

# Dating Advice: How to Get Him to Commit to You!



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their [dating advice](#) for those who need help in attracting a good man, and making him commit. Learn how to be the woman that men like to stay with. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Keep A Man

**1. Authentic self.** Be the person you really are. Don't pretend

to be anything you're not. A truly happy person that knows who they are will make a man want to stay. He wants to be around that positive energy!

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**2. Have your own life.** Don't become obsessed over anyone who doesn't ask you to commit. Keep busy, date other people, just do whatever makes you happy. There's no reason to drop everything for someone who hasn't asked for monogamy.

**Related Link:** [Dating Advice On Why Men Pull Away](#)

**3. Safe spaces.** Show your vulnerable side and allow a man to show his vulnerability as well. If he can't be himself or feel safe enough to open up to you, he won't trust you. And of course without trust, there is no commitment and no relationship.

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## Relationship Advice for the Guys: Why Is it So Hard to Date?





By [David Wygant](#)

I'm going to tell you why it's so hard to date. And I'm going to blame it all on the women. I bet I got your attention, and any women listening or reading this right now- need to pay attention. It's so hard to date because women are so flaky these days. You meet a woman on an online dating app. You text back and forth. You get her phone number. You spend time talking to her on the phone. You set up a date night, which you're excited about. And then, you send her a text the morning of the date to confirm. And right away you get a text back, and she comes up with one of her excuses: "I've got a work project that came up." You think to yourself, 'man, that's the same type of excuse I've been giving women this whole time.' You almost feel like you're being blown off by a dude. Well, you are; because women are the flakiest beings on the planet.

## Relationship Advice For Men On How

# To Successfully Date Women

And what makes them hard to date for men, is that women are judging you based on whatever story happened to them in the past. You see, women never let go of anything. They're constantly talking about the past. Even as a relationship expert, I remember I would sit down with my ex, and we would talk about the present, and she would go back to what I did to her five years ago. In full detail. And how she's never gotten over it. And that's the problem. The older you get, the more you date, the more women have not gotten over the guys that have burned them. You see, women are the greatest story tellers in the world. They love to tell stories non-stop. So the older they are, the more villains they have in their stories. By the time they meet you, even though they'd like to get together, and they've talked it over with friends on how to get together- they go through all the things that can go wrong on a date, and you're guilty by association. Just because you are a male, and you have facial stubble, means you're going to be just like the other ass that burned her before.

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So what dating tips can help you get around this? Well, first off, you need to set precedent. When you call her, or talk to her, you need to tell her plain and simple, 'Hey if we're going to get together, we're getting together, but if you're going to flake on me like so many other women, then I don't really want to set plans; because I'm looking forward to getting to know who you are.' When you get her phone number for the first time, you need to look at her and say 'I'm only going to take your phone number, if you're not a flaker. Because I don't deal with flakers. I find them to be, well, almost like dating, or trying to date, a kindergartner, and

I'm not going to do that.' You have to literally call them out on their future flake before it happens. You need to stop the flake from happening. When you've planted it in their brain, that you don't deal with flakers, you're literally telling them that they have one chance to be with you. The great guy that you are.

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Look, we've all been flaked on many times, and I'm sure we've been flaked on by women that could literally have been our girlfriend, because that's what life is about. I've played the game of chase and flake. Where I've chased them down, and finally after three weeks of chasing I get to go out with them. And they always say the same thing: "Wow, I wish I went out with you sooner!" I'll look at them and tell them: "Well, if you gave up a few nights of wine drinking with your friends, and if you gave up a few nights of pretending to be busy, we already would've been in a relationship."

**Related Link:** [Expert Relationship Advice: You're in the Dog House...Now What?](#)

The [relationship advice](#) I hope you take away is that you have to realize that women don't let go of what happened to them in the past. You need to prove to them no matter what, that you're a man of action, and you're different than anyone else without literally stating it in words (if at all possible). And if you feel that you actually have to say something, the only way to do it is to call them out on the potential flake before it happens, and set the date night in stone. When you send them that text in the beginning of the day reconfirming, you literally need to make it clear: 'I will see you at 8:00 tonight. No flaking allowed.'

*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](#).

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## Dating Advice: How to Become Irresistible to a Man



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) for those who need help

attracting a good man. Learn how to be the confident woman who is irresistible to any man. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Attract Men

**1. Emotional intelligence.** You need to emotionally mature to attract a man. You need to know how to respond to a man, not react to them. Going deep within yourself and knowing who you are will help you better connect with a man. Just remember, nobody likes an insecure drama queen.

**Related Link:** [Dating Advice: Best Ways to Meet & Talk to Eligible Men](#)

**2. Be authentic.** Someone that is authentic in who they are is automatically viewed as attractive or sexy. Don't try to be someone else, it never works out in the end. Just accept who you are and celebrate it. One day a man will show up in your life who appreciates all the qualities you have to offer.

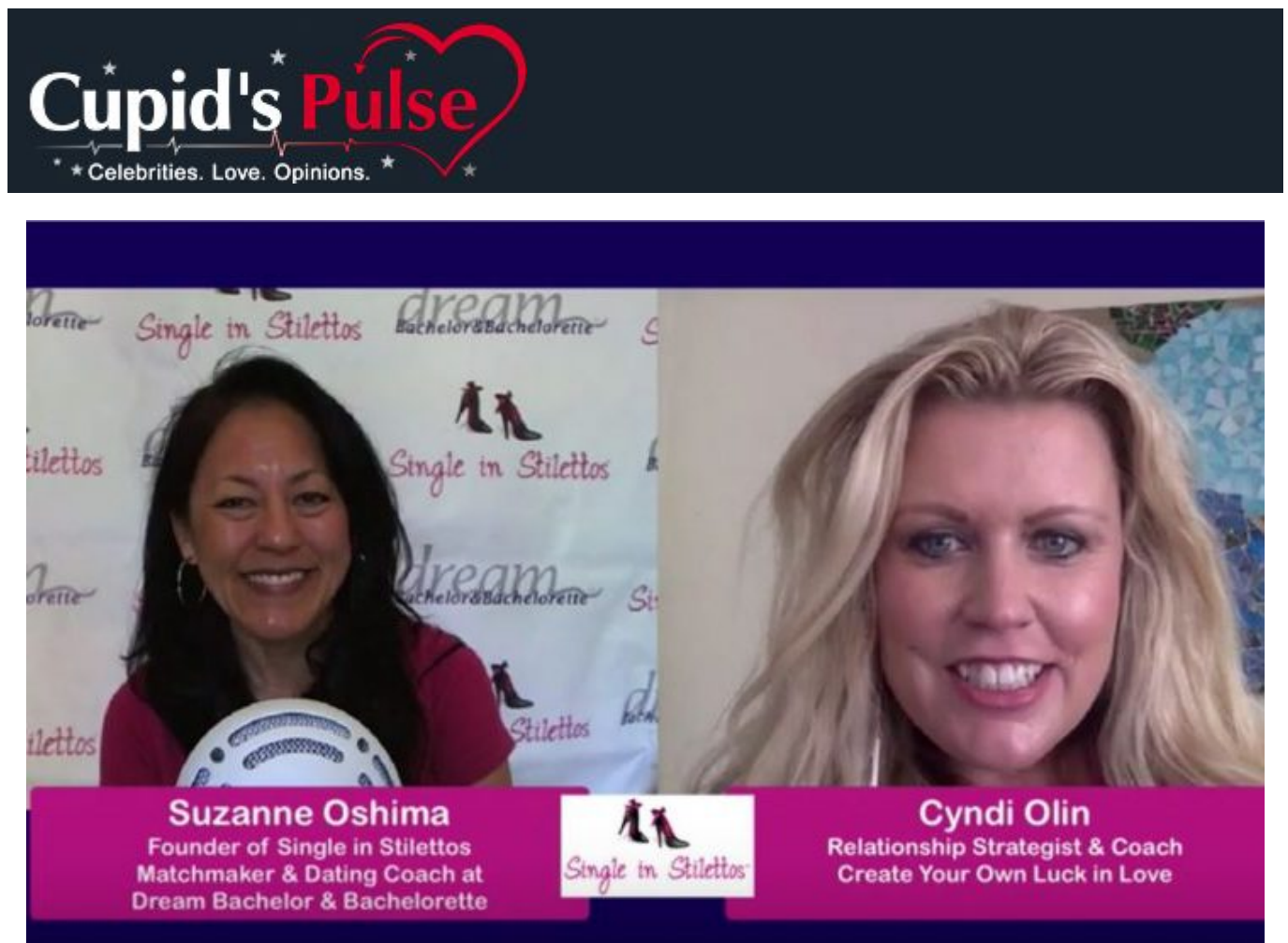
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**3. Have a sense of humor.** Don't be serious all the time, it takes all the fun out of a relationship. You shouldn't treat every date like a job interview. Men want to be with women who make them feel comfortable and happy. Knowing how to be light hearted can make a relationship last.

