

# Dating Advice: The Secrets to Attraction



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

## Dating Advice: Relationship Experts Reveal Secrets of Attraction

The expert dating advice is simple. Practice, practice, practice. Check out their dating tips below.

**1. Eye contact and smiling.** Women don't realize how important

this is! Hold eye contact and smile, it makes you approachable.

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

**2. Tone of voice.** Sometimes women come across as bossy and demanding, even when they don't mean to. Take a breath, soften your voice, slow down.

**3. Confidence in body language.** Throw shoulders back and bring the energy down into your body. Lean back into things instead of leaning into them.

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## Dating Advice For Women: What Are Men Attracted To?





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tripp to give their [dating advice](#) on what attracts men.

## Dating Advice On Attracting The Right Man

Tripp has worked with thousands of men to help them find the woman of their dreams. Now he gives his dating advice to women so they can avoid relationship problems and find the man of their dreams. Below are the top 10 things that men are attracted to in a woman.

1. A man is attracted to a woman who's not "crazy."
2. A man is attracted to a woman who's emotionally stable.

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

3. A man is attracted to a woman who is independent.
4. A man is attracted to a woman who can take care of herself

but still needs a man.

5. A man is attracted to a woman's feminine energy.

6. A man is attracted to a woman who is put together.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

7. A man is attracted to a woman who has a life

8. A man is attracted to a woman who he's attracted to physically, but every guy is different

9. A man is attracted to a woman who takes care of her body

10. A man is attracted to a woman with confidence

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## Relationship Advice: How to Find Real Love





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant-Johnson to give their [relationship advice](#) on how to find real love, even if you've been in the dating world for awhile.

## Relationship Advice on Finding True Love

**1. Clarity.** It's important to have clarity about what you want in terms of a relationship in your life. One dating tip: This doesn't mean having a huge list, but there is a power in being able to say what you want.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

**2. Conviction.** The experts relationship advice is to have conviction and belief that finding love is possible for you.

**3. Compassion.** Have compassion for yourself and recognize that



all you've been trying to do is get one of your deepest needs met. Also, approach potential dating partners with compassion as well.

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# Dating Advice: How To Attract A Man Through Your Body Language





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

## Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating tips are to smile, hold eye contact, and lean into his personal space a bit.

**1. Smile.** One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

**Related Link:** [Dating Advice: First Date Do's and Don'ts](#)

**2. Holding his eye contact for 2-3 seconds.** Doing this shows that you're listening and are engaged in the conversation.

**3. Lean in.** Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like them.

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# Dating Advice: First Date Do's and Don'ts







On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

## Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

- 1. Show up natural.** Be yourself and don't have an agenda. Throw away that checklist and don't prequalify the person you're dating.
- 2. Get to know each other.** Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**3. Be clear if you don't like him.** Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

**4. Don't be negative.** A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

**5. Don't talk about the long term future on a first date.** Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

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## Expert Dating Advice: What Men Want & Why They Cheat





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima turns the conversation over to relationship expert and author of "The Problem With Women...is Men," Charles J. Orlando to talk expert [dating advice](#) about none other than men, what they want, and why they cheat.

## Dating Advice On What Men Want & Why They Cheat

Men want women who are confident, intelligent, energetic, honest, and supportive. Men respond to women who bring confidence to the table, but that is not to be mistaken with being a bitch. "Confidence is knowing who you are, it's knowing where you're going, and it's knowing who's going with you," Orlando said. He also wants someone he can talk with, not talk at. Sometimes a woman's intelligence can be troublesome to men if it's greater than his own. When women are smarter men have to be comfortable with that. Some men don't know their place as anything other than being a protector/provider, so it forces them to find their new

masculine. But Orlando did note, a man doesn't open a door for a woman because he thinks she's incapable, he opens the door because he values you. Men also want someone who is energetic and spontaneous, so Orlando's dating advice is to bring excitement to the relationship. He wants these things to remain throughout the relationship. Spontaneity is often the first to go, Orlando said, but men want to keep it.

