Career jealousy can happen for all sorts of reasons. Perhaps your spouse feels stuck in

their own profession or wishes they had more time with you. Regardless of their reasoning, a jealous spouse can hold you back from advancing in your professional life.

Related Link: [Expert Marriage Advice: What I Learned About Business After Getting Married](#)

3. LOOK FOR... A Conscientious Mate: A conscientious mate is someone who takes great care and puts effort in whatever they do and are guided by a strong sense of right and wrong. A conscientious mate, for example, would tidy up the house without being asked. These scrupulous partners are great for both your marriage, your career, and your health. In fact, a 2009 study by the University of Illinois suggests that women who are paired with a conscientious husband experience added benefits to their health. In the 2014 study “The Role of Active Assortment in Spousal Similarity” research found that women typically listed traits such as conscientiousness and agreeableness higher in the desired partner than men did. The statistic mentioned at the onset, researched by Washington University in St. Louis, followed 5,000 married couples and looked at their measures of income, job satisfaction, and the likelihood of getting promoted.

The research found that those with conscientious spouses increased their chances of higher pay, increased job satisfaction, and were more likely to be promoted. Why? A conscientious mate knows how to take care of things. They do what needs to be done to care for your children, your home, and their own professional pursuits. They do this without being asked and likely without complaint. This personality trait allows you to focus your energy and attention on work pursuits. It also allows you to recharge and relax in your downtime. This is beneficial since the more you're able to wind-down at home, the happier you will be. This good attitude then positively affects both your work capabilities and your marriage.

4. AVOID... Narcissism: You've likely met a few narcissists in your life. Hopefully, you aren't married to one. Named for Narcissus, a man who fell in love with himself and drowned in a pool of water trying to catch his own reflection, narcissism is not a quality you want in your mate. Especially if you want them to support your career goals.

Narcissism is marked by a person lacking empathy, quick to jealousy, a strong sense of entitlement, preoccupied with one's self and also their appearance, and a strong need for excessive admiration. This person believes they are special and deserve to be the center of attention. Research from the National Center for Biotechnology Information suggests that those married to a narcissistic partner will experience a decline in relationship satisfaction over time. Needless to say, a person with a narcissistic personality will not be interested in showing you and your career moves a wide array of support.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

5. AIM FOR... A balance in your Work-Life: Striking that perfect work-life balance is essential for maintaining a happy home while you pursue your career goals. When you come home, remember to leave work at the office. Your time at home is meant to be spent with your spouse, connecting, talking, and enjoying one another's company. Not answering work emails.

It's also important for you to show your partner that they are your number one priority. Even the most conscientious husband or wife can still feel left out if you've been focusing too heavily on your work. One way you can do this is by unplugging from your smart devices when you are home with your spouse. Listen when they speak, and make an effort to have a regular date night with one another. Taking care of your own needs and desires is also important for a healthy work-life balance.

Choosing a mate is important. If you want to be successful in

your career and in your marriage, choose your partner carefully. Look for a partner who is not jealous, who shows patience, empathy, and is conscientious. In return, make sure you are doing your best to create a work-life balance that contributes to a happy marriage.

Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. She is a featured writer for [Marriage.com](https://www.marriage.com), a reliable resource to support healthy happy marriages.

Expert Marriage Advice: What I Learned About Business After Getting Married





By Rachel Pace

Would it surprise you to know that all the times your wife asked you to put the dishes away or your husband asking you to hear him out before interrupting can actually make a difference in your professional life? Business and marriage can teach you a lot about yourself and about your work ethic. Following great [marriage advice](#) about communication and loyalty can teach you practical lessons in business. In fact, a five-year study from Washington University in St. Louis shows that your spouse's personality can have a direct influence on your career success. Your marriage teaches you to be selfless, to take responsibility, and to roll with the figurative punches. All of these qualities are great for a thriving business and a happy, healthy marriage.

Marriage and the life of an entrepreneur have much in common.

Here is some marriage advice along with the six lessons I learned about business after getting married:

1. Success Starts at Home: Remember that when it comes to entrepreneur couples, business, and marriage – success starts at home. Here is a lesson I learned about business from my marriage. When you and your partner work hard to make one another happy, you'll have higher relationship satisfaction and have less relationship problems. The same goes for your professional life.

