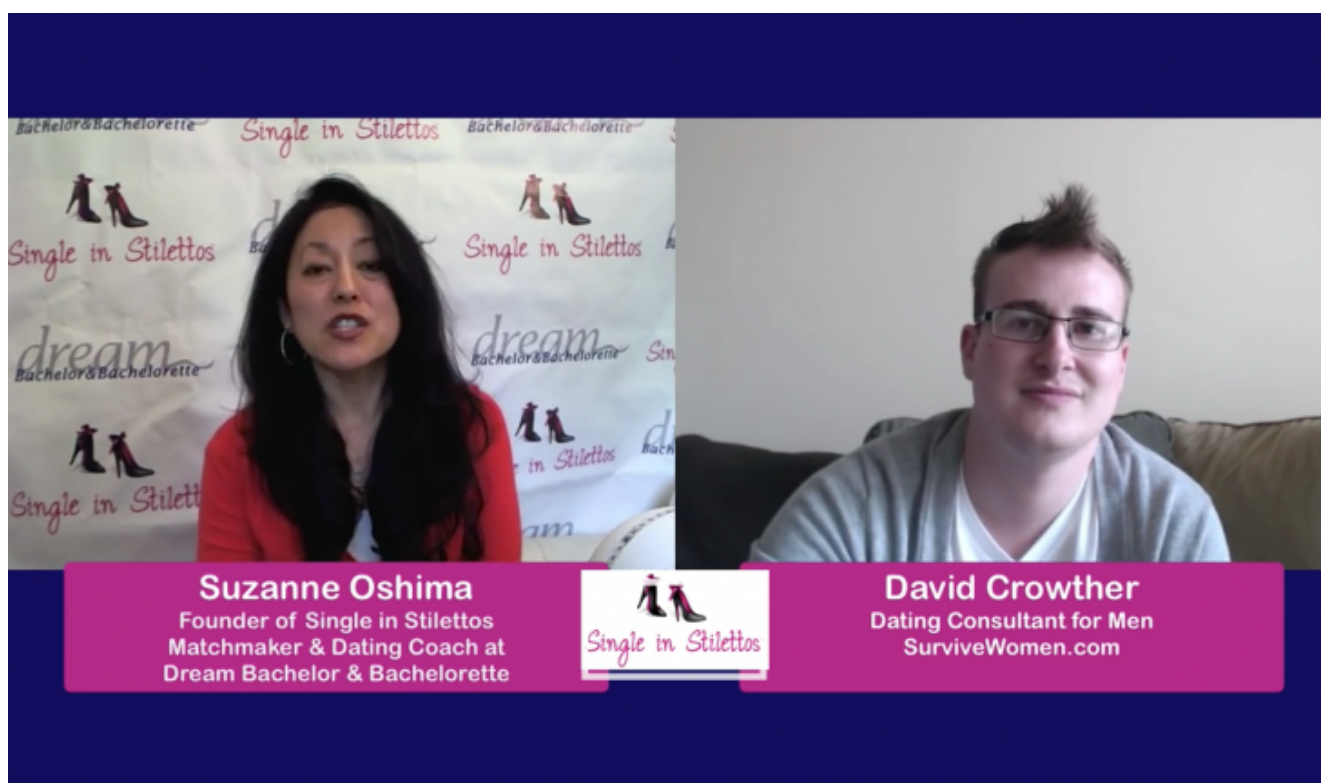


Do Men Want to Date Younger Women? Find Out What Dating Experts Think!



On this week's [Single in Stilettoes](#) show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

Relationship Advice Video Reveals If Men Want to Date Younger Women

Related Link: [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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

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

Do you think men want to date younger women? Tell us in the comments below!

Expert Dating Advice: How to Find True Love Fast





Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

Related Link: [The Secrets of Meeting Men](#)

Expert Dating Advice to Help You Find Love Fast

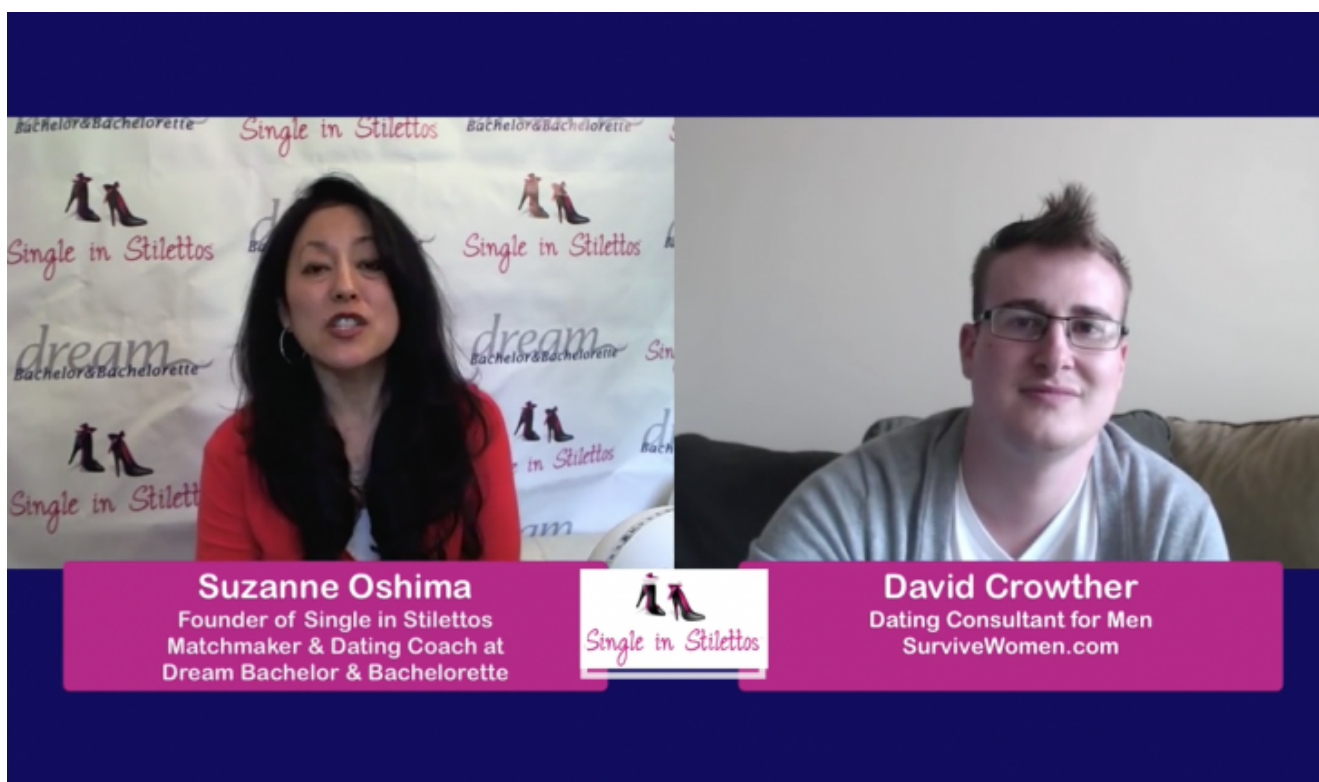
Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

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

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

Dating Advice Q&A: Can I Blog About My Relationship and Love Life?



Question from Jenny T.: I have a lifestyle blog where I constantly post updates about my friendships, favorite fashion, recipes, and occasionally my love life. I started dating a new guy about two weeks ago. Can I blog about our dates and how I feel about him, or is it too soon to share

those details about our relationship?

Read on for [dating advice](#) from our relationship experts!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): One sure fire way to make a guy disappear without a trace is to start blogging about your dates and how you feel about him when you're just two weeks into dating. It doesn't matter if you don't use his real name, no man wants to feel like everything he does or says on a date will be exposed for the whole world to see.

When you launched your lifestyle blog, you signed on to blog about your personal life and everything that goes on with it. But he didn't sign on to have his personal life exposed too. So, my suggestion is for you to cool it with TMI about your relationship and love life on your blog, otherwise you won't have any dates to blog about.

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

Paige Wyatt, Reality Star: Sharing intimate details about your relationship and love life with a new guy should be more discrete than cooking tips or fashion advice. Posting details about dates can make a guy uncomfortable, especially early in the dating process. Guys tend to keep their romantic lives to themselves, because they don't have the desire to share details and experiences like women do.

Typically they wouldn't mind you chatting with your girlfriends about your relationship, but posting things about the dates online can feel invasive to guys. This can be especially true if they learn how you feel about the dates or relationship by reading it online instead of you sharing it

with them personally. It would be appropriate to post things less intimate, such as “great date night restaurants”, or “fun date night outfits”, but keep the personal details about your new relationship close.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): Good writing requires guts and honesty, but in this case, I suggest a cautious approach. It's one thing to look back and provide insights from lessons learned from past relationships. But providing readers blow-by-blow details after only two weeks creates unnecessary pressure on the writer, her guy, and their possibility of succeeding as a couple. Would you want your audience to know all the details of your latest love interest as it's happening? I'd say, probably not.

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

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

Would you blog about your relationship and love life? Share your dating advice with us in the comments below!

Expert Dating Advice For Finding Love After Divorce



By Amy Osmond Cook for [Divorce Support Center](#)

Fellow fictional vampires Nikki Reed and Ian Somerhalder just tied the knot in their celebrity wedding after a whirlwind romance. The famous couple began their relationship in the fall of 2014 when Reed announced she and her then-husband Paul McDonald were separating. By January 2015, the [celebrity divorce](#) was finalized and Somerhalder had popped the question. Now, the two are hitched and honeymooning in Brazil after dating for less than a year.