**Related Link:** [Dating Advice: Get Inspired by Childhood Funn](#)

Men cheat for a variety of reasons, but Orlando said, "before physical act of betrayal, the relationship has already broken down." There is something missing in the relationship even before the inception of an affair. But what is it exactly that compels men to cheat? One, the opportunity to have sex without getting caught, which also caters to physical/sexual gratification that is emotionally detached. Two, he wants to have sexual variety. He's curious about being with someone he found physically attractive. Three, for the thrill of the chase. He misses that challenge and wants to know he's still got it. And finally, the desire to feel important or feel special. He wanted a ego boost because he wasn't getting it at home. "For any wife who won't there's a neighbor who will," Orlando said.

**Related Link:** [Relationship Advice: 4 Ways to Break Up With Your In The Nicest Way Possible](#)

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# Relationship Advice: How and Where To Meet Men



On this week's [Single in Stilettos](#) video, matchmaker Suzanne Oshima and dating expert Marni Kinrys give [relationship advice](#) on how and where to meet the man of your dreams.

## Relationship Advice On How To Meet 'The One'

Meeting 'the one' can seem like an impossible task, but this expert love advice will have you dating someone new in no time. To start, the experts say that you have to put yourself out there. Having a social life requires work and effort.



Delegate one day a week where you will do something that will put you in a position to meet a man. Whether that be having a dinner party for singles, going to a bar, going to a singles event, joining a running club for singles, or online dating, there are so many places to meet someone new.

**Related Link:** [Expert Dating Advice On How To Handle Dating A Player](#)

Remember, it's important to be active and do more than two things to meet someone. Men (and women) are everywhere, it's just a matter of opening your eyes and looking around. Women: Don't be afraid to approach a man and just say hi. If he's interested, he'll take the lead from there. The biggest confusion and misconception is that people don't want to be approached.

**Related Link:** [Expert Dating Advice On How To Flirt With Men](#)

You can even start a conversation with someone on the subway or at the grocery store. Just opening yourself up to any and all opportunities will help you find the man of your dreams. Follow this relationship advice, because the only way you can have people in your life, is to be open to it.

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**How and where did you meet the man of your dreams? Tell us in the comments below!**

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# Expert Dating Advice: Three Signs He Is Unavailable



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks about the language of love with relationship expert Nicole Moore who provides [dating advice](#) on the three defining ways men show you that they are unavailable for a relationship.

## Expert Dating Advice: Three Signs He is Unavailable

Similar to many readers, relationship problems are not foreign to the dating experts. For Moore, to solve her own woes and to

provide others with dating advice, she developed a knack for love. “After enough pain, I got fed up and thought ‘I’m going to figure out how to make love work’ and I devoted my life to learning about love, how to love well and I figured out love is skill like anything else. It’s a learnable skill,” the expert shares. “When you know how to do the skill of love right you can have an amazing loving relationship.” Here are three signs that the guy you’re in to just isn’t available.

**1. He tells you.** If he says he isn’t looking for a relationship, or work is his priority, or his profile states that he’s just looking for friends and fun, take the hint. Regardless of these overt cues, women think he will commit to a loving relationship with them. “Look at what he is saying rather than what you are desiring or the fantasy that you made up in your mind,” Moore says. Pay attention to him and the way he talks about relationships; if he shows any of the signs above, it is very unlikely that man is available to you for a relationship.

**Related Link:** [Dating Advice: 5 Tips for Bunny Hopping Yourself into Romance](#)

**2. Is he present?** When you’re with him what’s his energy like? Is it focused on you? Is he uncomfortable? Is he looking around, checking his phone and making you feel as if he isn’t fully with you? “The reason people aren’t present on the deeper level is because there is stuff inside of them they haven’t dealt with yet. They can’t hang out in their body, they have to go to their heads,” Moore says. Dating tip: Once he faces enough of his inner demons, he’ll make you feel like you’re the only two in the room and he’s ready to make the two of you a happy item.