Studies show that happy people have better social relationships, and that includes both your marriage and your work-relationships with colleagues and clients. When you take care of yourself by spending time with your spouse, taking care of your kids, and focusing on your hobbies, you'll be happier at work. This happiness doesn't go unnoticed by your clients, and this happy attitude can actually make them more likely to work with you over your competitors.

Related Link: [Marriage Advice from Celebrity Couples Who Stay Together](#)

2. Listening is a Powerful Tool: When your partner feels like you listen to them, they are more likely to communicate their thoughts and feelings to you. This can help you strengthen your marriage, encourage fun bonding conversations, and teaches you how to talk to one another when things get rough. Communication at home = great customer service at work. Listening is a powerful tool in your marriage and in your business.

The better your communication with your spouse is, the easier

it will be for you to communicate with customers. When you learn to communicate with your spouse, you'll be able to listen patiently and stay calm when dealing with uncomfortable or tense situations at work.

3. Never Go to Bed Angry: When it comes to marriage advice, this is a big one: never ever, go to bed angry. Hitting the hay with unresolved conflict causes sleep-loss and creates an unhealthy atmosphere that your mind will associate with your bedroom. This can impede sexual intimacy, and needless to say, you won't feel refreshed about your relationship come sunrise. One study from Nature Communications reveals the danger of going to bed angry, citing that the brain holds onto negative experiences stronger during sleep. Therefore, it's best to resolve your conflicts before they become a permanent memory.

Similar to resolving conflicts with your spouse, if there is any bad blood happening between you and a client, it's best to get it out as soon as possible. Letting problems fester will only cause your relationship to deteriorate. Treat your client like your partner and let them know how important it is for you to make them happy and resolve your differences as soon as they happen. This strengthens your communication, lowers stress and anxiety, and help you start fresh the next time you speak.

Related Link: [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

4. Do you want to be Right or Happy?: There is an old saying about marriage that goes: "Do you want to be happy or do you want to be right?" Basically, arguing about the little things isn't worth disrupting your happy relationship. If it's possible, let it go. And if you are right (or think that you are) in a certain situation, that doesn't mean you always have to shout it from the rooftops or even make note of it at all.

This marriage advice applies to your business life as well. Be flexible when it comes to making decisions and going the extra mile for your clients. Focus on making them happy, not reminding them who the boss is or arguing with them about why you are right about X, Y, and Z. Arguing with business partners or clients is a surefire way to make them look elsewhere for their needs.

5. Realize What's Important: Sometimes your spouse can get upset about topics that make you scratch your head in confusion. Why is that important? Why are they getting so upset about this? The concerns of your spouse aren't always as important to you as they are to them. But that doesn't mean they aren't important.

Similarly, the needs and issues that your client finds important may not also resonate with you, but that doesn't mean you shouldn't treat them with the utmost care.

6. Life Isn't Always About You: Another piece of marriage advice that applies to both business and marriage is that life isn't always about you. Being selfish in marriage will only push your partner away, and only after you've made them feel unimportant to you.

Being giving with your partner will remind them that they are your number one priority and that you will go out of your way to make them happy.

Imagine your client can only get together for a meeting after you're already off the clock. Obviously, you'd much rather be spending time with your spouse or focusing on your hobbies after work. But being unselfish with your clients sometimes means being flexible, even when it isn't convenient for you to do so. Your clients will appreciate your unselfish nature. Being unselfish also means letting your clients speak and showing a general interest in what they have to say. The better you understand their needs, the easier it will be for you to make them happy.

If you're looking for marriage advice regarding your professional life, know this: business and marriage have a direct effect on one another. Communicate with your spouse regularly and take what you learn from your marriage, such as listening, never going to bed angry, and being generous, and make it your new business approach.

Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. Her mission is to provide inspiration, support, and empowerment to everyone on their journey to a great marriage. She is a featured writer for marriage.com, a reliable resource to support healthy, happy marriages.

Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've Been Around the Block





By [Amy Osmond Cook, Ph.D.](#)

For many of us, a lost opportunity at love or the end of a long-term relationship can sometimes make us feel like a second chance just isn't in the cards. And when Valentine's Day is focused on romantic dinners for two or coupled walks on the beach, it can be a painful reminder of what we lack.