Expert Dating Advice for Finding Love

To some, tying the knot only four months after leaving a marriage may seem impulsive, but there are no rules set in stone when it comes to finding love after a divorce. "This

wildly varies from person to person,” Judith Sills, Ph.D, psychologist and author of *Getting Naked Again: Dating, Romance, Sex, and Love When You’ve Been Divorced, Widowed, Dumped, or Distracted* told Web MD. “Everyone ends a relationship by grieving the emotional investment. For some people, that happens before they move out. Others are still emotionally married after the divorce is final.”

Based on the romantic photos that Daily Mail shared of the honeymoon, it looks like married life suits this famous couple. Reed seems confident about her relationship with Somerhalder, which is one of the most important signs of a healthy union, especially when her celebrity divorce from Paul McDonald was so public.

What are some ways you can tell if you are ready to dedicate yourself to a committed relationship after a divorce? Here’s some expert [dating advice](#) to determine if you’re ready to begin again:

Related Link: [Dating Advice: Create The Person You Want To Be](#)

1. Feel it out: Stay true to your feelings. Allow yourself “a little time to think, a little time to grieve, a little opportunity to find someone else,” Sills says. Sure, Reed was ready to seriously date almost immediately after leaving her previous marriage, but that doesn’t mean you have to be, too. Do what feels good. If dating makes you uncomfortable, embrace that fact, and use that time to treat yourself. Eventually, your emotions will let you know when you’re really ready.

2. No, really, feel it out: Dating after divorce has shown potential to prevent depression in a surprising way. Dr. Karen Finn stresses the importance of human touch when it comes to maintaining good mental health. However, if the idea of becoming physically close with a new person isn’t appealing, Dr. Finn recommends to, “get a massage, become known by your friends as a hugger, get a mani and/or pedi, and hug

yourself.”

3. Do it for the right reasons: It can be tempting to jump back into dating after a divorce so that you can claim yourself as “the winner,” the one who finds happiness with another person first. Unfortunately, that’s not the kind of motivation that will necessarily lead to a lasting new relationship. You wouldn’t want to get involved with someone who is invested in hurting their ex’s feelings, so don’t put anyone else in that position.

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

There is no schedule in terms of finding love post-divorce. Most importantly, this is a time to rekindle the love you have for yourself! *Then* you can start hunting vampires like Reed, if you know what I mean.

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

Relationship Advice: How To Get Engaged In A Year!





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

Related Link: [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life. By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

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

Watch the video above for more great relationship advice!

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

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

What is your best relationship advice to change your dating life? Tell us in the comments below!

Relationship Expert Shares Must-Dos for Career Women





By [Sandra Fidelis](#)

What's a driven career woman to do when she's looking for a [relationship and love](#) life while simultaneously balancing the demands of a busy professional life? Some say that dating is like having a second job, but your journey to love doesn't have to feel like a burden.

Relationship Expert Shares Must-Dos for Career Women Looking for Relationships and Love

Hilary Duff, star of the series *Younger*, is now a single celebrity mom after her separation from husband, Mike Comrie. Duff is in the process of reviving her acting career after taking some time off to start a family. But now that she's back on the market as a single celebrity and career woman, what can she and other singles like her do to meet a great guy? Sandra Fidelis, a relationship expert, says that there are four must-dos for a career woman to find love again:

Related Link: [Expert Love Advice: What to Do If Your Job Intimidates Your Partner](#)

1. Expand your social circle – It may be difficult for you to expand your social circle. Maybe you have a great set of friends and co-workers that you hang out with on a regular basis and there are no eligible men available. Well, if you're not meeting many any bachelors through your current circle of friends, you should find ways to branch out and do activities or join clubs where you don't know anyone. This is the best way to increase your opportunity to meet Mr. Right.

2. Focus on self-care – It's easy to get caught up in the rat race and let your self-care routine fall by the wayside. Taking care of yourself, mind, body and spirit will make you much more attractive to men and you'll look and feel great. Hilary Duff recently showed off her toned body in *Shape* magazine where she talked about how she stays in shape by switching up her exercise routine. Take a hint from this single celebrity! Your self-care routine should definitely include some regular exercises that you find enjoyable. In addition, yoga, meditation or regular massages are great ways to unwind and connect with your magnetic feminine energy.

Related Link: [How to Balance a New Relationship and Love with a Booming Career](#)

3. Take part in activities you enjoy – You can expand your social circle and meet new people by taking part in activities you love. If you're a busy woman whose main focus is work, you'll be able to connect with other like-minded people (including men) and it will also allow you to cultivate a richer and more enjoyable life – which makes you a more attractive woman.

4. Try online dating or work with a matchmaker – Many women cringe at the thought of going online to meet a partner, but if you're a busy career woman looking for a committed

relationship and love life, going online or hiring a professional to introduce you to potential matches may be an effective way to meet people you may never have the chance of meeting otherwise. Take Duff for example, it's recently been reported that the starlet took to Tinder. Although many think it's a fake account (and it may very well be), celebrities are no strangers to using a more discrete method such as a matchmaker and "outsourcing" their dating search. You might consider getting online or outsourcing your love life too if your career demands make it hard for you to meet great men.

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

Relationship Expert Shares How To Get Over a Breakup





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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

Related Link: [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bumpers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

Related Link: [Dating Advice: Create The Person You Want To Be](#)

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.
12. Now you're ready to start dating.

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

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

How do you get over a breakup? Tell us in the comments below!

Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love

A split-screen video frame showing two people. On the left is Suzanne Oshima, a woman with long dark hair wearing a red top, speaking. On the right is David Crowther, a man with glasses and a grey sweater, listening. The background behind Suzanne features a repeating pattern of 'Single in Stilettos' and 'dream Bachelor & Bachelorette' logos. The video frame is set against a dark blue background.

Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette



David Crowther
Dating Consultant for Men
SurviveWomen.com

In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

Related Link: [Single in Stilettos Show: Love Advice for Winning Him Over](#)

- 1. What you focus on is what you become:** If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.
- 2. You need to strike a balance.**
- 3. Men need to feel needed.**

4. Stop saying, “I don’t need a man!”: If you keep sending that idea out into the universe, guess what? You won’t find a guy to invite into your life!

Related Link: [Des O’Connor Reveals Why You Keep Attracting the Wrong Men](#)

5. Men aren’t intimidated by strong, independent women: If you keep running into this issue, you’re attracting the wrong type of men.

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

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

Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?





By Justin Lavelle, BeenVerified.com

When you hear someone say that they met their significant other online, you wouldn't think twice, as online dating is one of the leading ways singles meet potential suitors. Although it's commonplace to meet people online, there are always risks associated with dating people you don't know. You might end up connecting with someone who has a fake profile and is more interested in scamming you rather than determining if you're Mrs. Right. But how do you know if you're dealing with someone who has a fake profile? And what are the red flags you should look for? Fortunately, there's [relationship advice](#) to navigate the online dating scene and figure out if you're dealing with prince charming or prince alarming.

Relationship Advice: Tips to Help Protect Yourself When Dating Online

1. It's a big red flag if your online interest asks you for money, especially if it's early on and you've never met face-to-face. Scammers will often ask for money on behalf of a sick

relative, a short term loan to pay rent, or travel money to visit you if he lives out of state.

Related Link: [Match.com Studies Singles in America](#)

2. Be careful if he avoids meeting you, especially if he says he will be out of the country. There's a reason that scammers don't want to meet face-to-face. If they're running a game, they will come up with all kinds of excuses to avoid meeting. Some may use work travel as an excuse, others may say they have shared custody of his kids and it's his weekend to keep them, or that an ill mother needs to be taken care of. Listen to this relationship advice: Pay close attention to what they're saying.

3. Dating experts say to meet relatively quickly in person and in a public place. It's advantageous to meet face-to-face to see if you have chemistry and if he is who he claims to be. It's far easier to walk away from a bad situation before you feel an attachment. Choose a place that has foot traffic in case you need to call out for assistance. Always tell a friend or family member where you'll be and what time you'll be there. It might be wise to have a bail out call come 30 minutes into your meeting, just in case you need an escape strategy.

Related Link: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

4. Accept the fact everyone tells lies, even little white ones, so decide where you draw the line. Online daters want to put their best foot forward. Men may say they're a couple of inches taller than they are in reality, and women may not accurately describe their body type. Many online daters accept superficial lies as part of the deal. My dating advice is to decide what is acceptable for you.

5. To avoid identity theft scams, try Google's reverse image search. Take a few minutes to search the profile's pictures,

and if the reverse search shows up across hundreds of pages, it's highly likely that the person is being deceitful and is using someone else's images as his own.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

6. When chatting online, make sure the flow of conversation makes sense to ascertain if you're talking to a live person or a robot profile. Mix up the conversation; see if the person continues to track with you. If they're unable to switch gears, it could be a robot responder giving predetermined responses.

7. Relationship experts say if his profile is comprised of only one photo and the text is basically empty, they could be a scammer. People who don't want to be held accountable to the content of their profile will simply leave it blank. If they're too lazy to take the time to self-disclose and post some self-descriptive text, then you should probably take a pass.

8. If his Facebook account has fewer than 100 friends, there's a reason to be suspicious, especially for younger users. Most people on Facebook have more than one hundred friends. There could be an explanation; he may be new to social media or a teacher that is trying to remain private. Delve deeper into his reasons. This doesn't necessarily apply to older users, as the average person over 55 is more likely to have smaller amounts of followers.

