

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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Dating Advice: What Do Men Want from Women?



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

Lynda Layng
Founder of
Healthy Hoboken Girl

On this week's episode of Single in Stiletto, 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.

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Dating Advice: Don't Be a Rules Girl!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Wendy Newman to offer their best [dating advice](#) on finding true love without a rule book. Forget all that you thought you knew, and follow these three dating tips if you want to start having success on your dates!

Dating Advice On Not Following The Rules

1. Don't strategize intimacy. You shouldn't worry too much about when is the right time to have sex. There is no right time, except for when you are both ready to take it to that level. Men in particular aren't interested in women who will hold out on intimacy in a strategic way.

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

2. Take control of your dating life. Be available if you're interested in a man. You don't necessarily have to pursue, but take the opportunity to drop a hint that you're open to dating. This will allow you to have control instead of relying on men to make the first move.

Related Link: [Dating Advice: 3 Biggest Mistakes Keeping You from True Love](#)

3. Make the time. It's alright if you want to give chase, but don't be too unavailable. You need to make time in your schedule for potential dates. If you're too busy and keep rejecting a man, he'll most likely move on to someone else. Try to pencil him in within two weeks.

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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: How To Get Over A Breakup





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Founder of Single in Stilettos
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Lynda Layng

Founder of
Healthy Hoboken Girl

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.

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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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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.

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Dating Advice: When Should I Sleep With A Guy?





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jonathan Aslay to offer their [dating advice](#) about when it would be right to sleep with a new partner. Follow these dating tips if you want to start having success on your dates.

Dating Advice On Sleeping With A New Man

1. Do what is right for you. There is no real timeframe that is right for everyone. You need to come to terms with yourself and find out when the right time is for you. If you're looking for a serious relationship, you may not want to sleep with a new man too soon. A man who truly cares about you will try to get to know you before taking you to the bedroom.

Related Link: [Dating Advice: How To Be Sexy On Date Night](#)

2. Try the 10-date rule. You'll be able weed out the men who only want to have sex after the third and fourth date. The likelihood of sleeping together increases somewhere between

the sixth and tenth date. This is a great option for those who are looking for someone that legitimately like them. The ten dates should occur somewhere between 6-weeks if it's not a long-distance relationship.

Related Link: [Dating Advice: What To Do When Your Relationship Gets Real](#)

3. Don't be jaded. Negativity and cynical attitudes sabotage a lot of relationships. Don't assume all men are bad. The experts dating advice is to be open to love and realistic with your expectations. Many women say they need a commitment before having sex, but you need to define what commitment means to you and go forward with your relationships accordingly.

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Dating Advice On How To Attract The Right Man





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer their [dating advice](#) for those trying to find the right man. Follow these dating tips if you want to start having success on your dates.

Dating Advice On Attracting The Right Man

1. Be feminine. This is very different from being "masculine," meaning you're focused on being independent and strong. A straight man doesn't want to be in competition with a controlling partner. Women have more success in maintaining a relationship when they are in touch with their gentler side.

Related Link: [Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

2. Surrender. You need to follow your man's lead every once in a while. Constantly trying to dictate what your partner does is a sure way to cause conflict in your relationship. Also, it

can be very emasculating if you're always telling your man what to do. A man is happiest when he can be the leader and guide, so let him do it from time to time.

Related Link: [Dating Advice: Why Do I Attract The Wrong Men?](#)

3. Prize yourself. Get in the right mindset when you're pursuing relationships. You need to truly know yourself and be confident in who you are to have success with a man. The experts dating advice is that if you see yourself as his prize, you won't falter in your attitude towards him. Men will definitely be attracted when you carry yourself in this manner.

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Dating Advice: Why Do I Attract The Wrong Men?





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to offer their [dating advice](#) for those who feel that they're meeting the wrong men on dates. Follow these dating tips if you want to start attracting the right men.

Dating Advice On Why You Attract The Wrong Men

1. Fear. Dating can be scary, but that fear of change makes people stay in their comfort zones. Learn to push yourself past where you're comfortable so you don't miss a chance at finding your man. The best dating advice the experts have is to take a risk.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

2. Doubt. It's common to feel doubtful towards relationships, but you should really try to change this mindset if you want to find the right man. Having doubt can truly sabotage your chances of having a successful relationship with the men you

meet.

