

How to Get Through a Breakup and Heal Your Heart



We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – “the hardest stage of all.” Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

“We can get stuck in stages for years and not even know it,” she reveals. “It can block our ability to love again, to attract love again, to be happy in love again.”

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

How did you move on after a devastating breakup? Share your story in the comments below!

Celebrity Video Interview:

'Single Ladies' Star Denise Vasi Shares Her Valentine's Day Plans



Interview by Shannah Henderson.

Denise Vasi Opens Up About Her Celebrity Wedding

Thanks to VH1's hit show *Single Ladies*, we get to see actress Denise Vasi light up the screen every Monday night. At last weekend's OK! magazine pre-Grammys party, the star chatted with us about the songs that played at her celebrity wedding – Jennifer Hudson sang as she walked down the aisle! – and her plans for Valentine's Day with husband Anthony Mandler. "We might do Mexico," she reveals in our [celebrity video interview](#). "That place was our first going-away as a couple, but we weren't exactly a couple yet. We might go out there, reminisce and remember what those days were like."

Related Link: [Jennifer Hudson's Fiance is Adjusting to Her New Body](#)

Be sure to catch tonight's episode of Single Ladies on VH1 at 9 p.m. ET!

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

Single in Stilettos Show: Why The “Perfect Marriage” Isn’t Always So Perfect



On this week’s show, [Single in Stilettos](#) founder Suzanne Oshima talks with transformational coach Jennifer Daure about why the “perfect marriage” isn’t always so perfect. Daure knows the truth in that statement from firsthand experience: She met and married her dream guy at 23 years old but realized that happiness was missing from her so-called perfect life. Here, she shares her story and her advice for other women in a similar situations.

Related Link: [Jennifer Daure Discusses Why Self-Confidence Is So Important When Dating](#)

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

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

What is your number one tip for self-love? Tell us in the comments below!

Single in Stilettos Show: He

Can't Love You If You Don't Love You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about learning to love yourself. Antholis explains why self-love, self-confidence, and self-esteem are all important when it comes to falling in love with a man.

Related Link: [Find Out What Makes a Man Fall in Love](#)

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

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

What is your number one tip for self-love? Tell us in the comments below!

NoGamesLove Video Dating Tips: I Miss Your Smile...But I Miss Mine More



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

Dating Advice from E!'s *Famously Single* Laurel House on Toxic Relationships

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for recognizing when it's time to end a toxic relationship and honor yourself and your intuition. "Sometimes the hardest breakup is when you have to do the breaking up," the dating expert explains. "You have to finally admit that this relationship isn't working."

For more information about our dating mentor, click [here](#).

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

How do you know when it's time to end a toxic relationship? Tell us in the comments below!

Single in Stiletto Show: What Makes a Man Fall in Love?



Have you ever wondered how to make a man fall in love with

you? If so, then this week's [Single in Stiletto](#)s show is for you! Founder Suzanne Oshima talk to Professional Wingman's Thomas Edwards Jr. about the key qualities a man looks for in a woman, which include emotional stability, low drama, sexual compatibility, and a supportive and appreciative nature. If you're missing these characteristics, it's going to be hard to make your relationship last forever.

Related Link: [What Attracts a Man When You're Out](#)

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

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

Cupid wants to know: How do you know when a man is in love with you?

Single in Stiletto Show: First Date Tips for Women



Dating coach Nando Rodriguez has helped his clients open their eyes to love and find The One, so it's only fitting that he shares his first date tips on this week's [Single in Stiletto](#)s show. He discusses first date expectations and preparations; the biggest mistake you can make when it comes to dating; why your checklist may be keeping you single; why you should stop thinking so much; whether or not you should go on a second date with him; and more.

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

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

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

What's your best first date tip? Tell us in the comments below!

NoGamesLove Dating Video Tips: Dating Power Tools



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

Dating Advice from E!'s *Famously Single* Laurel House on Dating Power Tools

Have you ever wondered what you need to bring on a date – not literally but mentally? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House reveals the dating power tools that “make you feel better and look better and prepare you for a date.” The dating expert covers everything from eating a base food (did you know asparagus helps to minimize your chances of having a hangover after a drinking date?) to depuffing to calming those butterflies in your stomach and increasing your

confidence (hint: wear red). Good luck!

For more information about our dating mentor, click [here](#).

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

Cupid wants to know: What are your dating power tools?