Related Link: [Online Dating Advice: When To Jump Back Online After A Breakup](#)

9. If people claim to be famous or know famous people, it could be to lure you in. Some women get star struck and might continue in conversation with someone they aren't interested in if there is hope of meeting someone rich and famous. Take their stories with a grain of salt; don't continue the

dialogue if you're not truly interested.

10. Research as much as you can about the person before you meet face-to-face. Search their name on Google, search all social media profiles and ask friends if they know them. You might find out that the person has a criminal record or may be in a serious relationship and love already! Also, you can do a thorough background check on the person via BeenVerified.com, which consolidates information from public data sources to make it a one-stop shop for accessing personal information.

Justin Lavelle is the social media and blog content director for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records.

Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up





By [Jared Sais](#)

To understand the non-verbal communication of a break-up, we need to know that our bodies and mind prep us before the split actually takes place. As a relationship expert, I have seen five main non-verbal tools that we use to get ready to end a [relationship and love](#): contempt, distance, arguing, a change in routine, and a lack of empathy or not caring.

Relationship Expert Talks Non-Verbal Cues Before a Break-Up

To follow my expert dating advice, let's dig deeper into each of these emotional, non-verbal preparation tools:

Contempt: Relationship experts in the field of non-verbal communication believe this facial cue to be one of the most noticeable and reliant cues for a break-up. Contempt can be shown as a unilateral facial expression, usually having the corner of the lip rise from one side of the face. It can also be shown as a rolling of the eye. If your partner starts showing contempt more and more, they are preparing themselves

to hate you.

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

Distance: Dating experts know that, when we are in love, everything about how we feel and the way we show our emotion is about letting people get close to you. It can be shown in kissing, hugging, cuddling, and more. It has even been stated that our cells bond more closely together when we are in love. When prepping for a break-up, one of the first signs is starting to separate and create physical distance from one another. Many people notice this part the most – the lack of a hug or the shortness of a kiss. Little by little, the distance will grow until not much is even said between you both.

Arguing: There are three main reasons why so many arguments take place before a break-up: to make it easier to leave the person, to find peace of mind, and to convince yourself you are making the right choice. After all, it is easier to leave someone who is angry! An argument can stem from your partner needing to get something off their chest. It helps them with closure, as they probably didn't say everything they felt during the partnership. In addition to closure, they bring up the unpleasant past to help them decide if they are making the right decision in ending the relationship and love.

Change in routine: The most important way to know something is wrong is sudden changes that occur in the relationship – things like hanging out with new friends without you, getting home much later than usual, or making drastic changes without telling you, like a new hairstyle or a tattoo. All of these actions usually stem from the need for new things. Plus, they show your partner that new and exciting things can happen without you. It also helps them see the life they could have without you. Sudden changes in routine can be less evident as well, things like not going to sleep together or not eating dinner together as you once did before. All of these are clues

that the relationship is changing.

Related Link: [Ryan Reynolds and Blake Lively's Body Language: Confidence is Key](#)

Lack of empathy or not caring: This sign is distance through emotions. When they no longer care about things that once mattered to you as a couple, it's a big sign that they may break-up with you soon. The lack of empathy is a way to distance themselves from the relationship and put them in the state of mind to move on, and the lack of caring means that they are fed up with the way things are. For many people, this part hurts the most; it's the total lack of love and respect that once glued you two together.

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

Celebrity Couple Predictions: Bobby Flay, Robert Pattinson and Miley Cyrus





By [Shoshi](#)

The latest celebrity news has been filled with hot relationship gossip, including a celebrity marriage coming to an end, a famous couple finding true love, and a pop star who won't be settling down any time soon. Check out my predictions for the three [celebrity couples](#) below and find out what's next in their relationships and love lives!

Latest Celebrity News About Three Celebrity Couples

Bobby Flay and Stephanie March: It looks like the celebrity marriage of Chef Bobby Flay and actress Stephanie March is going up in flames. On television, Flay seems like a nice guy, especially when he's standing behind the grill wearing an apron. On the flipside of that, I have only heard negative things about him that make him sound like a real douche (for lack of a better word). Therefore, some of the claims about him from March are no surprise. If memory serves me right, she left acting to help him with his restaurants.

A “close source” to him says he’s heartbroken about his celebrity divorce. When I look at this relationship and love, it looks like he can’t get out of it soon enough. Word on the street is that March is not happy with the prenup. Of course, she isn’t! When you’re in love, money doesn’t matter as much, but when the love is over, you want to take them for all that you can. That doesn’t make her a bad person; it makes her human. I see other female energy around Flay. I’m not saying he has a mistress, but maybe he put his utensils in someone else’s kitchen, if you know what I mean.

Related Link: [Bobby Flay Helps January Jones After a Hit-And-Run Accident](#)

Robert Pattinson and FKA Twigs: Word on the streets is that singer FKA Twigs and actor [Robert Pattinson](#) are engaged. One thing’s for sure: Pattinson never looked so happy until this whirlwind celebrity romance. If you look back at some of his photos when he was with Kristen Stewart, he looked a bit miserable.

This famous couple is on a roll and won’t be slowing down anytime soon. They are both equally invested in their relationship and love, and I see them going to the chapel and getting married soon. Pattinson knew that she was The One immediately. When a man finds what he is looking for, he doesn’t waste time. They could tie the knot by the end of this year. There is also a bit of baby energy swirling around these two. Within the first year of their celebrity marriage, a little girl just might show up.

Related Link: [April Fools? T-Pain Says Famous Couple Robert Pattinson and FKA Twigs Are Engaged](#)

Miley Cyrus Will Not Announce

Celebrity Engagement Anytime Soon

Miley Cyrus and Patrick Schwarzenegger: Where do I begin with this celebrity relationship? It seems like Patrick Schwarzenegger has been spending more time with his “friends” than with [Miley Cyrus](#). Does he only know women? I don’t see this relationship ever getting serious. If it does, Cyrus will always be questioning what he is doing with his so-called friends. It’s not that Schwarzenegger should stop having women friends, but does he have to *always* look so cuddly with all of them?

Schwarzenegger doesn’t seem to want to settle down at all, and Cyrus isn’t ready to be married with kids either. They have a relationship that is kind of like the ones you may have had in high school, where the loves lines are always kind of blurry.

For now, the two of them are getting what they need from each other: some fun and frolic. No need to wait for a celebrity engagement announcement from them. This will fizzle out sooner rather than later. The next guy Cyrus dates will be a long-term relationship. As for Schwarzenegger, until he falls in love, he will go through girlfriend after girlfriend.

For more information on Shoshi, click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Relationship Author Carmen

Harra Reveals 'The Truth About Karma in Relationships'



By Meranda Yslas

Licensed psychologist, relationship expert, and spiritual teacher Carmen Harra recently released a new love advice book that she co-wrote with her daughter, Alexandra Harra. *The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships* explores how karma affects our everyday life. From romantic relationships to the parent-child relationship, the [relationship author](#) stresses the importance of having strong and clean karma.

Relationship Expert Explains The Importance of Karma

Your book focuses on how karma plays a role in relationships and love. Can you explain karma to our readers?

The concept of karma is considered to be the number one law of spirituality. As human beings, we are defined by our actions, our thoughts, and our intentions that translate into reality. We have individual karma, and we have family karma, meaning your intentions reflect in your family and in the people closest to you. I think karma is the foundation of the human bond, the foundation of human laws, the foundation of relationships.

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

How do you work on karma to make sure it's strong and healthy?

Karma is something you can reverse, something you can work on. Karma is something that requires work. The more you are aware and the sooner you work on it, the better. The more you clean the karmic blockages, the sooner you can move your life in the right direction. If you feel that you have a block somewhere, you have to go and revisit your karmic pattern and understand where that blockage is.

How does karma affect our relationships and love?

All of our romantic relationships are karmically affected. Let's say you're raised in a dysfunctional family. You will have a very hard time creating your own family because all of those imprints will be stored in the subconscious mind. If you don't work on that and you don't acknowledge what has happened in your youth, then you will have a harder time creating a good family and a good foundation of your love life.

When you think of the word “karma,” it is something that gets repeated. It’s like a memory that stays in your mind. Sometimes, it goes dormant, and all of a sudden it wake up, and it hits you. In psychology, it’s called dissociative amnesia. People tend to forget; people tend not to remember what has been done to them, but when you wake up that karmic pattern, you have an ability to erase it. So it’s good to revisit memories; it’s good to bring memories to the conscious level so that you can take them away and not let them hurt you anymore. If the mind has too much information and too many bad memories, it gets clogged. Every single relationship should be pure and should be unclouded of the negative karmic information.

Related Link: [Author Vicki Reece Offers Love Advice for Moms: “I’m All For Family Date Night”](#)

Relationship Advice For Getting Out of Toxic Relationships

One of sections *The Karma Queens’ Guide to Relationships* is about toxic relationships. How are you able to get out of a relationship that is more harmful than good?

You need to uncloud any information that has existed, and in order to do so, you need to revisit all of your issues and make sure things are as simple as possible. One of the key things for relationships to function well is simplicity. That’s why my new article is about ways to detoxify dysfunctional relationships – we live with them, and we’re not aware of how toxic they can be. A toxic relationship doesn’t allow you to trust people; a toxic relationship doesn’t allow you to function at the best level of yourself – it’s like your soul is broken in pieces. You have to work on yourself to empower yourself.

Sometimes, dysfunction can be an obsession and can create an

obsessive pattern. What you need to do is replace your obsessions. A lot of dysfunctional relationships are based on an obsession. How many people are obsessed with the people they can't be with? How you work with changing that obsession is the work of the mind. You need to reprogram, to rewire the brain. It's an entire technique of rewiring the brain by eliminating all those obsessive behavior problems.