Let's face it. There's no substitute for young love, but that doesn't mean we can't enjoy being loved again later in life, especially for seniors. "Fortunately, in some ways, there has never been a better time for women over 60 to be in the dating world," says [Margaret Manning](#). "The rise of divorce among 'silver splitters' means there are more single older men – and there might be more great guys out there than you might expect at first glance, especially if you give them a chance."

Expert Dating Advice for Older Adults

Related Link: [Relationship Advice: Keys to Growing a Business](#)

When the Marriage is Over

A loving and caring companionship is a good thing, but it's also important to recognize that it's different for older adults. If you find yourself ready to take a shot at love again, here are three pieces of [expert dating advice](#) for making this experience feel as good as if it was new.

1. Instead of going for red hot, opt for a slow burn: Daters who are 50 and older tend to be less impulsive. And AARP writer [Ken Solin](#) says that's a good thing: "By now, we've collected enough life experience to know better than to fall for the first person we meet," said Solin. "We understand what works for us and what doesn't." For older adults, the belief that a fulfilling relationship is out there waiting for us still holds true. The difference is that we are willing to wait for the right person to come along.

2. Bring the [Sex-C](#) back: Instead of relying on intercourse to be the foundation for your budding relationship, a growing community is coming forward with conversations about intimacy challenges. [Laura Brashier](#), founder of RomanceOnly.com, helped ignite this conversation when she pioneered a site designed for people whose physical and emotional challenges prevent them from engaging in intercourse. "While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it," says Brashier. "I've discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return."

Sharing intimate moments with someone you love is an essential part of a growing relationship, but for older adults, that doesn't always require intercourse. Instead, a loving couple can explore other ways to share pleasure and develop a personal connection. It can be as simple as spending a whole day together erranding, participating in common interests, sharing meals, and everything in between – and then parting ways at sunset.

Related Link: [Expert Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is a Good Idea](#)

3. Expect respect: At this stage of life, older adults know what they want and what they deserve in a relationship. Yes, we want romance and attention, but we also need respect. “We all need respect, especially from those who are closest and most intimately connected with us,” says [Peter Gray, PhD](#). “It seems to me that women, even more than men, have suffered when love directed toward them is not accompanied by respect.” It’s helpful to discover common interests, but a caring partner will also respect differing hobbies or career choices. For instance, if your partner cannot understand why you would pursue teaching as a career or insists that you give up bowling league to spend more time at the theater, these may be signs that your new squeeze is a drip. “A lack of respect is unacceptable under any circumstances, but it’s especially intolerable on a first encounter because it’s unlikely to improve with time,” says Solin.

Love certainly has its share of unpredictable twists, but there has never been an easier time to navigate those turns. For instance, with online dating sites catering to older adults and those facing struggles with intimacy, the ability to connect is offering new hope to older adults every day. By using a strategy that includes things like patience, honest communication about intimacy – and, above all, respect – you’re on the right track to finding new love again.

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

Expert Relationship Advice: When to Sleep Over



By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

Consider the expert relationship advice below:

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this

way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of grueling anxiety.

Related Link: [Dating Advice: When Should I Sleep with a Guy?](#)

It's easier to slip into your comfy stretch pants and dive onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you

are attached. This is how we end up in time-consuming “mini-relationships,” often followed by painful “mini-break-ups.”

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming “miniature-serious” relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she’s going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she’s feeling uneasy, seeking for answers or clues to help her define what’s happening with the relationship.

Related Link: [Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

Even if what she is experiencing with him is not ideal, she’s not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are

making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple “mini-serious” relationships.

Keep in mind that if he’s the right man for you, you’ll likely have the rest of your life to enjoy him, both in bed and on the couch. Either way, happy humping!

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more expert relationship advice articles from Megan, click [here](#).

Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband





By [Megan Weks](#)

Once upon a time, a lonely woman centered her heart and her hopes on a certain man, whom she put on a pedestal. She wondered what he saw in her and why a man of his caliber would be interested in what she had to offer. Long after he let her go, she would obsess and compare other men to him, feel sorry for herself, and wonder why a relationship hadn't yet worked out for her when they had for so many other women. When would it be her turn?