**Related Link:** [Relationship Advice: Ec-friendly Jewelry Makes for a Great Conversation Starter](#)

**3. How does he talk about women in general?** If he talks

negatively about women or talks negatively about his acts in the past he's not ready for you yet. He is either not over his exes or could have preconceived notions of women that are unfavorable and these two factors will prevent him from giving himself to you fully or at all. "He's going to hold himself back because he's actually afraid that women are going to hurt him," Moore reveals.

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## Expert Dating Advice On How To Handle Dating A Player





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks [dating advice](#) with relationship expert Robert Manni. Speaking from a guy's perspective, Manni provides dating advice on dating a player and how to know if you're looking into the eyes of one.

## Relationship Expert Talks Dating Advice: How To Handle Dating A Player

When women think of a player, oftentimes they think they can change them, but Manni says otherwise. "I certainly think anybody can evolve and I don't think that it's the women's responsibility to change a man," he says. "I think you can lead the horse to water but he has to drink. So a man has to want to change and he has to want to change for the right reason. If a woman is there to support him in his desire to be the best he can be that's the best case scenario."

**1. Signals of a player.** On your first date, does he have something planned? Does he pick up the check...does he pick up



anything other than his phone? Did he ask you out in person or over the phone, as in speaking on the phone? If a majority of your answers are no, chances are this guy is at the plate ready to bat.

**Related Link:** [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't be Reckless with Other People's Hearts"](#)

**2. Get to know him better.** As Manni says, "Text only gives you a portion of what that other person is." As a woman, you have to speak up. Tell him you want to talk over the phone, tell him you want to get to know him better. But don't demand it, put the idea on the table in a flirty, playful way. "Regardless of the situation when a man and woman first meet each other they have to take the time and prioritize the need to learn about the other person," Manni says.

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

**3. Be yourself.** When competing against the model types and the classic womanizers, the only way to stand out for men and women alike is to be your authentic self and to be confident in who you are.

**Related Link:** [Dating Advice: Moving Your Relationship From Online to Face-to-Face](#)

Providing guys with a guide to love in his book, Manni now offers women his best dating tip from the man's perspective: "The things that every guy seeks in women is somebody who understands him and is supportive of what their ambition, goal, or dream is. And if you can make the man feel that you believe in them they will be putty in your hands."