You have to practice what is called self-care. It's the fact that people ignore themselves; that's why they become self-destructive. You attack yourself, and that has a lot to do with not being able to take care of yourself. There is something wrong with you, so the moment you practice that self-care, you have a chance of healing from something like that.

You have to work on it on a daily basis. The neurons in the brain need to be creating new patterns of thinking. People go to the gym. What about working on the neurons in the brain to create the new paths of thinking? Relationships that are dysfunctional damage your well-being. If you don't clean the toxicity and if you continue to live in the poor relationship, you will never be balanced enough or you will never be well enough at any level of your being, not even physically.

Is there anything else you would like to share with our readers?

They should be aware of the power of their own mind, the power of their own soul, the power of their own words, both written and spoken. If you start saying, "I'm not good; I'm not beautiful," then you're not empowering yourself. People should be aware that is part of the self-care and the self-empowerment. I feel like my book, personally, is kind of a manual. It gives you wisdom, and wisdom erases karma. I wrote all my wisdom throughout the years and then combined it with my daughter's perception of the younger generation. We asked, "How can we make this right? How can we start having those

wonderful relationships in which we celebrate the other people in your life? Is it possible?" Absolutely! With the right mindset, you finally can live in peace and joy and celebrate every aspect of your life. A book on relationships and love is about celebrating life!

You can purchase The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships on Amazon.

Expert Dating Advice: How To Find The Good Guys Sexy

A video call interface showing two participants. On the left is Suzanne Oshima, a woman with long dark hair wearing a red top, positioned in front of a backdrop with 'Single in Stilettos' and 'dream Bachelor & Bachelorette' logos. On the right is David Crowther, a man with glasses wearing a grey sweater. Below the video windows are two pink nameplates. The left nameplate identifies Suzanne Oshima as the founder of Single in Stilettos and a matchmaker/dating coach at Dream Bachelor & Bachelorette. The right nameplate identifies David Crowther as a dating consultant for men at SurviveWomen.com. A small 'Single in Stilettos' logo is centered between the two nameplates.

Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

David Crowther
Dating Consultant for Men
SurviveWomen.com

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) finally explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let

him know your boundaries; let him talk dirty to you; and let him know it's annoying when he texts or calls too often.

5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

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

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

Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!

Expert Dating Advice: 5 Surefire Signs He's Into You...or Not





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

If you're having trouble deciding whether the new guy you're seeing is into you or not, you may be looking too far into it. In [relationships and love](#), guys are not as complicated as we make them out to be. In fact, it's relatively easy to tell if he's into you or not. We often allow our emotions to interfere with the reality of a situation. Consider our expert dating advice: Don't let your heart block your judgement and lead you to ignore the red flags that your man might be sending you!

Expert Dating Advice From Elite Matchmakers

This dating advice from Project Soulmate's relationship experts will help you determine if your man is into you or not:

1. Is he persistently pursuing you?: The bottom line is, if a guy wants to see you, he will. Don't make excuses for your man, thinking he's too busy with work or other commitments. If he's into you, he'll make time to see you, one way or another.

He should be reaching out to you just as much – if not more – than you're reaching out to him. If you're constantly texting him first, this may be the reason that you are hanging out or talking frequently. Take a step back and wait for him to contact you instead. When a guy reaches out to you first, it means he's thinking about you and wants to see you again.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

2. How do you define your dates?: A date can tell you a lot about what your man's intentions are. If he frequently invites you over for a Netflix marathon or texts you late at night to meet up for a drink, he probably considers you to be his hook-up buddy more than anything else. If a guy is into you and sees a potential future with you, he'll court you, which means he'll make plans in advance for your date and take you to dinner or an activity that he knows you're interested in. He'll make an effort to impress you and pay attention to the type of things you like.

3. Do you believe his body language?: If a guy is into you, he won't be able to keep his hands off you. He'll send you obvious signs during your date. He'll make slight gestures, like putting his hand on your leg, putting his arm around you, or holding your hand in public. You can also tell a lot by looking into his eyes. If his eyes light up when he sees you and he keeps eye contact when you are talking, he's into you.

How a Guy Will Show That He's Into Your Relationship and Love

4. Does he pay attention to you?: If a guy is interested in you, he'll take the time to get to know you. He'll not only ask about your family, work, hobbies, and interests, but he will actually *listen* to your answers. For example, he'll remember your favorite food or hobbies and make a date

involving your interests to show you that he cares in a personal way.

Related Link: [Don't Just Drop Hints When You Want Commitment](#)

5. Does he subtly show you off?: Nothing says a guy is into you like introducing you to his friends. Pay close attention to the way he introduces you and how he acts towards you in front of his pals. If he is flirty and kisses you in front of his friends, that means he's proud to show you off. You can also tell how he feels about you by the way that his friends react to the introduction. If they seem to know about you already, that means that he talks about you, which means he's interested. If a guy is interested in you, he wants to become a part of your world and meet your friends as well.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game





By [David Wygant](#)

For a guy, one of the most important steps in any [relationship and love](#) is getting to know her friends. Her pals are what I call the defensive coordinator, offensive coordinator, special teams coach – the list goes on. Basically, until you get their approval, her BFFs are going to be ripping you apart. They're going to be evaluating each and every move, almost like going through the game tape after each date. As a relationship expert, here is my best advice for winning her friends over.

Relationship Expert David Wygant Compares Relationships and Love to a Football Game

The defensive coordinator is the one who thinks her friend is going to get hurt. She is going to break down the date when the girl about it. She's going to say, "He actually did that at that moment? So did that other idiot four and a half years

ago – do you remember that?”

Related Link: [David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating](#)

Her next friend is going to be a hopeless dreamer. She's the offensive coordinator. She's the one that desperately wants her friend to fall in love because she still believes in love. So everything this new guy does is going to be sweet and amazing.

The special teams coach is the woman that will break down all your bad habits. The conditioning coach is going to take a look at you and think, “Boy, he could dress a little bit better. Can you believe the shirt that he wore? He's still a project.” The secondary coach is going to notice how you touch and look at her friend. She'll comment if you have too many hands on her, not enough hands on her, or not enough eye contact with her.

Expert Love Advice on How to Sway Her Friends' Opinion of You

That's what you're up against. It's literally an entire football team of coaches, and that's why it's so important to get to know her friends. So what do you do to impress them? You act like the perfect gentleman. A little PDA is fantastic. A few kisses are great. A compliment here and there is amazing. Being in tune and paying attention to your girlfriend's stories is good.

My expert love advice is to listen carefully to *everything* her friends tell you. Be the life of the party that night. Talk to every one of her pals and get to know them. They need to see the amazing guy that your girlfriend sees. Remember that they're coming in with a checklist of things that they already do or don't like about you. So be nice to them, engage them,

ask them about what they do for work. Be interested in who they are. Maybe even set them up with one of your friends if you see a potential match!

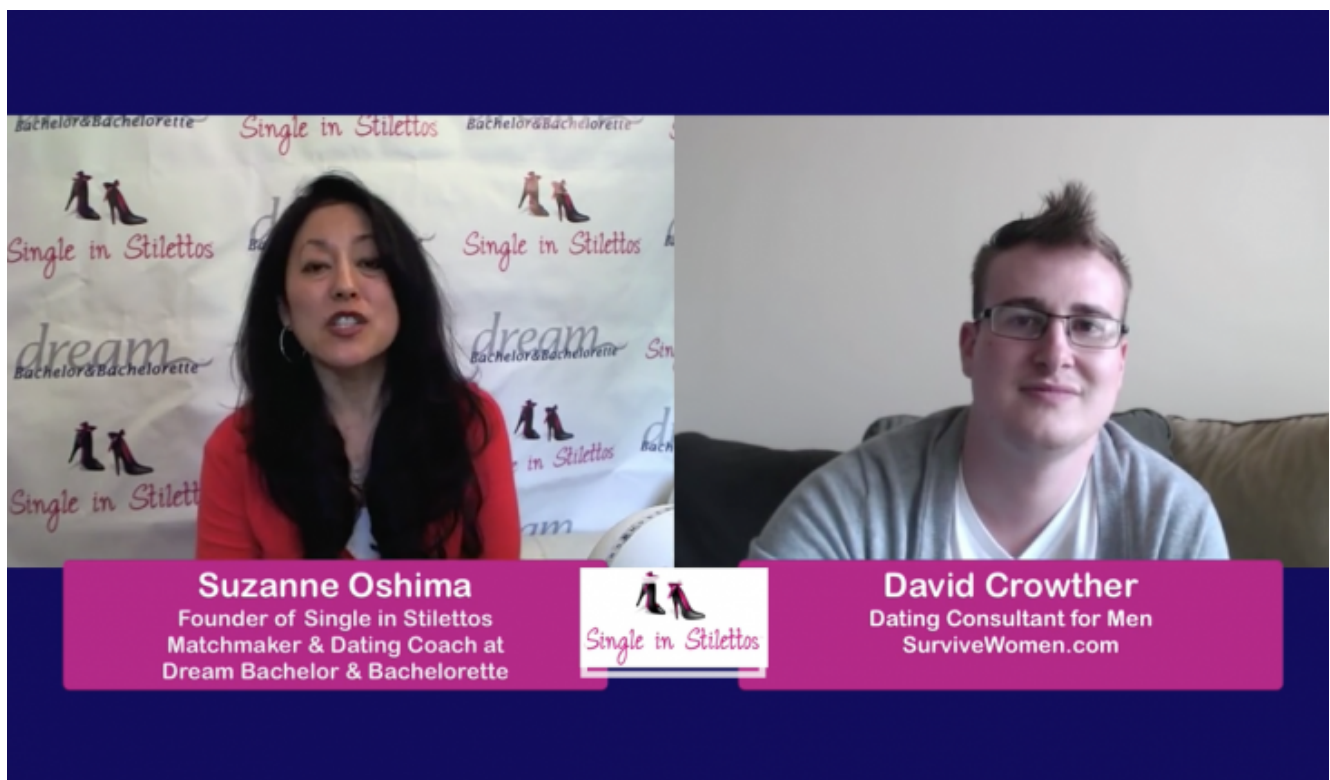
Related Link: [4 Ways To Know You're Dating a 'Man-Boy', Not a Man](#)

Expressing your feelings for your girlfriend in front of them is even better. Something like, "That's why I like her so much – it's the way her mind works. God, I love listening to her." Ding, ding, ding! They already know that you're into her sexually. They want to know that you're into her emotionally too, that you're going to support her dreams and aspirations.