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# Relationship Advice: When Your Partner Sings The Blues, It May Be Something More



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

Depression is so much more than sadness. And for those who love someone battling depression, the effects are all encompassing. "It's like this thing that engulfs you," said legendary music artist Bruce Springsteen in a celebrity interview with *CBS Morning News*. "I got to where I didn't want to get out of bed," he said. Springsteen credits his celebrity relationship with wife Patti Scialfa for giving him the



motivation to rise above it. “She’d say, ‘You’re going to be OK. Maybe not today or tomorrow, but it’s going to be all right.’” With the following [relationship advice](#), I’ll provide you with tips on recognizing signs of depression and how to support your partner through this troubling time.

## Relationship Advice On Coping With Depression

The World Health Organization reported that 350 million people worldwide suffer from depression. It’s the leading cause of disability. To better identify depression, a standardized method was devised by relationship expert ,Dr. Carey Gross, and used by psychiatry residents at Massachusetts General Hospital. “These eight neurovegetative symptoms of depression can be easily remembered with the mnemonic SIGECAPS,” wrote Daniel J. Carlat, M.D for the American Academy of Family Physicians.

If you see these signs emerging in your loved one, he or she may be suffering from more than the blues; it could be a sign of depression. Learn to spot the difference with the following relationship advice.

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**Sleep Changes:** Should your loved one’s sleep patterns increase during the day, or if he or she stays up most of the night, this may be an indicator that your loved one is suffering from depression.

**Interest:** A loss of interest in the hobbies and activities your partner once enjoyed may mean there’s an emotional struggle emerging. This isn’t about changing interests. Instead, your loved one won’t be interested in doing anything at all.

**Guilt:** This behavior has more to do with feelings of worthlessness, particularly in older couples, where a depressed loved one devalues themselves. "We believe social and emotional health play an important role in maintaining overall physical health," said Shiloh Sorensen, activity director at Parke View Rehabilitation and Care Center. "Positive and supportive social interaction and relationships are important factors in a person's well-being. It's a need people never outgrow."

**Energy:** A lack of energy coupled with a declining interest in activities is a sign for concern. It could be a matter that your loved one wants to get involved but doesn't have the energy or feels too fatigued to do anything.

**Related Link:** [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

**Cognition/Concentration:** Life is loaded with its share of distractions, but if your loved one, who once carried a razor sharp focus when performing tasks, now struggles with concentrating on those things, it's time to talk about it.

**Appetite:** While an increase in appetite does occur, it's a rapid decline in weight and an interest in eating that indicates possible depression.

**Psychomotor:** If your man becomes easily agitated, or your girl lacks energy or interest in things she once enjoyed, it's time to talk about how they are feeling.

**Suicide:** Many people suffering from depression will share signs of their despair. This preoccupation with death compels them to give away valued possessions or talk about life without them around, among other things. If your loved one seems to have given up on the value of life, seek professional help immediately.

**Related Link:** [Relationship Expert Talks When To File For](#)

## [Divorce](#)

Remember, your loved one didn't request for depression to be a part of your relationship. But, this unwelcome visitor can be controlled with treatment accompanied by the love and support of a committed partner. By seeing the signs and recognizing the onset of depression, you and your partner can change your tune from singing the blues to enjoying an old-fashioned love song.

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

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## **Dating Advice: Best Ways to Meet & Talk to Eligible Men**





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their [dating advice](#) for those who aren't sure of how they should talk or approach single men. Learn how to be the confident woman who wins the man over with a single conversation. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Approach Eligible Men

**1. Create opportunity.** If it's important for you to be in a relationship, then come up with a plan to meet men. You need to strategize your time instead of falling victim to your usual routine. Don't worry about looking desperate, you're being intentional with your love life- not desperate.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Notice people.** Take time to look at the men in your life and around you. Love can strike when you least expect it. Stay alert and attentive, put down your phone if you have to. Men like a woman who can take notice of them.

**Related Link:** [Dating Advice: What Do Men Want from Women?](#)

**3. Look offline.** Explore your area and make it a point to discover new ones. Not only will you find fun places to enjoy your time in, but you might just bump into someone who has the same interests as you.

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## Dating Advice Q&A: Why Do Men Ask for Photos?







*Question from Emily O.: I've noticed on a lot chat or IM apps, one of the first things guys ask for is a picture of yourself, even if you have a profile photo displayed or albums filled with photos. It seems like "Can you send a pic," is the norm now? Why is that? And why will some even write you off completely if you're not willing to send a photo right away? I'm not comfortable sending pictures of myself to strangers only 2 minutes into a conversation.*

Dating can be complicated. Add the internet, social media and electronic devices into the mix, and it can get tricky real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Take time to learn some valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not you should send a photo of yourself to a potential beau.

# Technology Dating Advice On Whether You Should Send a Pic Online

[Suzanne K. Oshima, Matchmaker](#): The **good** reason: Men are visual creatures, so they may want to see more pics to make sure you actually look like the photos on your profile. The **bad** reason: Men will ask you to send a pic and if they're looking for something more sexy, then it will turn into asking you for a naked pic in the future. If a man writes you off for not sending another photo, then thank him for eliminating himself. He's probably just looking for one thing and he's not worth your time... So, just move on. Next!

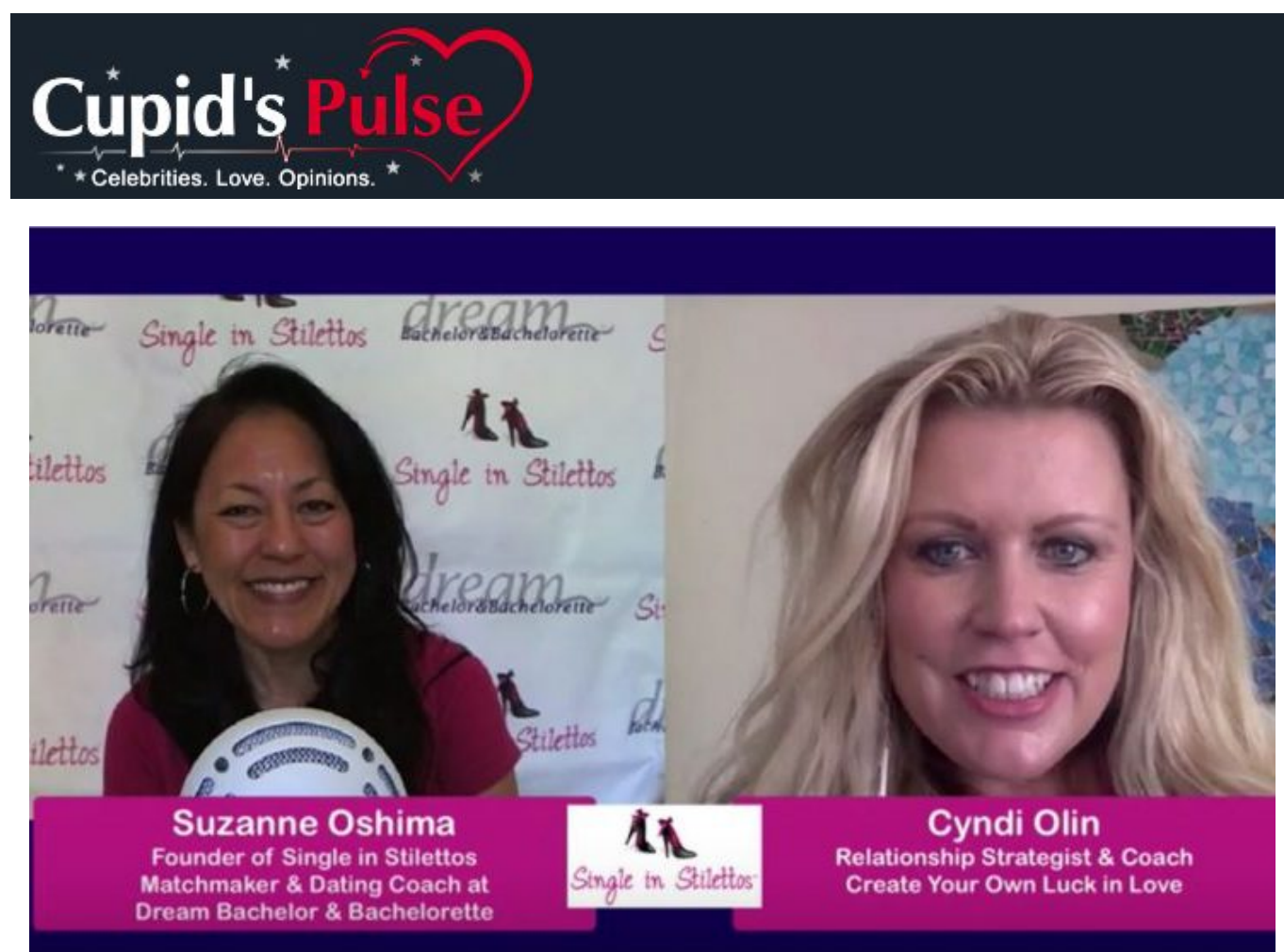
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[Robert Manni, Guy's Guy](#): Guys are visual and they enjoy looking at photos of pretty young ladies; and there's lots of photos of good-looking women online. But, at the same time, men get spoiled and some even ask women they've barely connected to- to send more pictures. Unfortunately, sharing more photos will not move a potential relationship forward. My advice to any young woman put into that position is to politely decline. If the guy presses or asks you why not, consider telling him that if he wants another photo of you he can take you out to a nice restaurant and maybe you'll let him snap a photo of you in person. The bottom line is that if a guy needs more photos of you to make a decision, or prefers looking at pictures of instead of spending time with you in person, he's probably not someone you want to invest your time in.