Single in Stilettos Show: How to Flirt With a Guy



If you're hoping to find love in the new year, this [Single in Stilettos](#) show is for you! Founder Suzanne Oshima chats with dating coach Hunt Ehthridge to uncover the secrets of flirting. Ehthridge, who believes that flirting is the best way to show a guy you're interested in him, shares his top three tips: eye contact is key; appropriate touching is allowed; and playful teasing can be fun.

Related Link: [7 Ways to Flirt In a Web 2.0 World](#)

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

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

Cupid wants to know: What's your go-to flirting move?

NoGamesLove Video Dating Tips: Get Over an Ex By Acting Like Him



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

Dating Advice from E!'s *Famously Single* Laurel House on When to Move On

It's tempting to put yourself on a dating hold after you get out of a serious relationship, but in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a different approach. If you want to get over an ex, start acting like him! "Guys are amazing at getting over relationships, aren't they?" the dating expert asks. Girls, on the other hand, "saturate in the pain of the breakup." They tend to obsess and go on a life hiatus, just waiting for love to happen to us again. Here, House shares her quick tips for moving on from heartbreak.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

For more information about our dating mentor, click [here](#).

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

[channel](#).

How did you move on after a broken heart? Tell us in the comments below.

Single in Stilettos Show: My Biological Clock is Ticking Away!



In this week's [Single in Stilettos](#) show, our Executive Editor and Founder [Lori Bizzoco](#) chats with Suzanne Oshima about dating when your biological clock is ticking away. Still looking for The One when you're in your late 30s and early 40s can be tough, but it's worth the wait. Bizzoco offers her best three tips: don't freak out; communicate your feelings to your partner; and consider freezing your eggs. For more information about Single in Stilettos shows, click [here](#).

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

Cupid wants to know: How do you handle a ticking biological clock?

Single in Stiletto Show: How to Get Into Shape for Dating



On this week's [Single in Stiletto](#) show, lifestyle and wellness coach Tracy Campoli talks to Suzanne Oshima about how to get your body in good shape before looking for love. Campoli reveals: the three body parts you should focus on to ensure that you feel confident when dating; her best tips for losing those last five to ten pounds; how to combat negative self-talk on the morning of a date; and why you shouldn't starve yourself or obsess over every little thing you eat. For more information about Single in Stiletto shows, click [here](#).

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

How do you get into shape before date night? Tell us in the comments below!

Single in Stiletto Show: Why Do Men Disappear?



In this week's [Single in Stiletto](#) show, Suzanne Oshima and dating and relationship strategist Joe Amoia talk about an age-old question: Why do men just disappear? They discuss the

following situations: why men disappear after a few great dates; why men go away for the holidays and never come back; and why men disappear after a traumatic event occurs. Ladies, if you've dealt with a boyfriend who suddenly stops calling or texting, listen up!

Related Link: [Joe Amoia Talks Dating Red Flags](#)

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

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

How have you handled a man who just disappears? Tell us in the comments below!

NoGamesLove Video Dating Tips: When and How to End It



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

Getting dumped is never easy, but sometimes, it's even harder when you have to break up with your significant other, when you love someone but know it won't work, or when you have to break your own heart. So how do you make that decision to finally get out of an unhappy relationship and find the love you deserve? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for knowing when and how to end things. One way to know: "You're lonelier with them than when you are alone."

Dating Advice from E!'s *Famously Single* Laurel House on How to Break-Up

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

If you do everything you can to fix the issues in your relationship and still don't see a future, it's time to say goodbye. House warns that it will be heart-wrenching – “I've been there,” the dating expert candidly shares – but also assures you that you will find more happiness.

For more information about our dating mentor, click [here](#).

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

How did you know when it was time to end a bad relationship? Share your story in the comments below.

Single in Stilettos Show: How to Flirt with a Man



Are you wondering how to flirt with your cute co-worker at your company's holiday party? If so, look no further than this week's [Single in Stilettos](#) show! Suzanne Oshima talks with Patty Contenta, sensuality expert and founder of Sensuality Secrets. Learn how to attract a man through natural confidence with these great flirting tips.

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

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

What is your go-to flirting move? Tell us in the comments below!

Single in Stiletto's Show: Dating Red Flags



This week, [Single in Stiletto's](#) founder Suzanne Oshima talks with relationship strategist Joe Amoia about dating red flags. They address the following questions: Why are you missing the red flags in the first place? What are your essential needs from a man? What if he isn't giving you what you need? What kind of men should you avoid? What's a tell-tale sign you need to get out of a relationship? Listen up if you're trying to figure out if the man in your life is worth your time!

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

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

What dating red flags have you missed in the past? Tell us in the comments below!

