

# Relationship Advice: The Secret to Attract a Commitment-Minded Man



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

## Relationship Advice to Help You

# Attract a Commitment-Minded Man

**1. Discover your core beliefs:** “There are certain things that you pick up throughout life that shape your reality,” Fidelis says in her relationship advice. “When it comes to love, whatever you believe is possible for yourself is what you will attract.” If you don’t believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won’t attract someone of this mindset. Core beliefs don’t just mean what you believe about the world; they very often relate to what you believe about yourself.

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**2. Discover what you want:** Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

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**3. Open your channels:** Now that you’ve identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! “You need to put yourself in front of the type of guys you want to attract,” Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven’t before. Waiting around for someone to come into your life is ineffective and just won’t happen. Get out there and have fun!

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

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



By [Rachel Sparks](#)

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

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

**1. Discover your core beliefs:** "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you are continuously facing abuse in relationships, you may internalize those failures as your own and begin to believe that you do not deserve more out of love. Evaluate past relationships; it's never just one person's fault when a relationship fails. If you find that you are in a cycle of dating the same guy in different skin, that's a sign that there is something in your beliefs that needs healing.

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

is or how he makes you feel?

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

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## Relationship Expert Shares 8 Powerful Celebrity Women Who Will Change Your Life





By [Sandra Fidelis](#)

It's not easy balancing a successful career and a thriving relationship and love life. We, as modern women, have so much on our plates. The pressure of being a power player in the business world while maintaining a healthy relationship can be a big challenge. But as a [relationship expert](#), I know nothing is impossible.

## Relationship Expert Shares How Powerful Celebrities Will Change Your Life

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

The following ladies (some of the most powerful and successful women in the world) serve as great models for how to balance your work and relationship and love life. They show us the value of having both a great career and a thriving partnership.

**1. Zoe Saldana.** The starlet recently made celebrity news over her announcement that her husband, Mark Perego, opted to take on her surname. The *Avatar* actress and her dedicated artist husband juggle successful careers. Now, they add family to the mix after the birth of their celebrity babies, twins Cy and Bowie.

**2. Pink.** The singer began dating her motocross racer husband Carey Hart in 2001. After briefly separating in 2003, they announced their celebrity engagement in 2005 and married in 2006. The famous couple separated again in 2008, but reconciled in 2010. They welcomed daughter Willow soon after. Pink travels the world balancing family, her music career and Carey's motocross team.

**3. Ellen DeGeneres.** She's Hollywood's darling and along with wife Portia DeRossi an advocate for the LGBT community. The celebrity couple is going strong and Ellen credits Portia with being someone who truly gets her, supports her and wants the best for her. As a relationship expert, I know that's what we all want in a partner.

**4. Jennifer Aniston.** Jennifer is like a fashionable, cool older sister. We've watched her go through a painful celebrity divorce and date Hollywood's most eligible bachelors. After finally settling down with fiancé Justin Theroux, Jennifer continues to be a power player in Hollywood. Her star has only continued to rise. Her range has expanded from a leading lady in romantic comedies to taking on more complex roles such as in her recent film *Cake*.

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

**5. Giselle Bundchen.** Recently Giselle hung up her stilettos and announced that although she'll keep working in the modeling world, she won't be modeling for pay. Her hubby Tom Brady posted a sweet message about her accomplishments and

what an inspiration she is to him. Aww!

**6. Angelina Jolie Pitt.** Mrs. Jolie Pitt credits her hubby Brad Pitt with being her rock. He supported her through her recent health issues as well as her work behind the camera. The Hollywood couple raises six children together and makes managing two high-profile careers look easy.

**7. Oprah.** Oprah has always had a lot on her plate. These days, she's running her own network, interviewing newsmakers and attempting to raise the world's consciousness with her hit show *Super Soul Sunday*. She's managed to maintain a low-profile relationship with her spiritual partner of 28 years, Stedman Graham. That may very likely be the reason it has lasted as long as it has.