Dating Expert Megan Weks Shares Relationship Advice to Help You Find The One

This heartbreaking story was my ongoing pattern. I had gone through so many let-downs while dating in Manhattan for over a decade. Of course, I had some monumental takeaways. Oftentimes, though, I was already "in" the relationship wholeheartedly by the time I figured out it was not the real deal. This left me with painful and long recovery times when I had

to grieve and slowly get back on my feet before being ready to face the dating world again. I finally realized that it was not intelligent of me to give my all to these men before I knew their motives. I learned that their true intentions showed up in the first three or four months of dating.

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The Manfunnel was born out of simple math and complex self-love. It was built from the same equation that helped me find love quickly and learn how to capture the hearts of much higher-quality men than I had been accustomed to. A Manfunnel is simply a group of men who are looking to pursue you for a relationship; it's a tool used in what I call "The Abundance Model of Dating." It means that you hold off from becoming exclusive until you find a man who truly meets your needs on every level and on your timeline.

To follow this [expert relationship advice](#), remember that a man is not going to date you exclusively if you aren't meeting his needs. Similarly, you should not allow yourself to be pigeon-holed into a relationship that does not serve your needs. You're going to have to be really honest with yourself about what you *truly* want. Additionally, you will have to drop all of the excuses as to why he is not meeting your needs. Ask yourself if you are truly happy. Keep a daily log of how you are feeling and reflect on the relationship. If your relationship is anxiety-ridden, ask yourself why you are accepting this situation.

After you've determined that your needs are not being met and that you are ready to have it all and quickly, you are ready to build your Manfunnel. What this means is that, even though you have found someone who excites you, you will continue to keep your options open until you know for sure he is The One. A good rule of thumb is to wait for three months before you delete your other options. During that time, you are learning

about men and about what will truly make you happy in a relationship. I call this waiting time “The Exploratory Phase.” This can feel as if you’re taking things extremely slowly; however, it actually saves you years of time.

Having a Manfunnel helps you from becoming overinvested too soon. When we believe there is a lack of options, we may start to slip into a place of scarcity. It’s cyclical: When we start to believe this idea, men read our energy and also begin to believe that you don’t have options. Biologically, this sends a message to men that you are not a high-value mate or a great catch...even if you are!

Related Link: [Dating Advice: Should I Drop All The Other People I’m Interested In?](#)

How Megan Weks Used Her Own Expert Relationship Advice

My Manfunnel helped me realize my value in the dating marketplace. I started gaining momentum, and the confidence to date the kind of men I’ve always dreamed of – and, even better, to have these men want to make a commitment with me! When the man who would be my husband showed up, I came across as poised and feminine. You see, I had allowed myself to be filled up by the energies flowing toward me in the dating process, and this energy projected my warm and positive outlook on love. And so, I was able to make a choice with a clear head and an open heart. I set my boundaries on taking things slowly, and he enjoyed every minute of it. When he proposed before our six-month dating anniversary, I knew I had found the right man.

If you are looking to streamline the dating process and avoid having an unnecessary, painful broken heart, it’s time to learn how to Master Your Manfunnel. Doing this can open up a whole new world to you.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Dating Advice: Times Women Say 'Yes,' But Shouldn't



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on how to stand firm on your beliefs. Find out how you can say no to things you don't want without losing his affection with the following dating tips!

Dating advice that will save you from making a mistake.

1. Don't agree to hang out. You need to show a man how you want to be treated by setting standards. Only say yes when he asks you out on a proper date. Reject all requests that are optional or casual hang outs like "Netflix and Chill." A man that wants you will get the hint and put in the effort for chase. So keep yourself busy until he puts in the work, and only make yourself available for real dates.

Related Link: [Dating Advice: What to Do When He Says, 'I'm Not in Love With You!](#)

2. Say yes to fun. Happy couples have more positive interactions than they do negative. Take time to enjoy your time together or else your relationship is doomed to fail. Also try to avoid gridlock, meaning your problems never get solved. If you only get what you want with a threat, it's never going to work. You have to care about each other's happiness.

Related Link: [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

3. Ask if it's worth it. At some point in the relationship there will be a betrayal. One person will have expectations that aren't met in a serious manner. If you decide you want to salvage what you have together, you need to ask yourself if it's worth the effort before saying yes. You may just realize that it's not and save yourself from wasted time.

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

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