NoGamesLove Video Dating Tips: 10 Places to Meet Your Soul Mate by New Year's Eve



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

Dating Advice from E!'s *Famously Single* Laurel House on Where to Meet Your Soul Mate

Are you hoping to find a guy before New Year's Eve rolls around? If so, you're in luck! With a little strategic dating, it *is* possible to meet your soul mate – or even just Mr. Right Now – before the clock strikes midnight and a new year begins. First, you must do something different. “You want to expose yourself to new people and set-up an opportunity for chemistry,” says Laurel House, dating expert and E!'s *Famously Single* dating coach in this week's [dating advice](#) video. “You do that by going places you normally would *never* go.”

For more information about our dating mentor, click [here](#).

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

What are you going to do to meet a man by NYE? Share your tips in the comments below.

Single in Stiletto Show: Why Self-Confidence is So Important in Dating



On this week's [Single in Stiletto](#) show, Jennifer Daure, transformational coach at Timeless Living, talks about the importance of self-confidence when dating. She reveals why self-assurance is so important when you're looking for love and what men really think about a woman with confidence. Plus, she shares her top three tips for ensuring that you possess poise before your next night out.

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

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

How do you build up self-confidence in moments of doubt? Tell us in the comments below!

Single in Stiletto Show: What Attracts a Man When

You're Out



Thomas Edwards, founder of The Professional Wingman, answers an age-old question in this video interview with [Single in Stilettos](#) founder Suzanne Oshima: What are men attracted to when you're out? The dating expert reveals how to give men signals that you're interested; what men are looking for; why men aren't approaching you; how to give a guy your number without seeming desperate; how to tell a man you're not interested; and more. Listen up before your next night out!

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

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

Tell us: What do you think guys are attracted to when you're out?

NoGamesLove Video Dating Tips: Heartbroken? Heal and Move On...Like I Did



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

Dating Advice from E!'s *Famously Single* Laurel House on How to Move On

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses a tough question: How can you heal and move on after a broken heart? The dating expert reveals two heartbreaks of her own and uses her experiences to encourage others to pick up the pieces and focus on the future. "I found myself again. I realized I had lost myself in a lot of ways," she candidly says. "I was so concerned with making him happy that I forgot how to make myself happy." If you're struggling with heartache, listen up for more great tips!

For more information about our dating mentor, click [here](#).

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

How did you heal and move on after a broken heart? Share your story in the comments below.

Single in Stilettos Show: What to Do When He Doesn't Call



On today's [Single in Stiletto](#)s show, founder Suzanne Oshima speaks with Diana Antholis, a life stylist and mind body coach. After years spent battling with body issues, she finally found a way to cleanse her mind and soul of negative thoughts and self-sabotaging actions, ultimately discovering a healthier and happier life. In this video interview, Antholis shares her top three tips for what to do when a guy doesn't call you back.

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

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

Cupid wants to know: What do you do when a guy doesn't call you back?

Single in Stiletto Show: Signs You're Dating a Player



In this week's [Single in Stiletto](#)s show, founder Suzanne Oshima talks to dating coach Hunt Ethridge, who reveals his advice for how to tell if you're dating a player. In this video interview, he shares the three biggest signs that you're dating a player, if a player can truly change and commit, and if you can ever really trust a player. Listen up for some fantastic dating tips!

For more information about Single in Stiletto shows,

click [here](#).

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

Tell us: Do you believe that a player can change and really commit?

NoGamesLove Video Dating Tips: How to Deal When Your Ex Moves On



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

Dating Advice from E!'s *Famously Single* Laurel House on What to Do When Your Ex Moves On

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House lets you in on why you're stressing so much about your ex's new relationship and what you can do to get over it. You need to learn to be happy again – without him. "Get yourself out there in a better, stronger, wiser way," the dating expert explains. "This is the time to work on you."

For more information about our dating mentor, click [here](#).

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

How did you handle it when your ex moved on? Share your story in the comments below!

NoGamesLove Video Dating Tips: The No Games Guide to True Love



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

Dating Advice from E!'s *Famously Single* Laurel House on True Love

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares ten tips for finding The One *without* playing games. Even if you aren't ready for a committed relationship, this advice can help you stop wasting your time with men who don't see your worth. First and foremost, the dating expert says to throw away your checklist. Think about where this list came from and how it may be boxing you in. You're creating paper perfect, which has nothing to do with chemistry or the things that actually matter. You'll know if a guy meets your must-haves without having to consider a silly list! Watch this week's video for nine more tips.

For more information about our dating mentor, click [here](#).

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

How did you stop playing games in your relationship? Share your story in the comments below!