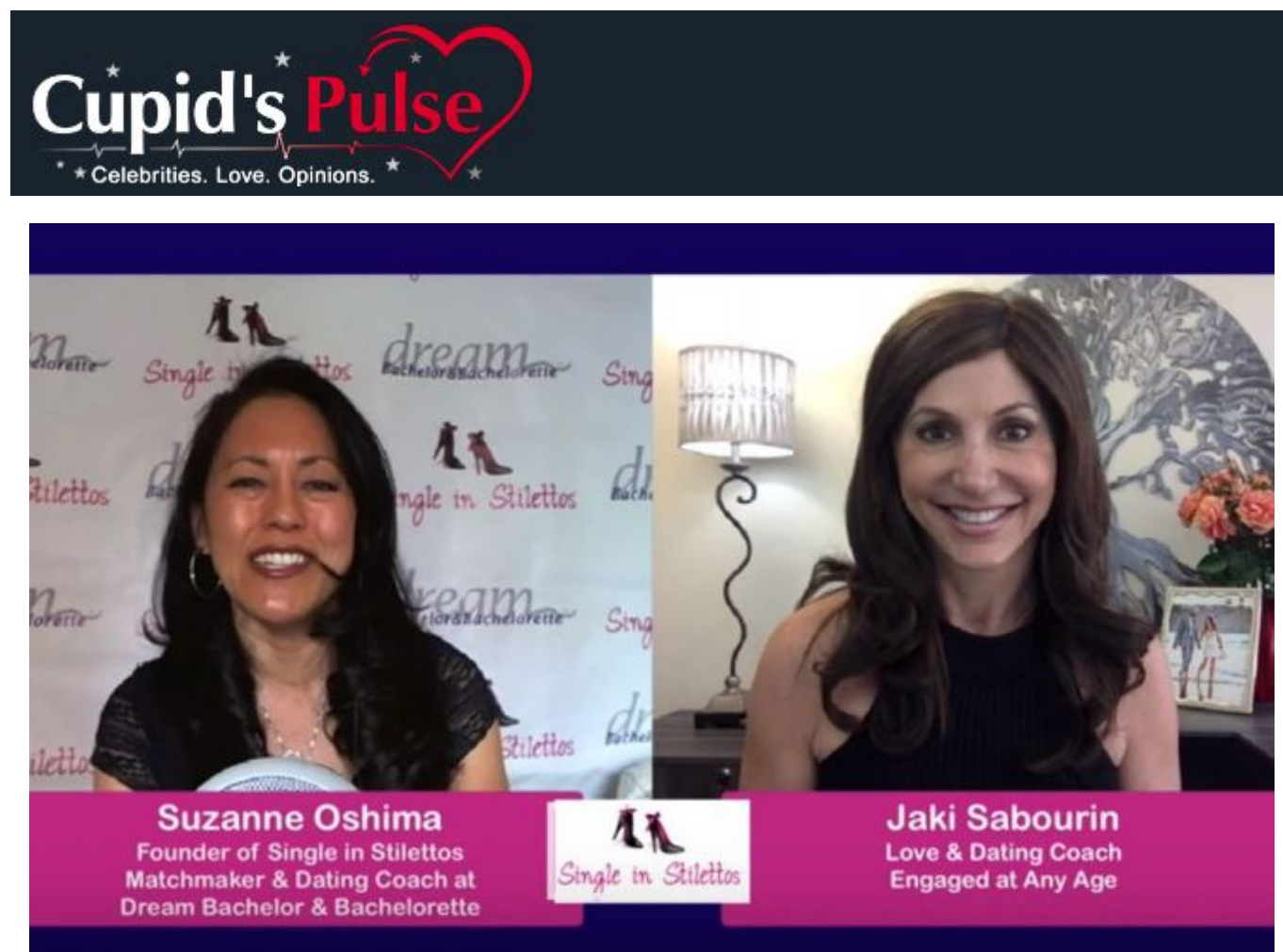
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Have advice on dating a player? Share in the comments below!

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## Dating Advice: How To Flirt With A Little Touch



In this week's [Single in Stilettos](#) episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer

turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. “I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario,” Contenta says.

## Relationship Experts Talk Dating Advice On Flirting

**1. Touch any item on him you enjoy.** It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

**Related Link:** [Expert Dating Advice on How to Flirt With Men](#)

**2. Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

**Related Link:** [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

**3. Touch his lower back.** Touching a guy’s lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. “I’m here, I’m present, I’m in my feminine, and I’m with you,” she adds.