*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*

# Dating Advice: How to Win Him Over in the First 3 Dates!



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who aren't having the best luck in the dating world. Learn how to turn things around by being the woman who wins the man over. Follow these dating tips to get your love life back on track.

# Dating Advice That Will Help You Win The Man of Your Dreams

**1. Play it cool.** Don't be overeager when you're on a date. You don't want to look desperate. But also, be engaging and have a balanced conversation.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Relax.** Even if you're nervous on a date, don't be all tense. It's not a job interview, you're out with this guy to enjoy yourself. If you aren't comfortable, a man will notice and make note of that.

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**3. Keep it classy.** Be positive and optimistic. You want to show a man that you're good company to be around. Complaining too much is just a turn off.

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## Dating Advice: Do Pick Up Lines Actually Work?



By [Joshua Pompey](#)

There she is standing at the bar. Tall. Beautiful. Long flowing blonde hair. Think. Think. There must be a pickup line that will work... Okay, I've got it!

*"Damn girl. Are you okay?"*

*"Yes, why?"*

*"Because damn it must have hurt when a beautiful Angel like you fell from heaven."*

Cue the eye roll, the grabbing of her closest friend's arm, and the immediate exit. And just like that, bye bye beautiful blonde. If you've used cheesy pick up lines at any point in your life, odds are this may have happened to you at some point. While this may have been a terrible pick up line for the sake of the overall argument I'm about to get into, the question is, can pick up lines ever actually work? Well, that



depends on a number of factors that I'll explain to you in the following [dating advice](#).

## Dating Advice On Whether Pick Up Lines Work

For the most part, in terms of quality dating advice, the answer is almost always a resounding no. Pick up lines come across as lame, cheesy, and pre-mediated, making the other person not only think that you are corny, but will also communicate that you lack the basic social skills that it would take to approach someone in a conventional way. Using a pick up line communicates to the other person that you don't have enough wit and originality to be interesting on your own accord, which isn't exactly a compelling advertisement for why someone should talk to you. With that said, pick up lines *can* work. But only if you are in on the joke and have a pick up line that you know will make the other person laugh.

**Related Link:** [Relationship Advice: So When Exactly IS It Time For Sex?](#)

Here's an example, way back in the day, during Mr. Pompey's younger years, long before I became a relationship expert, I once read a pick up line that I thought women would find to be rather cute. I would approach a girl that looked friendly in a bar, and walk up to her as if I were trying to set my friend up. "Hey you see my friend sitting over there..." He would then wave. "Well... (long pause) he wants to know if you think... (long pause)... this is kind of embarrassing... (another pause)... he wants to know if you think *I'm* cute." Cue flirtatious smile by me. Almost every time I delivered this line I would be met with a smile or a laugh, and then the woman would excitingly engage in conversation. The little twist and mis-direction at the end of the line, combined with the fact that this line is also somewhat funny, results in a highly effective pick up

line.

**Related Link:** [Dating Advice: 5 Steps To Securing A Second Date](#)

In addition to my arsenal of dating tips, I'd like to point out my use of that line showed confidence and avoided the typical pitfall of being a pick up line that is lame and cheesy. Being clever can go a long way, even if they know it's a line. But perhaps most importantly, my body language and delivery shows I'm in on the joke. I'm not walking up to a woman all serious as if I am really hoping I pick her up with these smooth skills of mine. I'm just having fun and delivering the line in a way that makes it clear I'm just here to make her laugh and help her have a good time.

**Related Link:** [Dating Advice: Does A Man Really Have to Call?](#)

At the end of the day, nearly all pick up lines will come across as lame. But if you find a clever one and deliver it in a manner that shows you're just having fun, you just might wind up in some good company and a potential date night.

*For free online dating articles and advice from Joshua Pompey [click here](#), or [visit this page](#) to learn more about his world famous profile writing service and free profile evaluations.*

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## **Celebrity Couple Predictions: Angelina Jolie, Sharon Osbourne and Tori Spelling**



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, one of which is a high profiled split that no one saw coming between Angelina Jolie and Brad Pitt; while two other long term marriages are fighting to survive after celebrity cheating scandals (Sharon and Ozzy Osbourne, and Tori Spelling and Dean McDermott). But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or

# May Not Last

**Angelina Jolie and Brad Pitt:** When it was announced that Angelina Jolie had filed to divorce Brad Pitt, gasps were heard around the world. The fairytale was officially over. But was their relationship really as wonderful as everyone thought it was? While most people were surprised that their marriage is ending, I was surprised that it's lasted as long as it did. There were clues that their marriage wasn't filled with unicorns and rainbows. Anytime a couple gets married due to pressure from their children, it isn't a good sign. This relationship should have ended a long time ago. Jolie is so ready to move on. Their pack of kids can beg and plead for her to go back to Pitt, but it's a wrap. Rumor has it that she has already moved into a private residence in Los Angeles that cost \$30,000 per month! It's time for both of them to move on. While Pitt is a bit devastated now, he will see that this is for the best. Don't be surprised if Angelina's next lover is a woman. Brad will be fine, women are already getting information to swoop down and grab him. My relationship advice to him is to stop picking high maintenance women.

**Related Link:** [Find Out How Angelina Jolie Told Brad Pitt She Wanted a Celebrity Divorce](#)

**Sharon and Ozzy Osbourne:** Look's like Sharon and Ozzy Osbourne are having a real lovefest after Ozzy's alleged affair with a celebrity hairstylist earlier this year. He recently surprised Sharon by showing up on *The Talk* and giving her a diamond ring for her birthday. Ever notice how men like to make things better with diamonds? There are those who feel like their happiness is staged. Maybe it is, but then again what hasn't their relationship been through at this point? I don't see anything that will actually cause this celebrity couple to break up for good. Their marriage has been a bit of a rollercoaster since day one. Sharon is a ride or die when it comes to Ozzy. They will continue on with their sweet gestures

in the press. It is what it is. They are basically a famous couple that at the end of the day is just like everybody else.

**Related Link:** [Celebrity News: Find Out Why Sharon Osbourne Took Ozzy Back](#)

**Tori Spelling and Dean McDermott:** Remember all the drama that Spelling went through with her husband McDermott. It looked like their marriage was going to end, but Spelling took one for the team and stuck with it. The couple recently announced that their fifth child is on the way. There is still conflict in their relationship that stems back to the Dean's 2-day affair when he was working in Canada. Let's not forget that Tori actually got together with Dean because they had an affair while filming a Lifetime movie. McDermott also recently proposed again to Spelling right before their tenth anniversary with their kids in attendance. That's all good, but I say this marriage is still a hot mess. Spelling can do so much better than him. When will she see the light? With baby number five on the way, she may never leave. Being a single mother with five kids doesn't sound so sexy when it comes to dating. McDermott is sneaky and it looks like he just may bring more heartbreak to Spelling; that may be just the thing that she needs to let him go and find love with another. Let's just say that he is the lucky one in the relationship.

**Related Link:** [Celebrity Couple Tori Spelling & Dean McDermott Celebrate His Bday at Spa Getaway](#)

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

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

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# Dating Advice: Think of Your Mind, Body, & Food When Out On Dates



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Lynda Layng to offer their best [dating advice](#) that will help you improve your mental and physical health on the dating scene. Learn how you can better yourself and your future dates with these three dating tips. Follow this advice if you want to find the love of your life!