**8. Beyoncé.** Beyoncé is consistently featured on Forbes list of most powerful women in the world. She credits her relationship with husband Jay-Z with giving her the strength and confidence to be fearless in her career choices and endeavors.

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

These women serve as great models for managing a hectic lifestyle while maintaining happy, thriving marriages and relationships. I know it may be difficult to compare your life to the women on this list (considering that all of them have access to assistance and support that most women only dream of having). These women have also figured out how to be the powerhouses that they are without intimidating and alienating their partners. This can certainly be a challenge for modern women. But these women have proven that you can have great love and a great career.

*[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.*



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# 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.

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# Expert Love Advice: What to Do If Your Job Intimidates Your Partner



By [Sandra Fidelis](#)

Modern relationships and love can indeed be challenging. In the past, the purpose of romantic partnerships was to accomplish two things: to procreate and to preserve power. Over the past several decades, though, we have begun asking more of our unions. We now expect them to be deeply fulfilling and to provide us with a supportive partner, best friend, and perhaps even a soulmate. We expect to be with a partner who celebrates our wins and accomplishments as well as one who supports us when things aren't going as well as we'd like. But sometimes, we can be let down when he doesn't seem as

supportive of our career or perhaps is even downright jealous of our success.

## Relationship Expert Shares Dating Advice About an Intimidating Job

So what can a driven career woman do when her job intimidates your partner? Well, take [celebrity couple](#) Jessica Simpson and husband Eric Johnson as an example. Even though Johnson has had a successful career in the NFL as a tight end, his wife is indeed more well-known and has more irons in the proverbial fire in terms of her businesses and her superstardom. Here is my expert love advice about what can you learn from a seasoned career woman such as Simpson to help you cultivate a successful career and be supported by your partner:

**Related Link:** [Jessica Simpson Shares Five Wedding Vows for a Happy Marriage](#)

**1. Have an open and honest dialogue with your partner about your career goals:** Good communication is one of the keys to a healthy relationship. You've heard this dating advice a million times, but communication is indeed a skill that you must learn if you want to maintain a healthy and happy relationship. Start with a dialogue about your aspirations at work. Let your partner in on your plans and your dreams for the future. Tell him why you want to achieve so much. This conversation will allow him to understand you and your job on a more intimate level, and it will also give him a chance to become more emotionally invested in your goals.

**2. Make time for your partnership:** It's easy for your significant other to feel resentful of your job when they feel like they're less important to you than your career. In Simpson's case, she has taken some time out for her celebrity family and has slowed down when it comes to her acting and music career in order to dedicate more time to her husband and

children. But you don't need to put your job on hold to make your relationship and love a priority. Setting some time aside each week to connect intimately with your guy will go a long way in making him feel like he's just as important to you as your job.

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## Use Celebrity Couple Jessica Simpson and Eric Johnson as an Example

**3. Include your partner in your career goals and support him in his endeavors:** Once you've communicated your career dreams to your partner, begin to include him in the attainment of these goals whenever possible. Does he have a complimentary job that could help you in some way? Could he provide some general help based on a certain skill he possesses? To follow this expert love advice, take a cue from Simpson: She recently released some sexy pictures of her and Johnson, and by doing so, she's *including* her man in her career instead of having him watch from the sidelines. Make him a part of your successes and be his cheerleader as well. Being invested in each other's accomplishments will leave little room for jealousy or resentment.

Juggling love and a successful career may be a new frontier that modern women have to face, but it's one that can be navigated successfully through open communication, understanding, and a focus on the achievement of both party's goals.

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# How to Balance a New Relationship and Love with a Booming Career



By [Sandra Fidelis](#)

So you've met a great guy who's extremely sweet, handsome, and dynamic. You love spending time together, and the chemistry is off the charts. It's exhilarating! The start of a relationship and love is probably one of the most exciting times for a woman. You want to spend every second with your new man, and when you're not with him, you're likely daydreaming about your future together (admit it!). But what do you do when your new

partnership begins to affect other important parts of your life? Use this [expert love advice](#) to learn how to balance romance with a booming career.