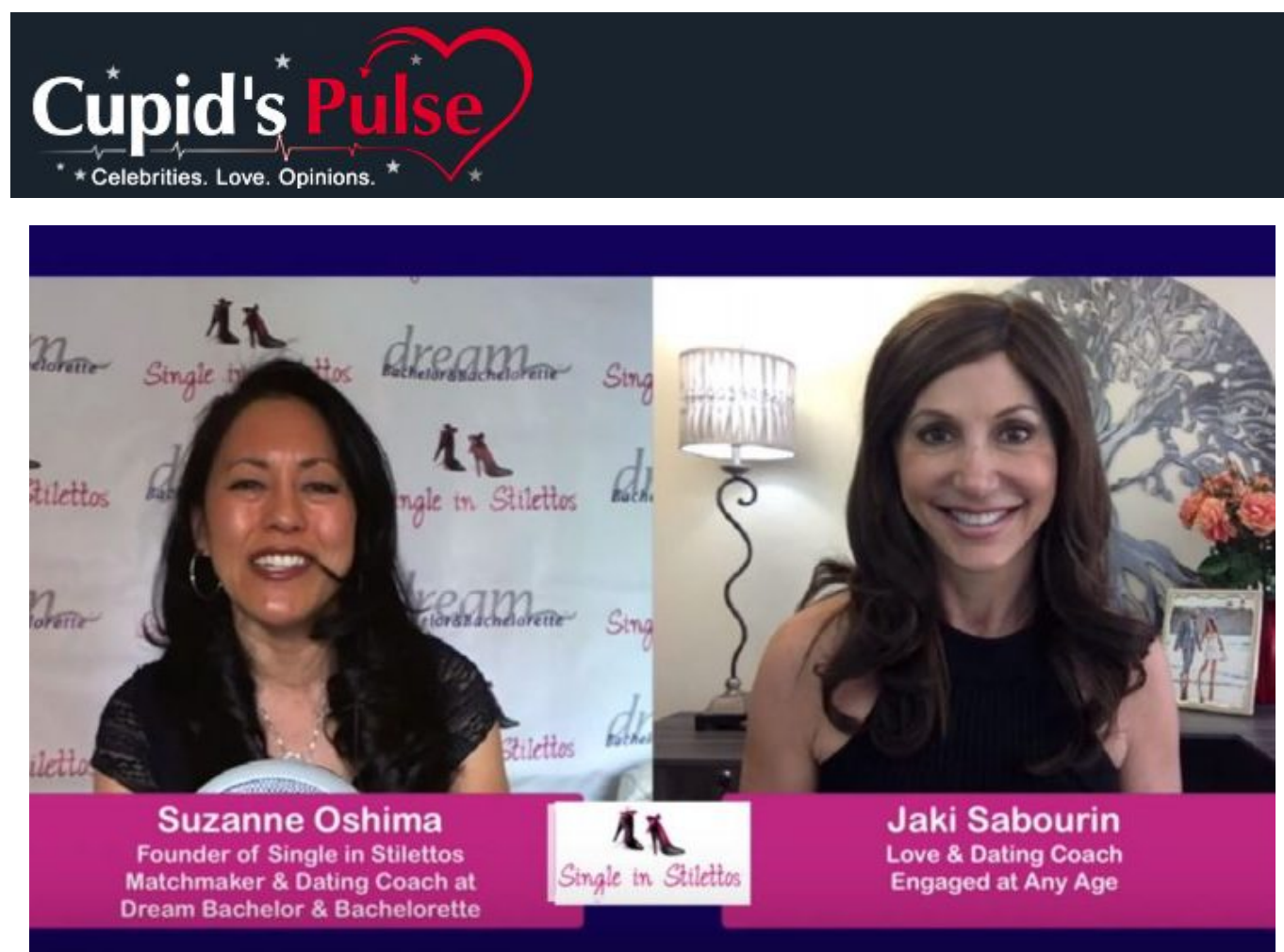
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Have a tip on how to flirt with a little touch? Share your experience in the comments below!

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## Expert Dating Advice: Signs That He's Not Interested in You



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

Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

## Is He Interested in You? Use This Dating Advice to Find Out

Here are three signs that he's just not into you:

**1. He doesn't call, text, or hang out with you:** It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

**Related Link:** [Expert Dating Advice: How to Be a Smarter Dater](#)

**2. He uses a dry, dull tone:** There's no engagement when you're talking. He may even be short with you. "There's going to be laughter... There's going to be fun times," the dating expert says of someone who's interested in you. And if he's on his phone while you're together? That's another red flag!

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

**3. You haven't met his family or friends:** Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

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**How do you know if he's interested in you? Tell us in the comments below!**



# Expert Dating Advice: The Help You Need to Find Love



On this week's episode of the [Single in Stilettos](#) show, founder of the [dating advice](#) site and matchmaker Susanne Oshima chats with intimacy and relationship coach Iris Benrubi to discuss why, even though you're doing everything you can to find love, it's just not working.