# Dating Advice On What You Can Do For Your Mind, Body & Food

**1. Change your thoughts.** Use positive affirmation instead of fixating on negative thoughts. Even if you don't believe it, you'll eventually be affected by the praise you give yourself. Don't be afraid to be kind to yourself and say, "I'm beautiful. I'm grateful."

**Related Link:** [Dating Advice: What Do Men Want from Women?](#)

**2. Lighten up.** Try to let go of the image you have in your mind of what perfection is. And don't take everything so seriously or be hard on yourself. You don't want to make yourself feel bad with unrealistic expectations.

**Related Link:** [Single in Stilettos Show: What Turns a Man On](#)

**3. Eat more real food.** Get rid of processed food. You want to eat healthier, whole food that can expire. Eating processed food all the time will have adverse effects on your waistline and energy levels, so make little changes if you want to be healthier overall.

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# Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance



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

How does she do it? You know who I mean. She's the one who makes achievement look easy—and her hair looks great in the process. As women, our relationship with the demands of work and home have been a historically tenuous balance. More often than not, we lose sight of our anticipated goals for the day and end up whipped by daily demands. But it doesn't have to be this way, and we are surrounded by influential women who demonstrate that strength every day. While their personal strategies may differ, the most common game plans for keeping our work and home life in balance include the following six

pieces of [relationship advice](#).

# Relationship Advice That Will Help You Balance Your Work & Home Life

**1. Be the boss of your time.** For women whose schedules are often dictated by the needs of others, maintaining control over time is a constant challenge. But it's necessary. Set boundaries establishing clear work and personal times, then enforce it with colleagues and family. Unless it's an emergency, family must recognize that your attention must be focused on work. The same is true with demands from work. In her book, *Year of Yes*, Shonda Rhimes admitted she now signs off her emails with this signature: "Please note: I will not engage in work emails after 7 pm or on weekends. If I am your boss, may I suggest: Put down the phone." If you don't stay firm on setting clear boundaries, your ability to stay productive in both areas will be compromised.

**2. Set priorities.** "It's the person with the passion who get it done," said writer, director, and producer Autumn McAlpin. Her award-winning film, *Waffle Street*, is based on the true rags to riches tale that follows the life of a financier who loses his job on Wall Street but finds redemption and true friendship as a waiter in a 24-hour diner. Her success as a writer relies on disciplined organization and project management. "And, a lot of phone calls," McAlpin added. Life will deliver a hearty portion of distractions. Enforcing balance between work and personal demands by setting firm priorities will help you stay focused on your goals. "To this day, I keep a schedule that is almost minute by minute; Grabbing a power nap to facilitate recovery instead of wasting an hour online," said Olympic gymnast legend Shannon Miller. "Focus on those things that bring you further to your goal each and every day. Every moment counts."

**Related Link:** [Relationship Advice: How to manage your business when you're sleeping with the CFO?](#)

**3. Focus and avoid multi-tasking.** Business philosopher Dr. Stephen R. Covey once said, "The main thing is to keep the main thing the main thing." As tempting as it is to celebrate the art of multitasking, in truth, we are robbing ourselves of achieving excellence in both arenas. Health contributor and relationship expert Amanda MacMillan wrote, "Research shows that it's not nearly as efficient as we like to believe, and can even be harmful to our health."

**4. Recruit help.** "If there's one thing I've learned over my career as an entrepreneur, it's good things are rarely accomplished alone," wrote *CorpNet.com* CEO Nellie Akalp. "Success often hinges on getting the right advice or support from the right people." This could mean finding help with household chores or childcare. Or, it could mean emulating an admired mentor. Shonda Rhimes is candid about her dependence on Jenny McCarthy, her family's nanny. "I am proud to say that I do not do this alone," Rhimes wrote. Having someone to help you with your duties at home will curb resentment and any potential relationship problems.

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**5. Don't forget to play.** Having something to look forward to that doesn't include the demands of work or home keeps you motivated to stay on track. "With vacation days left at the end of last year, the principals of my firm encouraged me to take time off between Christmas and New Year's; time they took off as well," wrote Kristine Scotto, director of Strategic Planning. "And when we all arrived back at the start of the year, everyone was fresh, and the vibe of the team was more energetic than I've seen in months." Take a break from the work and home routine. Buy tickets to a concert for date night, spend Saturday morning walking on the beach, visit a



temporary exhibit at the museum. Make plans at the beginning of the week, then stick to them.

**6. Schedule time for exercise.** A healthy diet and regular diet is essential for energy. “Even when we’re busy, we make time for the crucial things in life. We eat. We go to the bathroom. We sleep. And yet one of our most crucial needs – exercise – is often the first thing to go when our calendars fill up,” wrote Forbes contributor Deborah Jian Lee. Despite her busy schedule, supermodel Cindy Crawford makes fitness a priority every day. “If you stick with it, even if it’s just a small amount, it becomes part of your life,” she said. Crawford incorporates dance and Pilates into her daily schedule, and she has been known to jump on the trampoline with her kids as a way to get in some exercise.

**Related Link:** [Balance Work and Love Like a Celebrity Couple](#)

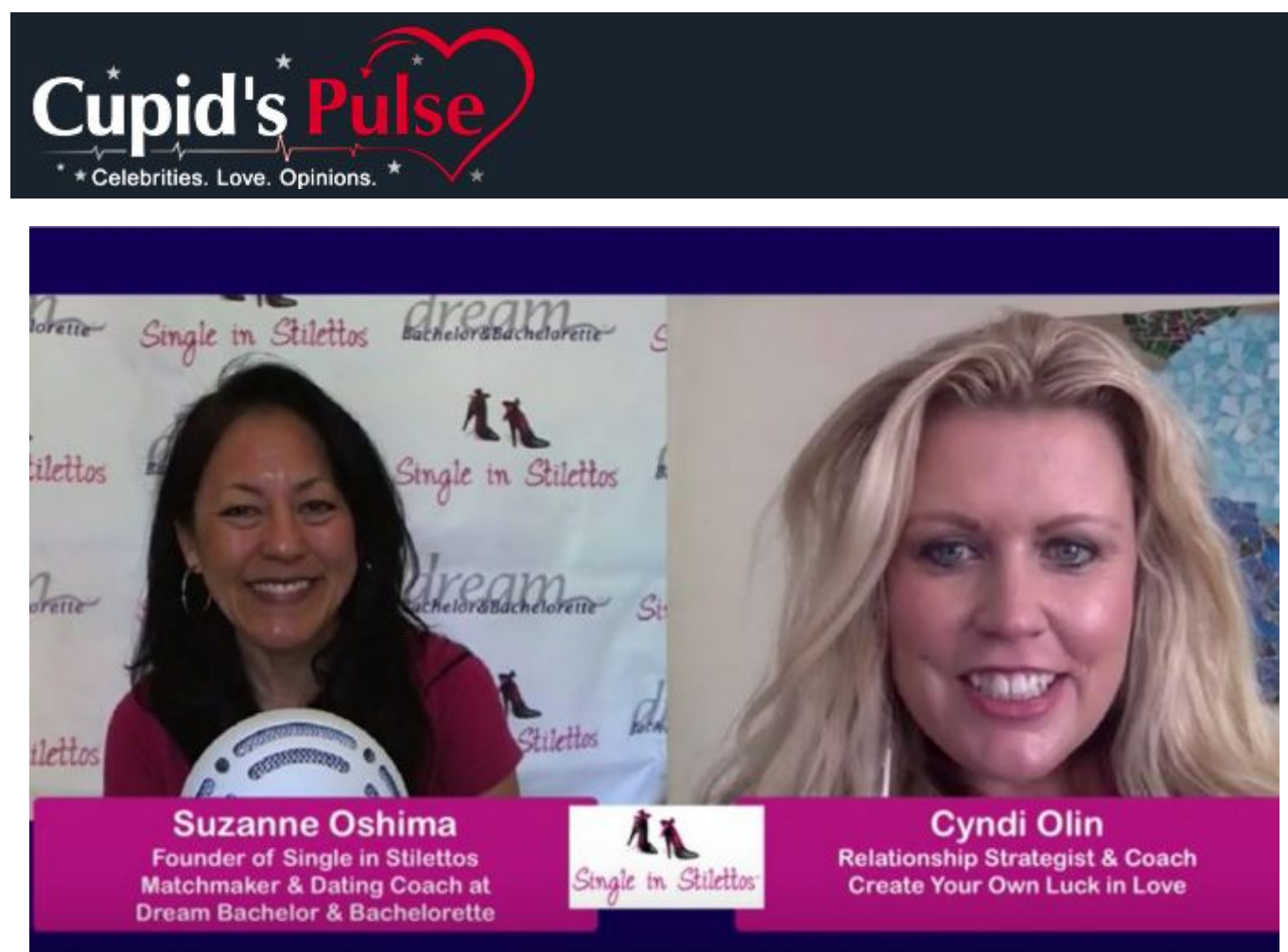
Life doesn’t guarantee it won’t throw interruptions in your path. But by establishing a routine that includes the relationship advice we’ve provided you: setting boundaries and priorities, focusing on each task, recruiting help, and scheduling time for play and exercise, can offset the imbalance in your work and life schedules and make room for the unexpected joys in your life- both of them.