Related Link: [Dating Experts Give Relationship Advice To Attract a High Quality Man](#)

3. Low expectations. Don't try to settle for men who don't meet what you want. Look for one hundred percent rather than eighty, and say no to those who don't meet your expectations. Be careful to not reject men for superficial reasons, however.

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Dating Advice: What Is A Man Looking For In A Woman?





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 want to know what men are looking for in a woman. Follow these dating tips if you're interested in finding the love of your life!

Dating Advice On What Men Are Looking For

1. Attraction. The first thing men look for in women is attraction. Whether it be physically, mentally, or emotionally, a man is looking for something in you that pulls him in. If there's no attraction or curiosity then there can't be a relationship.

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

2. Happiness. Another aspect men really look for in women is positivity! Don't sabotage your relationship with negative thoughts or attitudes. A man doesn't want to be with someone who is unhappy all the time so try to look at the brighter

side of life. Your happiness will act as a magnet that reels him in.

Related Link: [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

3. Safety. Men want to be able to take you seriously and feel connected to you on a deeper level. He needs to be able to trust you with his inner self and insecurities. The experts dating advice is to put in the effort to make your man feel safe in the relationship.

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Dating Advice: How To Go From Single To Married





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 wish to go from dating to marriage. Follow these dating tips if you're interested in finding the love of your life.

Dating Advice On Getting Married

1. Keep your word to yourself. Know what you want and go for it. Don't go against your initial intention of getting married. The experts dating advice is to understand commitment and don't send mixed messages to the men you're seeing. This is how you'll make space for your husband.

Related Link: [Dating Advice: How to Create an Irresistible Online Dating Profile](#)

2. Watch your behavior. Stop doing things that wouldn't serve you well if you were married. Act like a wife and develop that mindset. This will ensure that you behave well when you actually get married. Your future husband will surely

appreciate it.

Related Link: [Dating Advice For Women: What Are Men Attracted To?](#)

3. Go out and be curious. Don't be afraid to ask questions in the beginning stages of dating. This is how you find out if you're in alignment with the man you're out with. Talking about what you want will save you from wasting time and it won't feel so personal if it doesn't work out.

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Dating Advice: How to Create an Irresistible Online Dating Profile





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 wish to revamp their online dating profiles. Follow these dating tips if you're interested in finding the love of your life through the world wide web.

Dating Advice On How You Should Set Up Your Online Profile

1. Write for your audience. In the written sections of your relationship profile, remember who you're writing it for. You want to represent yourself the best way you can, but you also want to present yourself in a way that is attractive to others.

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

2. Mind your presentation. The same way you want to look your best at an interview, you should also want to with online dating. Especially if you're trying to find a lasting

relationship. Therefore your online profile should have a clear head shot and appropriate title/screen name.

Related Link: [Dating Advice for Women Over 40: Why He Didn't Call?](#)

3. Don't be too serious. Online dating should be fun. This dating advice says not to take it too seriously. Profiles that present themselves as too picky or intolerable have less success. No one wants to go out with someone who might be troublesome on a night out.

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Dating Advice: 3 Types of Women Men Avoid





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 whether or not you fall into one of the three types of women that men tend to avoid. Follow these dating tips to get your love life back on track.

Dating Advice On Who Men Try To Avoid

1. Being bossy. Very few men find bossy or rude traits attractive. Men do like strong women, but not if she is self-centered and generally mean. There can't be a relationship if you're entitled and trying to rule everything. Mutual respect is always best.

Related Link: [Dating Advice: How To Be Sexy On Date Night](#)

2. Being needy. Insecurity and constant calling is usually a red flag. If you can't allow a man to have space, then he will

most likely avoid a real relationship with you, especially if you're suspicious without reason. Being overly needing is overbearing. Take time to relax.

Related Link: [Dating Advice for Women Over 40: Why He Didn't Call?](#)

3. Being flirty. Men don't like women who are always seeking compliments from others. Men are territorial, so be careful how you receive and react to attention. The experts dating advice: It's disrespectful to be flirty or be perceived as flirty with other people in front of your man. Don't do what you wouldn't like done to you if the roles were reversed!