# Dating Advice to Help You Find Love

As a counseling psychologist, Benrubi set out on a mission to help others become emotionally intimate with themselves, which in turn allows them to foster more deeply connected relationships. In the video above, she shares her three best pieces of dating advice to help you find The One:

**1. Do what you love:** By going out and doing what you love, you might just meet someone who loves doing the same thing. “If you can actually learn to go out there and do things that you love and have a great life and be open to meeting a man in those situations, not only will you attract a healthier man, but you’ll also attract a man with the same qualities you have,” the dating expert explains. In doing so, you’ll appear to be a whole and satisfied woman, which will attract a fulfilled man. A guy doesn’t want to feel responsible for your happiness; instead, he wants to be the one who enhances it. Or as Benrubi says, “He wants to be the icing on the cake, but he doesn’t want to be the cake.”

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

**2. Notice how you communicate with a man:** Complaining? *Again?* If he hasn’t already tuned you out, he’s going to – and then, your relationship may become a thing of the past. Men don’t want to listen to complaints; they want to feel valued in their relationship. Focus on what he does well and make it known to him that he is succeeding with you. “If you want a good man to hang around, you want to let him know he’s making a difference to the quality of your life,” Benrubi shares.

**Related Link:** [Expert Dating Advice on How To Flirt With Men](#)

**3. Get in touch with your feminine side:** A woman needs to let down her masculine walls to allow a potential partner, the bearer of masculinity, to step in and contribute to her life. The dating expert explains that single women often become

too self-sufficient, taking on both masculine and feminine roles. As a woman in a relationship, allow the masculine behaviors to be passed on to your special someone. Ask him to help you lift that heavy box or change that light bulb – he'll get fulfillment, and you get to watch!

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**What's your best dating advice for finding love? Tell us in the comments below!**

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## **Expert Dating Advice On How To Flirt With Men**





In this week's episode of [Single in Stilettos](#), founder of the [dating advice](#) site and matchmaker Suzanne Oshima sat down with dating and flirting expert, Tracey Steinberg to share tips on how to flirt with men.

## Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. "Flirting is one of life's greatest pleasures and if you're missing out on it that's a shame," Steinberg says. "As women it's our right to flirt, let's not give that up." Below are a few of her tips on how to flirt with men!

**1. Eye contact.** Flirting is about nonverbal language and your inner voice shines through your eyes. Show him you're interested in him by making strong eye contact, while keeping the spoken conversation light and fun.

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look for on a First Date](#)

**2. Complement freely.** Confident men love to be around women who make them feel confident and who support what makes them so confident. A great piece of dating advice: men love being complimented just as much as women. Steinberg said men swoon over compliments about features like their biceps, because they work out routinely waiting for a cute girl to notice.

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

**3. Align yourself with his passions.** If you're talking about what he loves, he's going to love talking to you. Maybe the conversation will continue to a second date at a fancy restaurant (we like the way Steinberg thinks!). If you find yourself wanting to have this conversation, but getting lost in it, be honest and have him teach you a thing or two. He'll love it.

**4. Let him feel confident that you're interested.** The relationship expert said even the most confident men fear rejection. If you really want that date with him, make it clear to him that you would go on a date with him. Men need to be built up just like women do.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**5. Light conversation.** This is not your therapist you're talking to, in fact he's hardly more than a stranger: do not spill your problems out on the table. Keep the conversation light and silly; keep up the enthusiasm and talk about things that make you feel confident. And never forget to be the authentic woman you are!

These dating tips should help you land your first date with your new, big-biceped guy and once you do put Steinberg's best piece of dating and relationship advice to work: "Treat him like royalty."