This expert love advice can save your next relationship and love. Think of it as a football game: You're going to meet all of her friends, all the coaches. You're going to be pulled aside. You're going to need to be affectionate but not overly affectionate. When you leave, you're going to need to give each of them a big hug and tell them that you absolutely enjoyed your time with them. Meeting her friends is the ultimate four-quarter game that you're going to play, and you need to be able to do it really well. It's that simple. It really is.

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

'Married at First Sight' Relationship Expert Dr. Joseph Cilona Says, "Each Day Is A New Learning Experience"



By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their

wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important for each partner to really discover their needs and wants," Dr. Cilona shares. "Recognize that each day is a new learning experience to get to know your partner and get closer to each other."

Related Link: [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. "Their relationships and love will obviously be different from a traditional marriage, as they didn't meet until they said 'I do,'" Dr. Cilona explains. "They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other."

The relationship expert adds, "We're eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses."

Dr. Joseph Cilona Opens Up

About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don't unanimously agree, then a match isn't made. “As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both,” Dr. Cilona reveals. “My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process.”

Related Link: [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. “The data yielded by my assessments of the finalists for season two was over 3,800 pages,” he says. “I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches.”

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. “It's important to remember that our job is to use scientific tools to try and find individuals who

have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.

Role Reversals in Relationships and Love





By [Melanie Mar](#)

[Relationships and love](#) have progressively changed over recent decades, thanks in large part to women's rights. Today, there are more independent working women than ever before, and with that comes significant changes within the dynamics of romantic partnerships.

Top 5 Signs You Should Take the Lead in Your Relationship and Love Life

Ambition and masculine energy have become synonymous in society. Women find it beneficial to partner with a man who is supportive rather than competitive; that way, a peaceful home will be created that will help her achieve her goals. However, not all personality types are best-suited for these masculine and feminine role reversals in relationships and love. So how do you know if a role reversal relationship is right for you? Ladies, below are five signs that you might actually be happier if you take the lead in love:

1. You are a natural born **leader** in the relationship and instinctively guide the path that it takes.
2. You enjoy **setting goals** and reaching them in your personal life.
3. You enjoy achieving **success**.
4. You are **ambitious** and driven.
5. You are more **decisive** than indecisive.

Related Link: [Jennifer Garner Says 'It's My Turn' to Work After Supporting Celebrity Love Ben Affleck](#)

Now that you've decided that this type of relationship is for you, you may need some love advice on how to maintain a healthy, harmonious romance. Understand that, for every "pot," there is a "lid," and the key is to find a man with the opposite energy of your own. Know what role you want to take romantically, and stick with it. There are men who prefer stronger women to take the lead. They are usually the artistic, creative types who have no desire to compete, conquer, or control.

Women are still pre-conditioned to want a man who has the outward characteristics of a leader – someone who is decisive, self-confident, and aggressive. These types of traits are considered masculine. If your honey doesn't possess them, that doesn't mean he is weak or incompetent; he simply has a different set of dominant personality traits.

The man who is right for you is successful in his own career, desires a dominant women, and enjoys having you take charge at home. He loves to be your head cheerleader and devotes himself to making your life easier and more comfortable. Relationship experts say you may have already passed over this type of man, not realizing that he was a perfect partner for you. If you keep picking a man who

always wants to take charge – because society or your loved ones tell you that’s how it should be – then you will be in a combative, volatile relationship, which is not fulfilling for either partner and is ultimately very destructive.

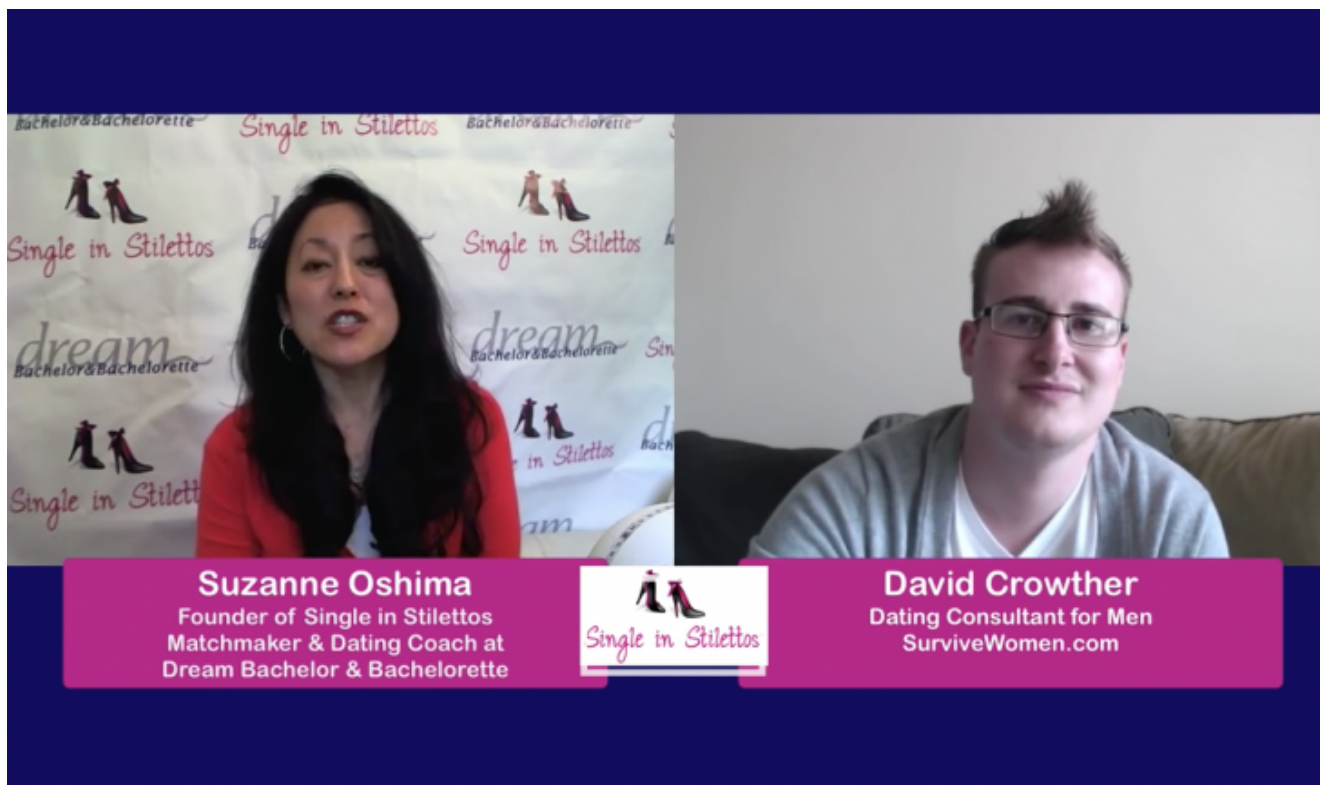
Related Link: [The Smarter Way to Meet New People and Actually Enjoy It!](#)

Expert Love Advice For Role Reversal Relationships

It might be difficult to accept that you prefer to be the leader in a marriage or relationship. It may mean giving up your childhood fairy tale wish of Prince Charming arriving on his white horse. Listen to my expert love advice because the fact is, traditional marriage roles simply do not work for everyone. Role reversal relationships are on the rise as more men and women discover that there is another path to happily ever after!

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

Dating Advice: Create The Person You Want To Be



By Janeen Diamond for [Hope After Divorce](#)

“There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life.”

These days, we all seem to talk a lot about our kids or our friends or our spouses going off to “find themselves” when things aren’t going quite right for them. But the truth of the matter is, it isn’t really possible to “find” ourselves. If we are going to be successful in our relationship and love life, we must “make” ourselves into the person we want to be. Consider these two pieces of [dating advice](#): First, remember to have realistic expectations, and second, know that you can *choose* to be happy with yourself. I love the following quote by psychiatrist Thomas Szasz: “People often say that this or that person has not yet found himself. But the self is not something one finds. It is something one creates.”

Related Link: [Kindness No Matter What](#)

I have had experiences with a few loved ones who seem to bounce around, waiting for life to suddenly make them happy or turn into something that will completely surprise them. But, in my opinion, they will wait a lifetime. If we want certain things in our lives, we have to go after them. We can't expect something magic to happen or believe that, if we wish for something to happen, it will eventually just appear. This is especially true when it comes to dating.