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Dating Advice: How To Be Sexy On Date Night





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Abiola Abrams to offer her [dating advice](#) on how to be sexy on your next date night.

Dating Advice On How To Be Sexy During Date Night

In order to be sexy on your next date, follow the experts dating advice and always bring a positive attitude. Instead of focusing on everything you don't want in a partner, focus on the positive things that have happened in your life. It's also important to smile, wear a form-fitting dress (but not too tight!), and walk with confidence. If you're confident in who you are and what you have to offer, then your date will find you sexy.

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Relationship Expert Talks Taylor Swift, Tom Hiddleston Falling in Love Too Fast



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

In this week's [relationship advice](#) video, relationship expert

and E!'s *Famously Single* dating coach, Laurel House gives relationship advice for how to fall in love. Check out the video above for more details!

Relationship Expert from E!'s *Famously Single* On Why People Fall In Love Fast

Have you ever had a time when you felt that you had fallen in love too fast? Did you find yourself having a Taylor Swift and Tom Hiddleston moment? Don't worry, most people have had a moment like this and relationship expert Laurel House discusses why people fall in love quickly. Falling in love requires chemistry and has no time limit. The dating expert featured on *E!'s Famously Single* reveals the three core needs for falling in love.

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

Safe. Sexy. Seen. These are the key ingredients for falling in love. Healthy adult relationships make you feel secure and attractive. If your new partner provides these needs, and both your hearts are open, the speed of the relationship doesn't matter. House's relationship advice for heading into the right direction, is knowing what you need in a relationship. Knowing what to look for makes your dating journey so much simpler, and can consequently make the relationship progress quicker. Watch the video above to find out how to fall in love fast and correctly!

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

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

Do you think it's possible to fall in love too fast? Tell

us in the comments below!

Dating Advice for Women Over 40: Why He Didn't Call?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer her [dating advice](#) for those who may be upset that their date hasn't called. Follow these dating tips to get over rejection fast and focus your energy on finding the one who is right for you.

Dating Advice On How To Handle Men Who Don't Call Back

1. Don't overthink it. Chances that you'll figure out why he didn't call is very slim. There could be a number of different reasons why he didn't call, but don't over-analyze and be critical of yourself to find out why it didn't work out.

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

2. Accept it. The fact that he hasn't called you back should serve as a sign that he isn't right for you. Don't try to force anything. If he was meant to be the right man for you, he would have called. Know your worth and accept that you have to move on.

Related Link: [Dating Expert Says Look For What You Need, Not Want!](#)

3. Be the best you. Once again, don't try to do detective work to find out why he didn't call you back. Looking for answers is a way of looking for how you can change yourself. Don't try to change. Expert dating advice says that being yourself on dates is the best way to find someone you're most compatible with.

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Dating Advice: Are You Repelling the Right Man Away?



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On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nicole Moore to offer her [dating advice](#) for those who might be repelling the right man away. Follow these dating tips to attract a good man and keep him in your life.

Dating Advice On How To Avoid Repelling Men

1. Get honest. If you're not meeting good men, the problem might just be you. Experts agree the best dating advice for a woman attracting problem men is for her to acknowledge that

she is the common denominator and also has the power to fix it.

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

2. Don't be afraid. Showing fear contributes to your poor luck in finding men. If you're approaching relationships afraid and guarded, you'll attract men who aren't good for you. Your fear is a magnet for men who are also afraid. Shift your thoughts to something positive.

Related Link: [Dating Advice: How to Deal with Heartbreak](#)

3. Change your outlook. Find positive qualities in the men that you encounter, even in situations that appear negative. For example, a man who is upfront about his intentions should be appreciated as honest. Also, keep in mind that it's unrealistic to find a perfect man.

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Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer her [dating advice](#) for those questioning whether they should be happy with themselves before meeting a man. Follow these dating tips to help find a happiness that isn't dependent on a man.

Dating Advice On Being Happy Before Settling Down

1. Take time for yourself. You need to find someone that complements you rather than completes you. Focusing on what makes you happy will make you feel fulfilled and help attract someone who admires your happiness.