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

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## Relationship Advice on What

# Not to Do: Bad Dating Advice from Romantic Comedies



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Holly Kiffer

Who doesn't love a great romantic comedy? They're perfect for date night or spending quality time with your girls and a bottle of wine. Though the plot lines can be entertaining, romantic comedies are unrealistic and offer poor [relationship advice](#). However there are a few dating tips you can learn from romantic comedies about what not to do, according to relationship experts.

# Relationship Advice That Goes Against Romantic Comedies

**Be Yourself, Not Like In *How to Lose a Guy in 10 Days*.** First thing's first, always be yourself! *How to Lose a Guy in 10 Days* has taught us how to be the best and only version of ourselves. Throughout the whole movie Kate Hudson tries to push Matthew McConaughey away by being the bananas crazy, clingy girlfriend, who most guys would run as far across the country as they could. If a guy is interested in you then they're looking for the real you, they don't want to get to know the pretend, "of course I'm okay" type of girl, when deep down you're really not. You should never have to pretend to be someone else just to impress a guy. In contrast, if they seem uninterested then, as Beyonce would say, "Tell that boy bye!" Our high end matchmaking relationship experts say dating should be a fun experience as long as you get out there and do your thing. You should never be afraid to express yourself. Moral of the story, always be yourself because the best version of you is always yourself.

**Related Link:** [Relationship Advice: Stay True to Yourself](#)

**Don't Jump into Marriage for The Wrong Reasons, Not Like In *The Proposal*.** Ah *The Proposal*, a classic movie where Sandra Bullock is going to be deported unless she becomes a U.S. citizen through marriage. Of course the closest person she can force into marrying her is her dreaded assistant, Ryan Reynolds. In this movie she attempted to marry because she felt like she had no other choice. When you find the one you truly love, you should do it because it's YOUR choice. When you marry someone, do it because you found your true love, not because you're about to be deported! That's settling, or just plain lazy and throwing in the towel. Marrying for the wrong reasons, like "settling down" is not the resolution; instead of quitting on the dating scene, push yourself to find the

one. If you just settle for an average Joe, you may never experience full happiness or a potentially happy marriage. The average Joe may make you regret the biggest decision of your life. Wouldn't you rather search for the prince charming that Cinderella found than settle for the boring Joe? Our matchmakers suggest never giving up on love, and never settle for the wrong reasons.

**Related Link:** [10 Celebrity Couples Who Have Made Marriage Work](#)

**Don't Make Drastic Decisions After Heartbreak, Not Like In *Crazy Stupid Love*.** It's *Crazy Stupid Love*, you know the one, with the eminent, sexy Ryan Gosling. In this case Ryan Gosling helps the heartbroken Steve Carell, get over his ex wife, while he goes through a divorce. Steve transforms into a player with relationship advice provided by Ryan Gosling. As a result, Carell picks up girls on different nights at the same bar. In this case, changing your persona 180 to recover from heartbreak can be more damaging to your health expected. You're heart and emotional self need time to recover. Splitting up is never easy and it takes time to fully recover; you don't instantly get over a person with the snap of your fingers. Elite Daily's Alexia LaFata, states there are seven factors that affect how long it'll take you to get over your past relationship, "the length of the relationship or marriage, how recently you split up, how 'intense' or even 'obsessive' the relationship was, how important it was to you, how it ended, whether there was any domestic violence, whether or not the relationship was an affair." If you instantly start going out as an attempt forget about your ex, your bank account and body will regret it the day after. Dating in NYC is a great way to experience and meet people but our matchmakers suggest giving it at least, the duration of the relationship before going out and spending all your money at the bars. Besides, going out 24/7 will not only hurt your bank account but your body will feel the effects as well. Losing your figure over heartbreak is simply not worth it. Just

remember to give it some time before jumping to conclusions like *Crazy Stupid Love*.

**Related Link:** [Dating Advice: How To Get Over A Breakup](#)

**Don't Have Sex with Your Friends As a Last Resort, Not Like In *Friends with Benefits*.** A very modern twist to a rom com occurred in *Friends with Benefits*, the movie depicting how sex can ruin friendships or workplace environments. Justin Timberlake and Mila Kunis proved to the world that the phrase "just sex" doesn't always work out as planned. It's like the old saying your parents always said when you were play fighting with a sibling, "someone is bound to get hurt." Sex isn't just a physical thing; it's emotional and mental. It's almost impossible to tell yourself it's "just sex" because after a while you start to become physically and emotionally attached to that person. Then in worst-case scenarios, the opposite person doesn't share the same feeling and someone gets hurt. Then there's always awkward tension, knowing you saw one of your friends naked. Or that awkward moment when things have sizzled out and you see them in the coffee shop and you have word vomit. SO instead of having to go through that awkward stage, friends are just friends. Sex with friends just may not be the best idea. That doesn't mean you can't think about what your colleague looks like after he is about to shower. But if there's anything you can take away from *Friends with Benefits*, is that friends should remain friends, not sex friends.

**Related Link:** [How to Turn a Friendship into a Relationship](#)

In conclusion, always BE YOURSELF because the best version of you is always the you. Also marry for the right reasons not because you're about to be deported or feel like giving up and settling for the average Joe, instead follow your heart and find your prince charming. Remember emotional heartbreaks take time to fully recover, and don't go buck wild right away by changing who you really are. Lastly, don't make a friendship



awkward by adding sex into it. Or in other words, don't follow relationship advice from romantic comedies!

*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.*

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## Dating Advice: What Do Men Want from Women?



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Kara Oh to offer their best [dating advice](#) on what men want in a

partner. Learn what attributes are most desirable with these three dating tips. Follow this advice if you want to start having success on your future dates!

## Dating Advice On What Men Want In A Woman

**1. Attraction:** Men are visual creatures, so first and foremost a man wants to be attracted to you physically. Remember that each man appreciates different features in women, so don't worry about looking like a perfect model figure. If you look healthy and upkeep yourself, a man somewhere will appreciate it.

**Related Link:** [Dating Advice: Don't Be a Rules Girl!](#)

**2. Let him be a man:** You need to allow your man to feel masculine and powerful like he's your personal hero. While your man gets into his masculine, you should allow yourself to get in touch with your feminine energy. Men don't want to compete with their potential mates.

**Related Link:** [Relationship Advice: How to Stop Dating Bad Boys](#)

**3. Make him feel good:** Don't be afraid to compliment a man and offer praise. This will automatically boost his morale and be beneficial to the relationship. A man who feels like he isn't a provider will lose interest because his masculinity is not being exercised.

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

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# Relationship Advice: What Do You Do When There's More Take Than Give In Your Relationship In Life?



By [David Wygant](#)

There is nothing worse than being in a relationship with a “taker.” I’ve been down this road before and let me tell you, it’s a pretty challenging battle to win. First off, takers never think they’re takers. They don’t see their behavior at all. As a matter of fact, they think what they’re doing is okay. I was once with a woman that was not affectionate at

all. For those of you who have read the *Five Love Languages*, my love language equals words of affirmation and physical touch. So when your love language is not being fulfilled, you feel like you're absolutely dying inside. You don't feel loved at all. Heed this [relationship advice](#) so you can avoid being taken advantage of by a taker.

## Relationship Advice On How To Handle A Stingy Or Greedy Partner

The woman I was with, I had to beg and ask for affection. Imagine that, asking for affection whenever you needed it. And I had to tell her that I needed affection all the time. When she physically touched me, I'd be very happy, but she never felt the urge at all. As a matter of fact, in an ironic twist, she loved to be touched. So she took, and took, and took! And never gave back! Aside from this specific person, I've been in other relationships where women have taken my generosity and given nothing back. You see, relationships like these never work, and I believe we've all been in relationships with takers, whether it's affection, money, time; whatever you have, they will take.