Expert Love Advice About Realistic Expectations

Along those same lines, getting married and expecting the other person to turn your life around for you is completely unrealistic. My expert love advice is to remember that marriage is about two healthy people bringing their best selves into an important relationship and love with the plan to contribute in every way possible. I am of the mindset that we are each responsible for our own happiness and for the things we accomplish in this life. If you are friends with or married to a person who drains you and drags you down, only you can do something about it. Here's some dating advice for how to decide what that something is going to be:

- Give as much as you can to the other person; it will facilitate your own happiness and help you enjoy life on a higher level.
- Keep a positive attitude and try to encourage your partner or friend to get outside themselves.
- Keep working on the person *you* want to be – your own happiness and security will make all the difference in the world.
- If nothing changes and you are still feeling drained, consider letting go.

Related Link: [Is Your Life Working?](#)

How to Have Positive Relationships and Love in Your Life

I have reached a point in my life where I am willing and able to move on from relationships that are negative. I once told a friend that I could no longer be her friend because it was simply too difficult. It was an amazing experience to be able to kindly release myself from something that wasn't right for me. I became a stronger person at that point and someone who has been able to be more selective about the people I let into my life.

There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life. I believe we can help those who need guidance without letting them influence us in a negative way. If you have relationships in your life you need to reconsider, take some time and think through what needs to change. Part of creating the person we want to be is surrounding ourselves with like-minded people who can influence us in the way we want to be influenced. Don't be afraid to do a little housecleaning!

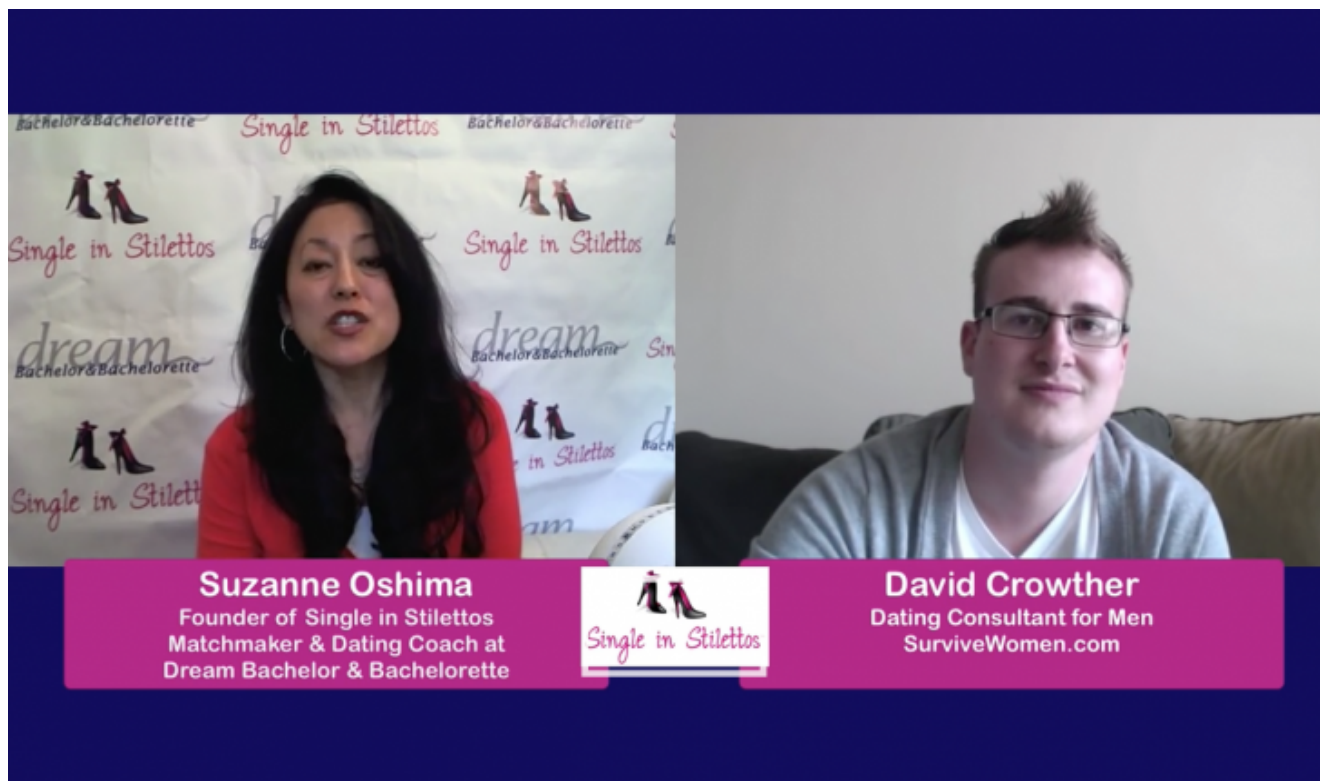
For more information about Hope After Divorce and their relationship experts, click [here](#).



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on

track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Expert Dating Advice About the Secrets of Meeting Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Des

O'Connor about the secrets of meeting men.

Relationship Experts Reveal Where and How to Meet Someone Special

According to O'Connor's expert dating advice, you have to remember that you can meet men anytime, anywhere! It's something you should always be doing to increase your chances of success. The relationship expert reveals that you can meet a man while you're walking down the street, running errands, or even standing in line at the grocery store. Just keep your eyes open!

Related Link: [Des O'Connor Shares Love Advice for Winning Him Over](#)

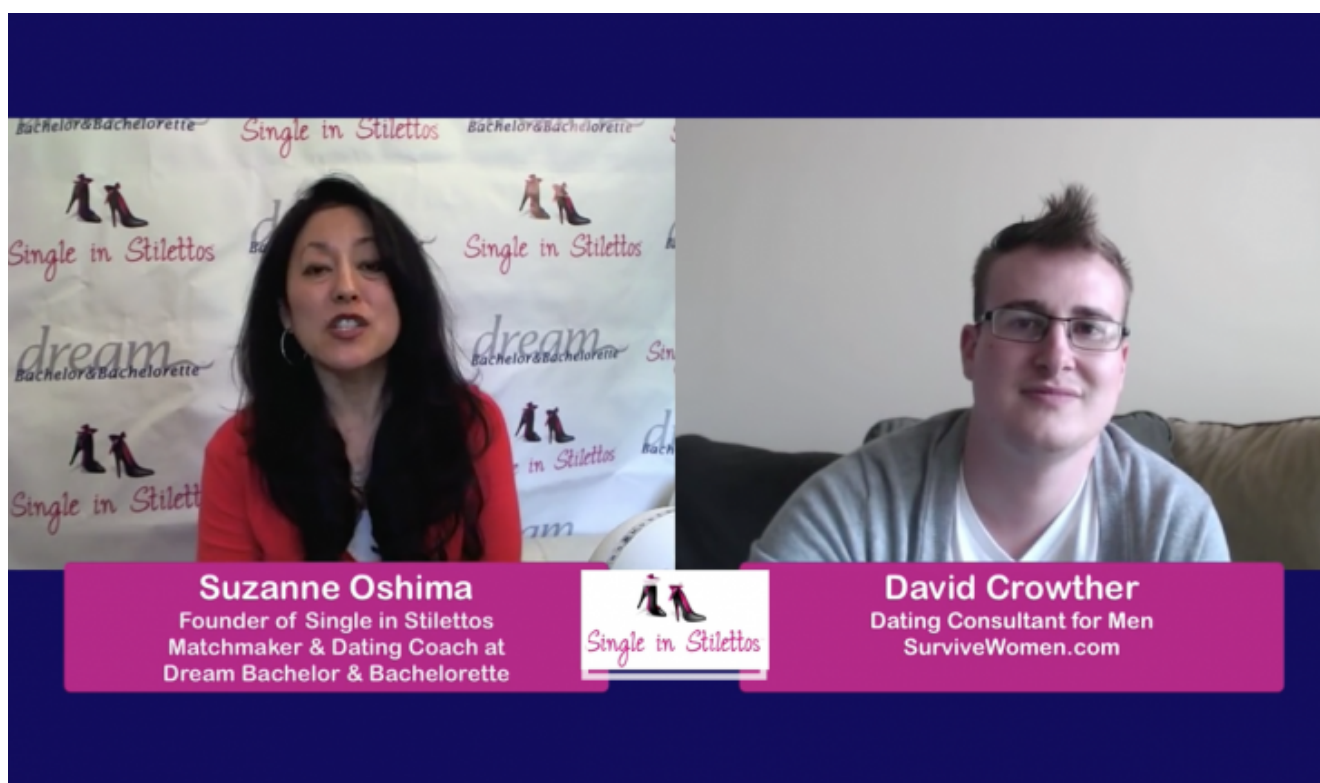
They also encourage you to go where men like to hangout. They enjoy sporting events like basketball, hockey, or boxing. And while they may not *like* to shop, the men's section of a department store is another good option! Once you spot a potential match, all you have to do is smile and strike up a conversation.

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

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

Cupid wants to know: What's your best piece of love advice for meeting someone special?

Sofia Vergara and Joe Manganiello Are Like High School Kids In Love



By [Jared Sais](#)

Celebrity couple Sofia Vergara and Joe Manganiello have been all the rage since they started dating last summer. Both seem to be the latest sex symbols that men and women alike gawk over. Vergara continues to steal the spotlight in *Modern Family*, while Manganiello went shirtless nine out of ten times in *True Blood*. It would seem this celebrity romance is meant to be. But does their body language agree? I share my expert love advice about the newly-engaged pair below.



Photo courtesy of Sofia Vergara's Instagram.