## Take a Cue From Celebrity Couple Britney Spears and Charlie Ebersol

Like you and your new love, celebrity couples must also learn how to balance their budding love affairs with a demanding work schedule. Take hot new twosome Britney Spears and producer Charlie Ebersol, who recently went public with their four-month-old relationship. With the singer's smash Las Vegas show still going strong and the demands of being a pop princess, she must juggle her new romance with the responsibilities of a career she's worked so hard to build. You may not have access to Brit's army of assistants, chauffeurs, and nannies, but with a little focus, you too can give your love life and your career the TLC they both deserve. Here are three pieces of dating advice to consider:

**Related Link:** [Is Your Career Killing Your Relationship?](#)

**1. Take time for self-care:** You're a busy woman with a full schedule, so it's important that you have enough energy to perform well at work and to be present for your new relationship and love when you're together. Staying active is one of the best things you can do to increase your productivity. A regular exercise routine has been shown to give you more energy throughout the day. Can't afford a personal trainer like Spears? No problem. Try a Pilates class at your local gym or join a running group. You can even start with a 30-minute workout DVD in your living room. Prioritizing self-care will help you keep up with the demands of your busy career.

**2. Manage your time efficiently:** Start by scheduling both a



weekly date night and some alone time. Scheduling uninterrupted time with your new partner is essential if you have a heavy workload. This means you're not checking emails and you're not responding to phone calls or text messages that are work-related. It may take some discipline, but you'll have plenty of time to put out those fires later. Make sure to let your boss know that you'll be off the grid and will be back during regular work hours.

In the performer's case, time management is essential because she's also a celebrity mom and must make room in her schedule for time with her two sons. If you're a mommy too, be sure to prioritize your time with your children in addition to all of your other responsibilities.

**Related Link:** [When Friends Have Babies and You Have Your Career](#)

## Expert Love Advice About Balancing Love and a Career

**3. Include your new love:** Are your co-workers meeting up for happy hour after work? Let your man tag along and meet your colleagues. Do you have an upcoming business trip that could extend into a romantic weekend? Ask your guy if he'd like to meet you there and explore a new city. You don't have to jet off to an exotic destination to follow this expert love advice. Just use your time efficiently by merging your work and love life when appropriate!

Managing a successful career and a new relationship may feel a bit daunting. But with a little focus and creativity you can achieve the success you desire, build an amazing relationship, and finally have it all!

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# Single in Stilettos Show: He's Great, But...



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on

a second date; and if I'm not going to date him, I don't need to be his friend.

**Related Link:** [Do You Push for Commitment Too Soon?](#)

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Cupid wants to know: How do you keep an open mind after a not-so-great first date?

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## Single in Stilettoes Show: 4 Signs He May Be Falling for You





On this week's Single in Stilettos show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about four signs that your crush is falling for you. You may be looking for something that screams "He's so into you!" but remember that subtle signals reveal his true feelings too. Here are four indications that he likes you: his actions say he wants you even if his words don't; he becomes protective of you; he volunteers to do things for you; and he introduces you to his family.

Listen up for more great dating advice!

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# Single in Stiletto Show: Do You Push for Commitment Too Soon?



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about signs that you may be pushing for commitment too soon. Don't worry – we've all done it! In fact, the top reason why a guy ends a relationship after only a few months is because he's simply feeling too much pressure. In order to not make this mistake, you need to first understand *why* you're pushing him so hard. You may be feeling pressure from your friends, family, the media, or even yourself, thanks to your biological clock.

**Related Link:** [Lori Bizzoco: My Biological Clock is Ticking](#)

## [Away!](#)

Next, Fidelis shares four ways to avoid pushing for commitment too soon: Remain present in the moment; make sure you have your own life; don't think so far ahead; and establish clear boundaries.

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