**Related Link:** [Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer](#)

You see, the issue goes back to you. You are a big part of the relationship problems you're facing. You chose the wrong person in the first place, and chose to tolerate their negligence. The taker was always a taker and never a giver, but you decided not to see the warning signs in the beginning (because there's always an opportunity to notice these things). As a relationship expert, I take a look at someone's behaviors and actions in the very, very beginning. I tend to spend a lot of time now looking at someone's behaviors and actions. Do they walk the walk? Do they talk the talk? Are

they a giver as I am? Are they nurturing and loving? If there is one thing you keep in mind out of all dating tips, I want you to get rid of the story and the fantasy about what you think the relationship is, and allow the person you're with to show exactly who they are.

**Related Link:** [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

If you're already in a relationship with somebody, the best relationship advice I can offer is that you're going to need to sit down and actually have a tough conversation. More importantly, you can't just accuse somebody of being a taker. What you need to do is fully explain what you need, want, and desire in a relationship. Say what makes you feel fulfilled and happy, and how your partner can achieve this through their actions. It's very important how you phrase this, because when you tell them it makes you feel love when they do those actions, it's a reward. They're going to want to do it again and again. Tell them all the things you love about what they do and ask for more. It really is that simple.

*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](#).*

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# Relationship Advice: How to manage your business when you're sleeping with the CFO?



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

When viewers tune into HGTV's *Fixer Uppers* each week, many wonder how TV hosts and real-life [celebrity couple](#) Chip and Joana Gaines manage to balance their personal life and professional careers. When considering the challenges of running a business, you want to surround yourself with people who share your vision and provide a comforting degree of trust. Many entrepreneurs turn to their spouse. Though the number has likely increased, in 2007, the U.S. Census Bureau's Survey of Business Owners reported there were 1.4 million firms "jointly owned and equally operated by a husband and

wife.” And while the organizational chart for your business venture may appear standard, the fact that a member of the executive board has seen you naked presents a unique set of challenges and rewards. How can husbands and wives go into business together and still like each other? It’s something that my husband, Jeff, and I are managing carefully. Here are four pieces of [relationship advice](#) that have worked for us.

## Relationship Advice On Handling Business With Your Significant Other

**1. Recognize the difference between business and personal mode.** Once you acknowledge that a business is going to dominate the majority of your time, your business will settle into a pattern. Thus, the number one dating tip relationship experts offer is to establish boundaries that honor both a business and personal arena. “Running a business is difficult and stressful enough. Add marriage to it? That’s quite the challenge,” wrote contributor H. Lerner. “When a couple knows how to turn off the business switch and enjoy their personal lives, they are one step ahead of the game.” Once those two worlds emerge, it’s up to you and your partner to respect them. My husband and I might be in a heated discussion about something I bought that I didn’t run through the “finance department”—then our favorite show comes on, and we move into “married” mode. As difficult as it is, you have to make the mental switch.

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**2. Acknowledge that business and personal conversations are going to spill into each other.** Things happen. The office manager runs off to Vegas to be an Elvis impersonator, or your

teenager returns from soccer camp with a tattoo of Messi on his calf. You're going to have to discuss it ... urgently. "Trying to separate work and family when your work is your family is pretty much impossible," wrote contributor Valentina Zarya. She referred to Julia Hartz, CEO of the ticketing site Eventbrite. As a co-founder with her husband Kevin, she admitted she doesn't even try to separate the two worlds. "We focus on Eventbrite and our family. That's how we spend our time, full stop. The nature of business today is that the lines of 'work' and 'life' are a little more blurred." Zarya added that when you include kids in the mix, things get even more complicated. Admittedly, Jeff and I aren't very good at this. We can't always compartmentalize the daily events of our personal or professional lives. But when one of us needs some time and attention on a personal level, we are pretty good about communicating it to each other. And we can also make it work for us. "Ok, let's discuss business for five minutes so we can expense this dinner," is commonly heard at our house.

**Related Link:** [Relationship Expert Shares Must-Dos for Career Women](#)

**3. Share the housework... or hire it out.** Regardless of whether you're running a business together, it's likely that both husband and wife work. Somebody has to mind the store at home, but nobody wants to do it— and for good reason. Work schedules have never been more stressful, and the distinction between public and private life is blurred with the additional flexibility that many businesses offer. If you're just too busy to do the dishes, it might be time to hire some help. I knew it was time when I came home from work to a dirty house and started blaming Jeff for it— when he had been working all day. While hiring help was expensive, it was cheaper than hiring relationship experts for marriage therapy, and was worth every penny.

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

**4. Master the bedroom.** When it seems as if the major parts of your day are regimented into “to-do” lists and schedules, there is one area where time and titles shouldn’t matter. Your bedroom is a refuge from reality, so use it – a lot. “Appreciate your unique relationship,” wrote David and Carrie McKeegan, writers and co-founders of Greenback Expat Tax Services. “The entrepreneurial lifestyle can be intense and having someone to share it with help make it more manageable but also rewarding – sharing your passion for the business with the one you love can be powerful.”

Running a business with your trusted partner can be an exciting and rewarding experience—or, not. By establishing clear boundaries, relying on loving trust while treating this endeavor as a serious business, and sharing duties while being generous with private time, you can design an exciting future in entrepreneurship without scrapping a promising future with your spouse.

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

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## Relationship Advice: NYC Matchmaker Tips On How to Deal with Jealousy





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Holly Kiffer

We all get jealous from time to time, it's part of being human. However, how can one overcome it and not let it ruin their relationship? Our relationship experts from **NYC matchmakers** have come up with three key pieces of [relationship advice](#) that will help you overcome your jealousy, and prevent it from ruining your relationship or date night.

## Relationship Advice To Help You Deal With Jealousy

**1. Write it down.** By writing your feelings down, you can express your exact thoughts and emotions. This is a great option if you don't feel comfortable sharing with your friends or partner because writing it down is an easy and private way to express how you're feeling about a situation. Keep it all written down in a journal or diary so it will be in your sacred possession that will only allow you to have access. If you feel uncomfortable keeping a journal, you could always try



writing it down and then throwing It away. In a sense, you're throwing out your jealousy!

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**2. Vent to your friends.** Our [New York Matchmaker](#), **Lori Zaslow**, recommends venting to your friends. Venting to your friends helps relieve all the anger and frustration you are feeling. Essentially when you vent you're talking out loud to let it out instead of keeping your emotions bottled up and letting them eat you away, which should help prevent unwanted stress and anxiety. Everybody gets frustrated over relationships, because in relationships people often put themselves before their partner. Venting is like an actor's breathing exercise. Another great way to vent for example, in the movie *High School Musical*, the main character Sharpay, relieves stress by performing breathing exercises. Maybe not as dramatic as Sharpay but in hindsight your friends are always a great way to relieve how you're feeling.

**Related Link:** [Dating Advice: Don't Let Jealousy Impact Your Friendships](#)

**3. Change your perception.** Another way to not let jealousy control your relationship is to change your perception. View the situation from a different lens, put yourself in your partner's shoes. Our relationship experts recommend mindful listening. Mindful listening is along the lines of venting except, the person who is listening to you doesn't intrude or comment until you're done speaking.

*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.*

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# Dating Advice: 3 Biggest Mistakes Keeping You from True Love



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Nicole Moore to offer [dating advice](#) on finding true love. Follow these three dating tips if you want to start having success on your dates!

## Dating Advice On Finding True Love

**1. Putting the past in the future.** Using criteria from your past in your future is a sure way to sabotage new

relationships. There's usually pain in the past and bringing those thoughts with you can make you fearful or cause pain. Use your love desires instead, in other words, traits you'd like to find in a partner.

**Related Link:** [Dating Advice: Are You Repelling the Right Man Away?](#)

**2. Try to be happy.** Just like in the movies, the main character always falls in love when they're happy and having a good day. If you're open to being happy more often, you'll open yourself to men and invite them in with your positive energy.

**Related Link:** [Expert Dating Advice: Three Signs He Is Unavailable](#)

**3. Learn to be confident.** Nobody likes a person who looks insecure or desperate. Don't give your power away by seeking validation from men. When you're confident, men will simply be attracted to that and will want to be around you.