The Body Language of Celebrity Couple Sofia Vergara and Joe Manganiello

In the photo above, we see the happy couple hugging and cheek to cheek. Maybe it's their play on the classic song "Cheek to Cheek," written by Irving Berlin. It is also possible that these two are so in love that both just couldn't stand for any distance between them when taking such a heartfelt picture. I think Berlin sang it perfectly: "I seem to find the happiness I seek when we're out together, dancing cheek to cheek."

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

If you've read my expert love advice before, it's very likely you know the importance of mirroring. The non-verbal cue of mirroring is one of the tell-tale signs of attraction and interest. Mirroring is simple: Copying your partner's body language or imitating their actions and/or their tone and pitch. We do this to show we have things in common or to build a liking. We tend to like others that act like ourselves and even look like ourselves. Vergara and Manganiello are doing the same pose as one another, almost as if they were directed to do this by some high school prom photographer.

Hands are one of the most used tools in non-verbal body language. If we focus just on their hands, we can get an idea of how they feel at this given time. His hands lie flat and tight on her lower back or upper butt. This is an attraction point and lets others know you are interested in them. If someone put their hand there on you, how would you feel and react? Let's say the same person put their hand on you upper back near your shoulders. Do you get the same vibe, feeling, or sensation? I bet you don't. Additionally, flat hands are a sign of trust and commitment.

Now, let's look at her hand on him. She is touching his mid-back (just a tad on the lower side) with her palm and her fingertips. This is still a loving touch; her palm is flat on his back, reciprocating the same love and trust that he is showing to her.

Related Link: [Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red Carpet Event](#)

A flat palm is not always what I see couples do. In other cases, you may see someone touch with just their fingertips. Touching with the fingertips is usually a non-verbal cue that adds distance and shows less affection.

What Their Smiles Say About This Celebrity Romance

Vergara's smile is one that shows 80 percent of her emotions. The actress is gleaming from ear to ear. Her eyes are wide in a natural way to show excitement. Her mouth shows true happiness, as her teeth are visible (mouth open). You can also see a dimple form at the end of her mouth, meaning that her cheek is in full "happy" mode and that a real smile has taken place. Her entire face is taking part in the action!

Related Link: [Sofia Vergara and Joe Manganiello Celebrate Thanksgiving Together](#)

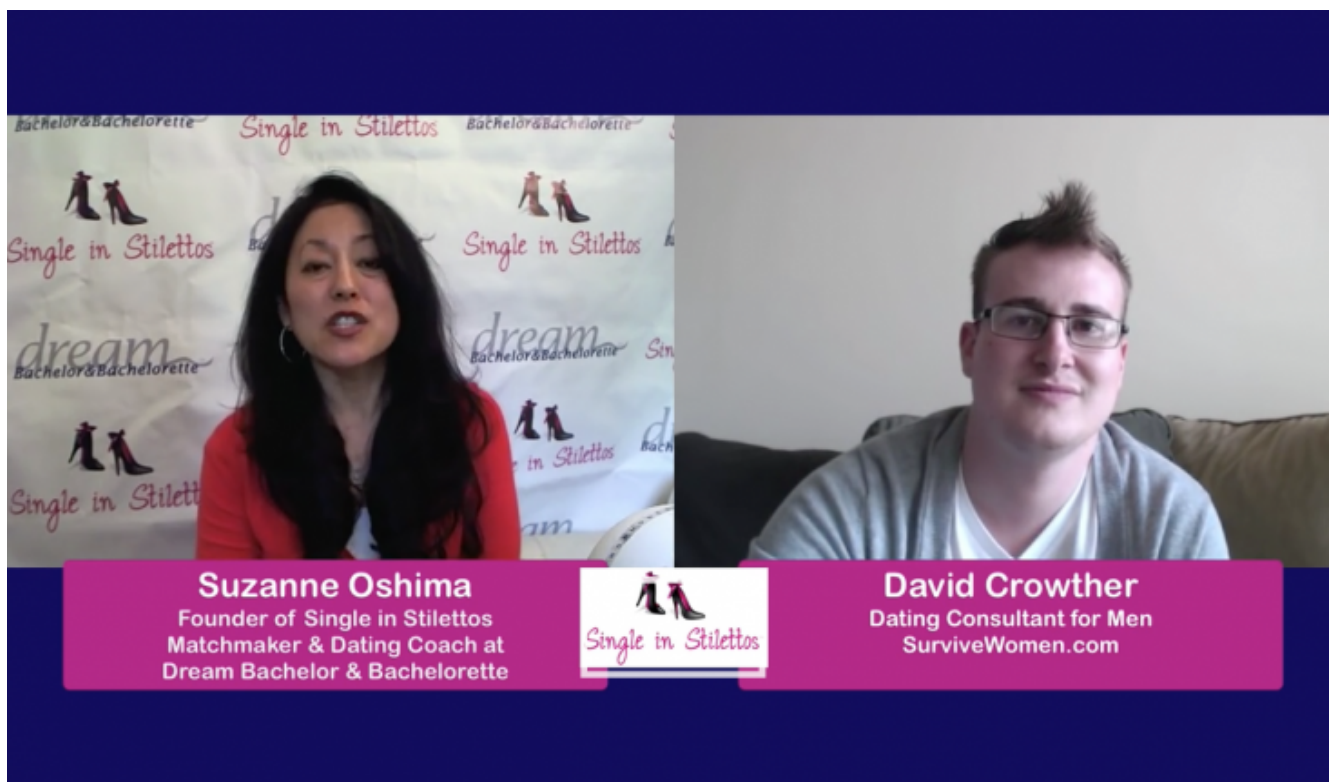
The actor's smile is a bit less obvious. He is happy but is mainly smiling from his eyes. He does show some dimples, which is a sign that he's truly content and showing a real smile as well. This is a genuine photo of them, and they are showing real love.

Finally, there is no space between these two. That's a good sign. People in love tend to stay very close to each other. When I analyze couples, this is one of the first things I look for: the space between the two. In this photo, there is zero space, so if you're wondering how they feel about each other, it is easy to see they love each other very much. No space means more love and attraction.

This celebrity romance is just as cute and cheesy as the photo, and to top it off, we can give them the name "SoJo" to put the cherry on top of the cheesecake.

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

Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz and Chris Brown



By [Shoshi](#)

With the new year finally here, there's bound to be a lot of exciting celebrity couple news for us to digest! Here are my predictions for three pairs who are currently popular in the media:

Helena Bonham Carter and Tim Burton: After thirteen years together, Helena Bonham Carter and Tim Burton have separated.

The couple actually split earlier this year, and this news is just now coming out. In what appears to be one of the more amicable splits in Hollywood, they are staying friends because they have two children together.

This separation shouldn't come as such a surprise. About a year ago, Burton was seen with a mystery blonde and accused of cheating. While he may not have been cheating, where there is smoke, there tends to be fire.

So what's next? Burton will attempt to make some movies without Bonham Carter, but that won't last for long. He will bring her back to his films. Even though they are no longer together, she is still his muse. Look for Bonham Carter to have a new boyfriend soon – a younger actor, someone who will be quite shocking. Let's not forget that, while she is quirky, she is an attractive woman. Her brilliance, beauty, and different appeal will keep the stud very interested.

Related Link: [Cameron Diaz and Benji Madden Are Engaged](#)

Cameron Diaz and Benji Madden: The latest celebrity couple that is rumored to be getting married is Cameron Diaz and Benji Madden. Depending on what news source you believe, the two of them will be skipping down the aisle and having a baby as soon as possible.

This is a very interesting pair. When I take a look at their love energy, it isn't so cut and dry. It is not clear what will happen between them. This could be due to the fact that they are still trying to figure it all out. I do see problems for them down the road unless Diaz is more open to change in their relationship. She is a very independent woman. Let's just say that she is just fine without a man by her side. Some of that reasoning is because she has had no problem getting one; the issue is finding a guy that she wants to *keep*.

I wish this couple the best. Baby energy is circling Diaz, and

she will make a great mom. Let's cross our fingers that Madden keeps Diaz interested, or this relationship may not last long.

Related Link: [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

Chris Brown and Karrueche Tran: Recently, the rapper proclaimed that he was single and went off about his ex-girlfriend dating Drake behind his back when he was in jail. It appears that it was all in his mind though. According to Drake, Tran's small bottom is not big enough for him to look at her twice. In case you didn't know, Drake loves a big booty on his woman.

Just when you thought they were finally over, it looks like Brown and Tran may be back on again. They were spotted all cuddled up at a club. One has to wonder if Brown will be able to have a healthy relationship. He has been diagnosed with bipolar disorder, which seems to be affecting some of his choices. Tran may want to stand by her man, but she's enabling him to treat her any way that he wants – which is never good!

This relationship will continue to be filled with drama. The on-and-off love will continue until Tran says "enough is enough" and moves on to get herself a new man to settle down with.

For more information on Shoshi, click [here](#).

What celebrity couple do you want to see predictions for next? Tell us in the comments below!

Solo Parenting: New Year, New You!



By Cynthia MacGregor for [Hope After Divorce](#)

If you didn't make any New Year's resolutions, don't feel bad. Many people don't. In fact, I happen to be one of them. But just because you didn't make any resolutions, that doesn't mean you can't make any changes.

Most resolutions get broken anyhow – and pretty quickly at that. But you don't need to make a resolution in order to make a change. Think about your life as it is currently or as it has been for the past 12 months. Are you satisfied with it? If not, what would you like to change about it?

What's stopping you?