Related Link: [Dating Advice: 3 Tips to Turn Around Your Dating](#)

2. No settling. Don't settle for less than you deserve. If you're complacent with a mate that isn't right for you, there is no way you can be happy later on. Also, if you aren't happy with yourself, you will end up resenting the man you're with because you aren't satisfied with where you're at in life.

Related Link: [Relationship Advice: How to Find Real Love](#)

3. Find balance. You must be present in your relationship. Men seek out attention the same way women do. So if you're pursuing your dreams or career, make sure to follow this dating advice and take time away from work to be with your significant other.

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Dating Advice: 3 Tips to Turn Around Your Dating Life





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer her [dating advice](#) to those that want to turn their dating life around.

Dating Advice To Improve Your Future Dates

1. Look for patterns. If you want to get different results, you need to determine what your type is and date people who are outside of that type. The qualities you think you like might just be the reason why things haven't worked the way you wanted them to. The experts dating tip: Your type might not be the best type for you.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Know your needs. Don't compromise on your important wants and needs. Being clear on what you want in the very beginning will weed out the ones who aren't right for you and save you from wasting time with those you aren't compatible with.

Related Link: [Expert Dating Advice: What is Love & How Do I Find It?](#)

3. Get feminine. Expert dating advice says to show that you're open and need someone. For men especially, it's important to show that there is a place for him in your life. Asking a man to contribute is one way to show that he is needed and will keep him interested since he'll know for sure there is a role for him in your life.

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Dating Advice: Use The Law of Attraction to Attract the Right Man





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to give his [dating advice](#) for attracting the right man using the laws of attraction.

Dating Advice On How To Attract The Right Man

1. Be ready. When approaching a relationship, in order to avoid relationship problems, make sure you're ready to transition from single to dating. To find the love of your life you need to be available in order to meet him.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Don't settle. Accepting less means you'll get less. Settling for someone you know isn't right for you is setting yourself up for failure much like a self-fulfilling prophecy.

Related Link: [Expert Dating Advice: What is Love & How Do I Find It?](#)

3. Take risks. You have to put yourself out there and take a chance. The experts dating advice is that getting out of your comfort zone will expose you to much more. Strictly sticking to what you're used to can be limiting.

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Dating Advice On Why Men Pull Away



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Dating Advice On What To Do When Men Disappear

1. They need to reevaluate. In every relationship, a man will pull away after the honeymoon phase in order to reevaluate and make sure they want to go to the next level with you. Expert dating tip: Give them their space and time to evaluate, then when they come back be happy and receptive.

Related Link: [Dating Advice: Online Dating Tips To Find Your Soulmate](#)

2. There's something going on in their life. They're evaluating a crisis at work, or something is going on with their friends or family. Maybe they're scared or not able to take the relationship where they want to go. Be happy and accepting if this happens.

Related Link: [Dating Advice: The Secrets to Attraction](#)

3. They're done. For some reason or another, they've decided they aren't interested anymore. The experts dating advice is to not pursue him because you aren't desperate.

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

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Dating Advice: Online Dating Tips To Find Your Soulmate



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their [dating advice](#) on the secrets of attraction.

Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate.

Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

Related Link: [Dating Advice: The Secrets to Attraction](#)

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

Related Link: [Dating Advice For Women: What Are Men Attracted To?](#)

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Kate Beckinsale Talks Victorian-Era Dating Advice





By [Dena Linzer](#)

The rules of dating are those unwritten do's and don'ts that women are supposed to follow within the dating scene. It's the dating advice told to us by our mothers, our friends, and the media. "Don't wear dark lipstick on the first date," "offer to pay the check," "Don't seem intimidating" to name a few. Not that we actually follow these rules, but we still hear them nonetheless. We thought they were bad *today*, but imagine what women in the 1800s went through just to have a conversation with a guy. Kate Beckinsale, star of the new film *Love & Friendship* based on a Jane Austen novella, reads and reacts to Victorian-era dating advice with the help of a gentleman straight out of the 1800s. You might want to steer clear of these dating tips and tricks for your next date night.

The video is now live on [VanityFair.com](#) and *Vanity Fair's* channel on [THE SCENE](#), the video platform from Condé Nast Entertainment.

Love & Friendship, written and directed by Walt Stillman, hits theatres tomorrow.

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