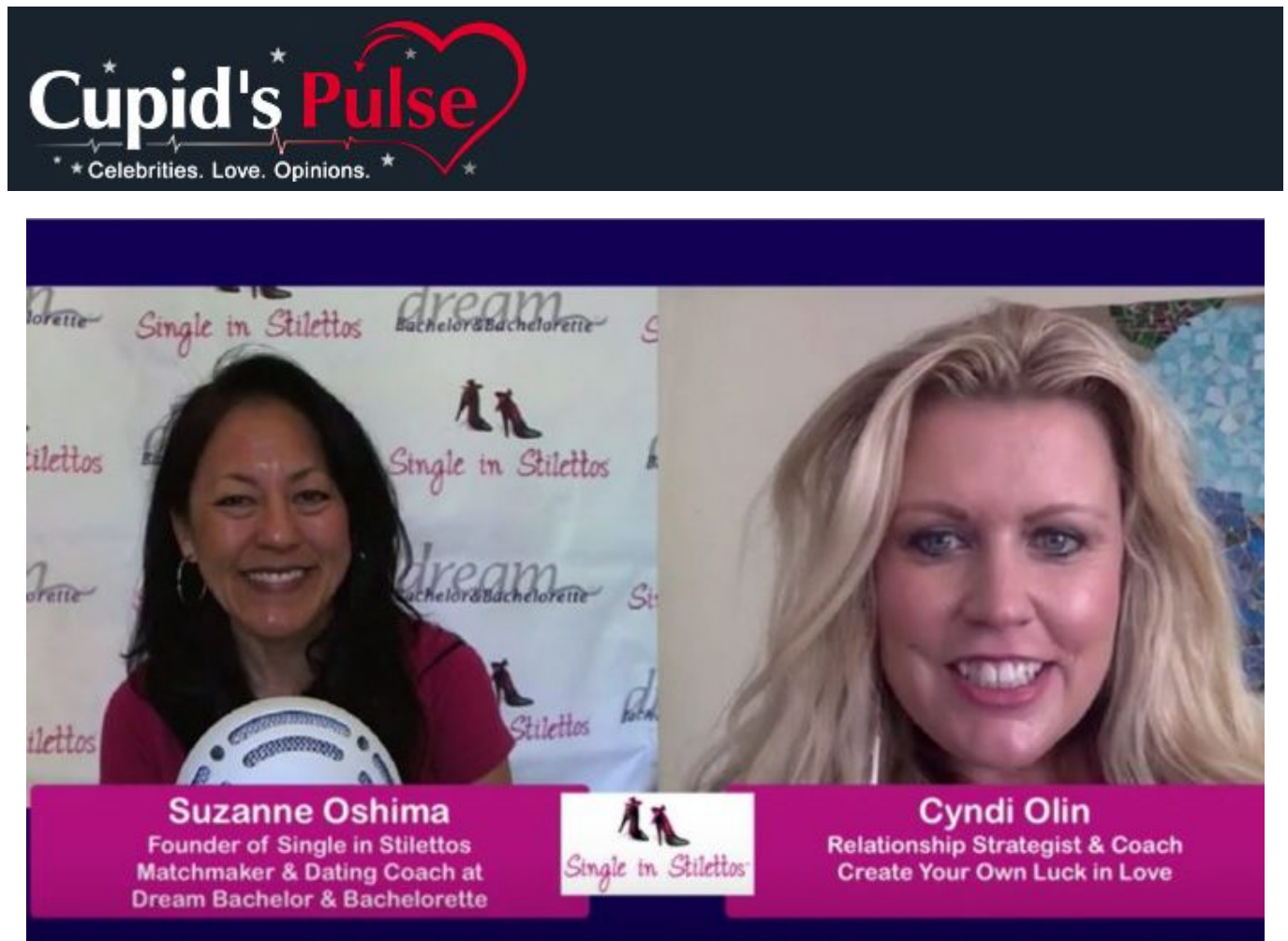
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# Dating Advice Q&A: How Can You Tell Red Flags From

# Online Dating?



*Question from Natalie L.: I was seeing a guy a while ago. It didn't work out in the end since he was too immature, but during the brief relationship he said something that stands out in my mind today. He said he had been checking up frequently for months to see if I was still with my boyfriend at the time (and jumped at the chance to be with me once he saw I was single). I didn't think much of it then but now I see it was kind of creepy. How can I tell red flags from online dating ideally sooner than later to avoid situations like this?*

Dating has always been complex dance between couples. Add our modern technology into the mix, and it gets even more tricky to find a partner who is best for you. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online

dating isn't going anywhere, so let's learn how to date properly in this technological age! Here you will learn a few dating tips that will help you avoid online dating red flags before it's too late.

## Dating Advice On Deciphering Red Flags Online

[Suzanne K. Oshima, Matchmaker](#): When it comes to online dating, you don't really know someone until you "know" someone. If you rush into the first and subsequent dates, and then a relationship, then you may miss all the red flags along the way. So, it's always best to proceed slowly and get to know him. Dating advice I always recommend is to exchange a few emails, then move it to texting, then a phone call. Then if he seems okay, move it to the first date. And then as you go on more dates, really get to know him, ask questions and get curious. He will start to reveal more and more about himself. And with each step in the process, you will get to know him a little better and either the red flags will start to appear... or you will see that you have a great guy on your hands.

**Related Link:** [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): This is a tricky area. What may have seemed like creepy behavior could have simply been be a young man waiting his turn for a chance to connect with a lady who sparked an interest. Or, it could be creepy. How can you know? And how can you spot red flags with potential suitors? There is no perfect method to address this common issue. However, deploying a combination of your intuition, common sense, and due diligence will help. When meeting a new guy, ask him for his full name. If he hesitates or gives you incorrect information, it's definitely a red flag. You probably want to Google him, too. If you have mutual

connections, get their take on his character. You might also ask him his thoughts about dating, his likes and dislikes, and why he's single. If any of his answers seem shaky, it's a possible red flag. But again, your most important tool when deciding if a new guy "feels" right for you is your gut instincts. Pay attention and good luck!

*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](mailto:cupid@cupidspulse.com).*

**How has technology affected your dating life? Share your stories in the comments below.**

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## **Relationship Advice: So When Exactly IS It Time For Sex?**







By [Joshua Pompey](#)

I'm ready. At least I think I'm ready. No, I'm definitely ready. Ugh, I'm sorry, but I'm just not ready! Does deciding when to have sex sometimes feel like a ping pong match in your head that ends with nobody scoring? Or perhaps, people scoring a bit too much? Well, maybe I can be of help as a relationship expert. If you aren't sure if you should have sex or wait, let's take a long look at some solid indicators with the following [relationship advice](#).

## Relationship Advice On When It's The Right Time To Have Sex

**1. You feel comfortable *without the assistance of liquor*.** First and foremost, it's all about how comfortable you feel when those 5 drinks aren't helping you to make your decision. Sure, most of us want to rip off our clothes when liquor is involved. Especially if we are extremely attracted to that person. But how do you feel when you're sober? If you aren't completely comfortable in intimate situations when your

clothes are on, you probably won't feel comfortable with your clothes off either.

**2. Silence feels normal.** This might sound like a strange dating tip for an article about sex, but being able to feel comfortable in silence around someone you're dating is a very strong indication of just how close the two of you are. Just don't stay that quiet when things get intimate!

**Related Link:** [Dating Advice: Should A Woman Split The Bill On A Date Night?](#)

**3. You have talked about your relationship goals.** Keep in mind that everyone is different. Some people are content with multiple partners. Some people prefer monogamy. To each their own. But regardless of your preferences, you should know what your partner is all about with his or her intentions before taking it to that next level. Or at least have a very strong idea.

**4. The chemistry is undeniable.** Sometimes this happens on the first date. Sometimes it's after several dates. Sometimes several months. But you will know when the chemistry is too strong to stop. When this happens, just let go and enjoy it. There is nothing to feel guilty about if you are two willing partners, because let's face it, those feelings don't come around often.

**Related Link:** [Relationship Advice: How Do You Know When It's Right To Move In With Someone?](#)

**5. When it doesn't interfere with your relationship goals.** You may feel perfectly normal having sex on the first night. But will the other person question who you are as a person if you do? Could it put a long term relationship in jeopardy? It's important to consider these questions before taking things to the next level. If you want to play it safe, having sex within the first couple of dates is risky if you're seeking out a long term relationship, unless you're absolutely certain your

new partner shares your views. Otherwise, hold off until you are sure you won't be labeled or judged for your actions.

Keep an eye out for these indicators and consider my relationship advice next time you're faced with the decision on whether or not to have sex. Don't succumb to pressure, and remember that you're in charge of your body. Good luck!

*For more information from Joshua Pompey, including why matchmaker's for women over 50 are a dangerous proposition, click [here](#).*

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## Dating Advice: How To Get Over A Breakup





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Ellen Smoak to offer [dating advice](#) on getting over a breakup. Follow these dating tips if you want to start having success on your dates!

## Dating Advice On Getting Over Breakups

**1. Rewire your brain.** For 30 days, you need to create a habit of not thinking about your ex. You'll never get over them if you constantly have them on your mind. After doing this for a month, you will have a far easier time to move on.