Related Link: [Cupid's Weekly Round-Up: Find True Love in the New Year](#)

Of course, if you'd like to be living in a mansion with servants and what's stopping you is that you only make so many dollars (fill in the blank) a week/month/year, then you're dreaming impractically. Instead think of the things you'd like to change that are *feasible*. Plausible. Possible. And then I'll ask you the same question: What's stopping you?

Would you like a better relationship with your kids? Do you think it's impossible as long as they maintain their attitudes and there's nothing *you* can do? Think again.

Yes, they're the ones with the attitudes, the ones with all the eye-rolling, the ones who are being smart-mouthed or bratty or just plain obnoxious. But have you sat them down and had a talk? A non-judgmental, non-accusatory talk? Have you elicited from them the specific reasons they behave and talk the way they do? If they can't come up with a single one, maybe they'll realize that they're wrong. Maybe they'll change. It's not impossible. And if they do come up with some reason and it reflects on you, maybe there's something *you* can do that's different. (Hey, if you can ask them to change, isn't it reasonable to ask yourself to change too?)

What about having a better relationship with your ex in the year ahead? Is that something you'd like? I don't mean for you to get back together or anything of the sort. I just mean for you to normalize the way you relate to each other, so every request to change visiting days doesn't escalate into a skirmish.

Leaving aside your relationship with your kids and your ex, what about the way you feel about *yourself*? What do you like about yourself? Focus on it. Expand on it. What *don't* you like about yourself? Work on changing it. Do you want to be a less cynical person? A more forgiving person? A more accepting

person? Give yourself an attitude makeover.

You're a single mom with kids, and you're not likely to change that in the New Year unless you get married or move in with someone—which is not a change that can come from within so isn't under discussion here. But what you *can* change about yourself is your *attitude* toward that status. If you've been desperately looking for a new husband, you can work to become comfortable in your own skin, a self-sufficient person, a person who's happy with herself and her life. And if you've been in I-hate-men, men-all-stink mode, maybe it's time to let it go and realize that one bad marriage doesn't mean the whole barrel of apples is rotten.

Related Link: [Celebrity Relationships in Need of a New Year's Resolution](#)

What else would you like to change about your life? Which of those things *can* you change?

Well, what's stopping you?

It's a new year. How about a new you for the New Year?

Get started!

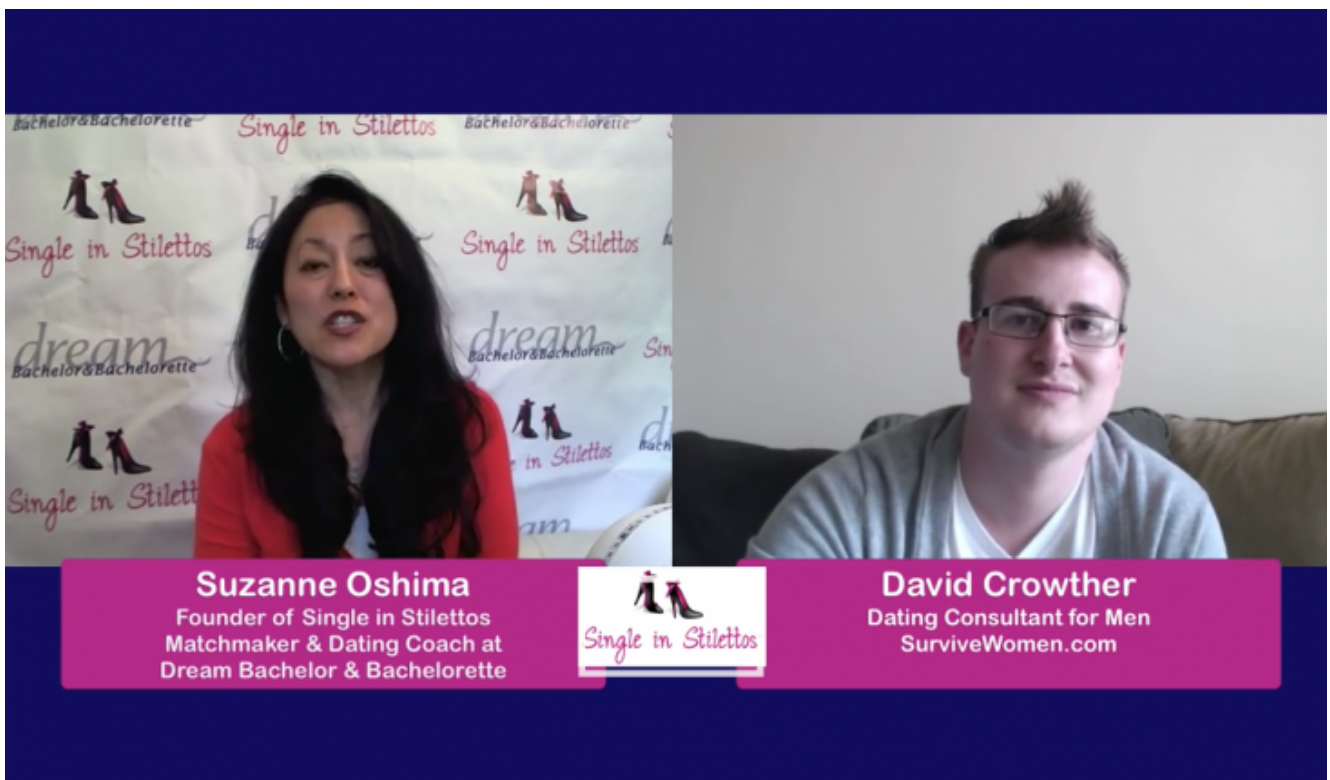
For more information on Hope After Divorce, click [here](#).



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo

Parenting,” which was broadcast in South Florida over WHDT. Cynthia writes for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com.

Don't Just Drop Hints When You Want Commitment



By Lori Zaslow and Danielle Posner for [Project Soulmate](http://ProjectSoulmate.com)

If you're ready for something more serious, dropping hints is okay, but you must be smart about how you play your cards. NO man wants an ultimatum or a stage-five clinger – that is nothing but a turnoff for them. Men are hunters, and they want

to feel that they're in control, especially when it comes to the next level of commitment.

First and foremost, we feel strongly that it's okay to ask for sexual monogamy. Deciding to be monogamous must be a mutual decision by both you and your partner and not an ultimatum. Saying, "Only if you are my boyfriend," right before sex will not only make your partner snap, but I can guarantee you will end up in the emergency room with a broken heart. Asking for your wants during moments of intimacy is a sure way to get the temporary pleasure of *hearing* what you want before he gets the temporary pleasure of you.

So don't put him on the spot. Wait until you're discussing your relationship and say something like, "If we're sleeping together, I don't want to be sleeping with anyone else." This is a confident approach that puts the ball in his court. You have stated what you want, and it is now *his* choice to decide if he wants to go forward or not. State your feelings and wait to see his reaction because it will be telling of how he feels.

Related Link: [NoGamesLove Video Dating Tips: How to Get a Guy to Commit](#)

If you are both on the same page, he will be happy that you have given him a platform to make the relationship more official. If he looks confused, it's a good thing you didn't sleep with him because you would've ended up hurt when he didn't want a commitment. If he is unsure, give him his space; he may need a few days to think about it.

Think of it as an amazing pair of shoes. Sometimes, you throw the money down right away; sometimes, you put the shoes back when you see the price; and sometimes, you need a day or two to think about if it's really worth it to you. If he's in the latter category, DO NOT CALL HIM! Would you want the salesgirl from the shoe department calling everyday to ask if

you're still thinking about the shoes? At that point, you may never want to shop there again! I know that when I want something, I can't get it off my mind, and after a few days, I've made my decision. Let him miss you and make his choice on his own.

On that note, it's key to never text a man at work until you are in a relationship, and even then, it should be limited. Men like to focus during the day and not respond to your every emotional need. It's not that he doesn't care about you; it's just that he doesn't care that your best friend Instagrammed a picture of her lunch. Lay low, let him lead, and enjoy the ride. And remember: If he isn't hopping in the driver seat and putting the car into drive, there are men out there who would love to have you in their passenger seat.

Related Link: [10 Signs He's Not Really Committed](#)

It's always easy to listen to what somebody says, but it is more important to read into someone's actions because sometimes actions speak louder than words. If they are giving you a week night and a weekend night, they are saying they want to be with you. Telling him that you want to only sleep with him will be a no-brainer for him, and this conversation should go rather smoothly. If he is listening to your needs and makes an effort to please you, you can rest assured that you are a priority. Eventually, your relationship will lead toward a commitment.

If he is texting you all the time but not asking you out, lay low and don't be so needy. Always texting and always asking for plans doesn't let a man lead; instead, it leads him to block your number! Play your cards right; let him take the lead; and once you have a symbiotic relationship, it is then okay to make plans (men want and expect that.)

Remember: Once a hunter brings back his catch, he expects the woman to cook it. Don't start boiling the water until he

brings dinner home, or you are just going to end up with an overflowing pot and a puddle of water on the floor.

For more information about Project Soulmate, click [here](#).

How did you talk to your man about commitment and monogamy? Tell us in the comments below!

Dating Coach Laurel House on Her New Book: “I’m Pretty Nervous For My Ex-Boyfriends to Read It!”





By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

First, what inspired you to write *Screwing the Rules*?

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since

then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

Related Link: ['The Bachelorette' Way to Date Lots of Guys](#)

How would you say your personal experiences and past loves influenced your writing?

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

What are some commonalities you've noticed as a dating coach?

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

Related Link: [How to Make a Guy Fall in Love with You](#)

We love that you encourage your readers to be "powerfully

feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

You can learn more about Laurel on her website screwingtherules.com and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!