**Related Link:** [Single in Stilettos Show: How to Move On After a Breakup](#)

**2. Don't stalk.** It can be tempting to want to know what your ex is up to, but don't give in to curiosity! Don't stalk your ex online or in person, it will only hurt you in the end. Also you don't want to give them power over you.

**Related Link:** [Dating Advice: First Date Tips For Women](#)

**3. Take a time out.** Aside from stalking, you need to take a communication detox from your ex. Delete them from your social media and avoid talking to them for 30 days. If you don't do this you might risk getting back together and giving the power to your ex again.

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

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## Dating Advice: First Date Tips For Women







On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Nando Rodriguez to offer [dating advice](#) on what women should do on their first dates. Follow these dating tips if you want to start having success on your dates!

## Dating Advice To Follow On Your First Date

**1. Create intent.** Make a promise to yourself that you'll have fun. Do your part on the date to try and make it enjoyable, so if it doesn't work out you'll know it wasn't all your fault.

**Related Link:** [Five Conversations to Avoid on a First Date](#)

**2. Ask questions.** You have to make an active attempt in getting to know your date. Women often get swept away with talking about their selves, don't do this! Take initiative and ask questions to get to know them.

**Related Link:** [Dating Advice: Moving Fast Towards a](#)



## [Relationship...Is That a Bad Thing?](#)

**3. Checklists.** Be careful having a checklist ready on a first date. Being too rigid in what you want will result in you writing off eligible partners. Let yourself be open on a first date.

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## Celebrity Couple Predictions: Kendall Jenner, Nicki Minaj and Minka Kelly





By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, two of which are celebrity relationships that are just getting started, such as with Kendall Jenner and A\$AP Rocky, and former exes Minka Kelly and Wilmer Valderama. In terms of more serious relationships, one of Hollywood's most anticipated marriages involve rappers Nicki Minaj and Meek Mill. But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Kendall Jenner and A\$AP Rocky:** I'm convinced that Kris Jenner had a secret meeting with the Kardashian/Jenner kids where she told them they could only date black people associated

with rap music. It appears that Kendall Jenner is now following the family trend by allegedly dating rapper A\$AP Rocky. Jenner and Rocky been spotted having dinner together as they creep out during the late night hours. While they're doing the "date thing," don't call them boyfriend and girlfriend just yet. Jenner is taking it slow. She wants to enjoy herself. Basically, she is testing him out to see if he's worth her time. If Rocky wants Jenner to take him seriously, he is going to have to step it up. Kendall tends to be a little more "low key" and drama free with her relationships. She won't flaunt her love affair like Kylie or Kim. But only time will tell if they officially become a couple. Don't be surprised if Jenner is on mystery dates with someone else.

**Related Link:** [Kendall Jenner Says Parent's Split 'Sucked'](#)

**Nicki Minaj and Meek Mill:** Everyone seems to be wondering when Nicki Minaj and Meek Mill will walk down the aisle. That wedding may be getting closer. The celebrity couple just moved in together in fancy crib in Beverly Hills. In April, Minaj said she was single on the Ellen Show, so this move is a big step. Minaj looks all the way into the relationship, but there is something about Mill that looks shady for lack of a better word. I'm not saying that he's cheating on Minaj, but he leaves the door open for other women. He likes to get his flirt on which could lead to trouble down the line. If they don't get married soon, it may never happen. There is a big chance that they will simple crash and burn after the relationship runs it's course.

**Related Link:** [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

**Minka Kelly and Wilmer Valderrama:** Didn't Wilmer Valderrama and Demi Lovato break up like five minutes ago? Well Valderrama is not wasting time crying about it. He has already hooked back up with his ex Minka Kelly. The two dated in 2012,

so this is their second time around. While they will have some fun, the relationship is not for the long haul. Kelly will want more than what Valderrama can give her, which is marriage or at least a nice long term commitment. She will eventually have to move on. Valderrama is always dating a hot actress or singer. What is it about him that is hard to resist? He will continue to woo the ladies and probably won't be ready to settle down until he hits his 40s.

**Related Link:** [Celebrity Exes Wilmer Valderrama & Minka Kelly Are Dating Again](#)

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

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

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## **Relationship Advice: Listen With Your Heart**





By Debbie Ceresa from [Divorce Support Center](#)

How many times have you said this to your partner? "You never hear what I say! Aren't you listening to me?" Or maybe they've accused you of not hearing or remembering what was said. The longtime celebrity couple Kurt Russell and Goldie Hawn credit listening as a secret to a successful relationship. "Learn to listen and live in the moment. Don't over plan your future; focus on being the best partner you can be in the present moment, and the rest will follow." Listening is key to building and maintaining a healthy relationship, but it's not easy. The skills of a good listener require dedication and a heart with ears. You must have the ability to give yourself totally to the person who is talking. It's not easy because we are constantly inundated with outside distractions, such as our thoughts, cell phones, and social media. In his book, *Wherever You Go, There You Are*, Jon Kabat-Zinn, professor of medicine emeritus at the University of Massachusetts Medical School, defines mindfulness, or active listening, as paying attention in a particular way, on purpose, in the present moment, and non-judgmentally. We listen to understand, to obtain information, and for enjoyment, but researchers and



[relationship experts](#) at the University of Minnesota found that “the average person only remembers half of what he or she has immediately heard said by another person.” Over time, that result can have a devastating effect on your relationships. A key factor in a successful relationship is to become a pro in active listening. Active listeners make an effort to hear what has been said and understand the message. To accomplish this, you must master four of these dating tips.

## Relationship Advice On Active Listening

**1. Create a listening ritual and space.** Find a comfortable place to sit and listen to each other, particularly when the conversation is important. Your special place should be free of distractions thereby giving yourselves total attention to each other. Unplug, de-clutter, shut the door, do whatever it takes for some priceless listening time. My husband and I have created a morning coffee time on our patio. The morning sounds of birds, the tranquility of mountains in the distance, and the early neighborhood sounds provide us with a peaceful space to share stories daily.

**Related Link:** [Expert Dating Advice: How to Get Over “The Little Things”](#)

**2. Pay attention.** Give yourself to the speaker with a nod of your head, a slight gesture, or smile. Maintaining eye contact demonstrates you are in the moment. Most importantly, try to focus on hearing with your heart. “Wisdom is the reward you get for a lifetime of listening when you’d have preferred to talk,” said relationship expert Doug Larson.

**Related Link:** [Relationship Advice: What Makes a Marriage Strong?](#)

**3. Put yourself in your partner’s shoes.** Don’t be afraid to be

empathic. Recognizing your partner's perspective will give you the opportunity to think beyond yourself. You'll be surprised as you discover their hopes, dreams, fears and expectations. These discoveries will lead to you honing in on your listening skills as you begin to know your partner more intimately.

**Related Link:** [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

**4. Collect moments and be prepared to retell the story.** When your partner shares a story with you, it's important to them. The story is their moment, and it has now become yours. How many times have you and a friend retold the story of running through the airport together or the time you celebrated your anniversary at a special restaurant? "One of the best ways to remember something better is to know that you are going to tell what you learned to someone else," said writer Henrik Edberg. "Then you'll be more alert, naturally start asking more questions to understand and what is said – in my experience – simply seems to stick better." My best relationship advice is to learn from retelling your special moments, remember the eye contact, gestures, and emotions. With so many distractions vying for our time, the ability to listen is a quality often longed for in today's relationships. By creating the ideal atmosphere, paying attention, showing empathy for our partner, and being fully engaged in listening, you can show your loved one how much you care by not saying a word.

*Debbie is a Certified Grief Recovery Specialist. She is an author, an inspirational speaker, and a relationship expert. For more information about and articles by our Divorce Support Center relationship experts, click [here](#).*

# Dating Advice: Moving Fast Towards a Relationship...Is That a Bad Thing?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Tinzley Bradford to offer [dating advice](#) on whether you're falling in love or moving your relationship too fast. Follow these dating tips if you want to start having success on your dates!

# Dating Advice On Pacing Your Relationships

**1. Think about it.** Make a point to evaluate your relationship and it's speed. Rushing the relationship can have painful consequences, don't let yourself get swayed by chemistry.

**Related Link:** [Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?](#)

**2. Go with the flow.** Be confident in yourself and don't ask too many questions about whether he likes you or not. You don't want to look insecure and pushy. A new relationship shouldn't be taken too seriously, especially in the early stages.

**Related Link:** [Dating Advice: When Should I Sleep With A Guy?](#)

**3. Don't play games.** Sometimes you and the person you're seeing will be busy. Don't play games to see who will contact who first. Reach out to show you're interested and be available when the person you're dating does it too.

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

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