*For more relationship advice videos and additional information*



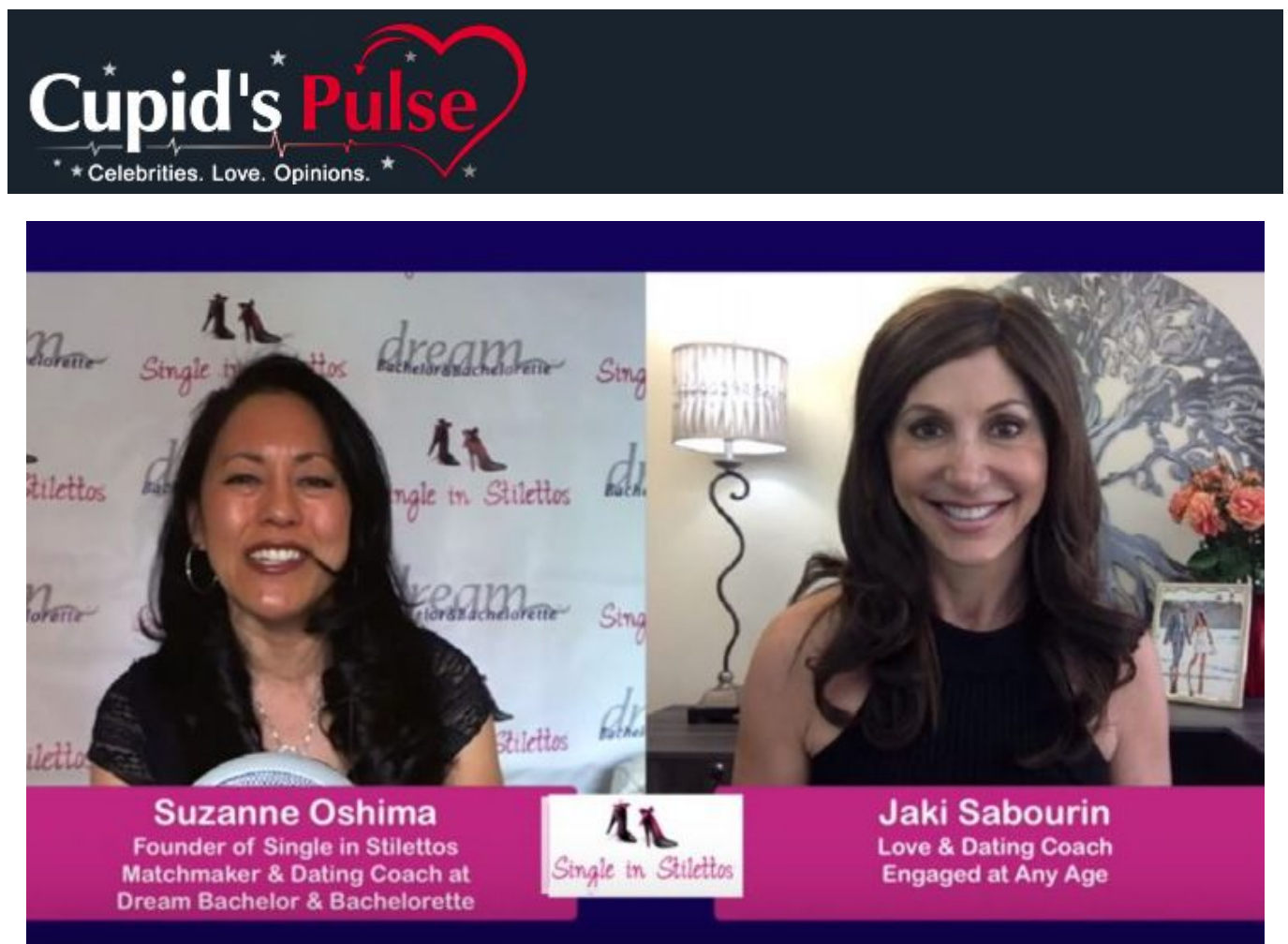
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What's your best piece of advice for how to flirt with men?  
Share with us in the comments below!

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# Expert Dating Advice About Dating Traps to Avoid



On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating](#)

[advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

## Dating Advice On The Worst Dating Traps

**The Scarcity Trap:** The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

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

**The Attraction Trap:** The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

**Related Link:** [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

**The Rescue Trap:** ‘I Need a Hero’ may have been a hit, but

entering the dating realm with that mantra will be a fail almost every time, as per Steele's relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. "If we're not happy, we're going to attract more unhappiness in our life," Steele says. "Success breeds success, and misery loves company."

**Related Link:** [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, "A relationship won't solve all your problems. It won't cure your depression. It won't make you happy all by itself. You're just basically going to get more of what you already have that you don't want." And this is why you must find your own happiness before looking for it in others!

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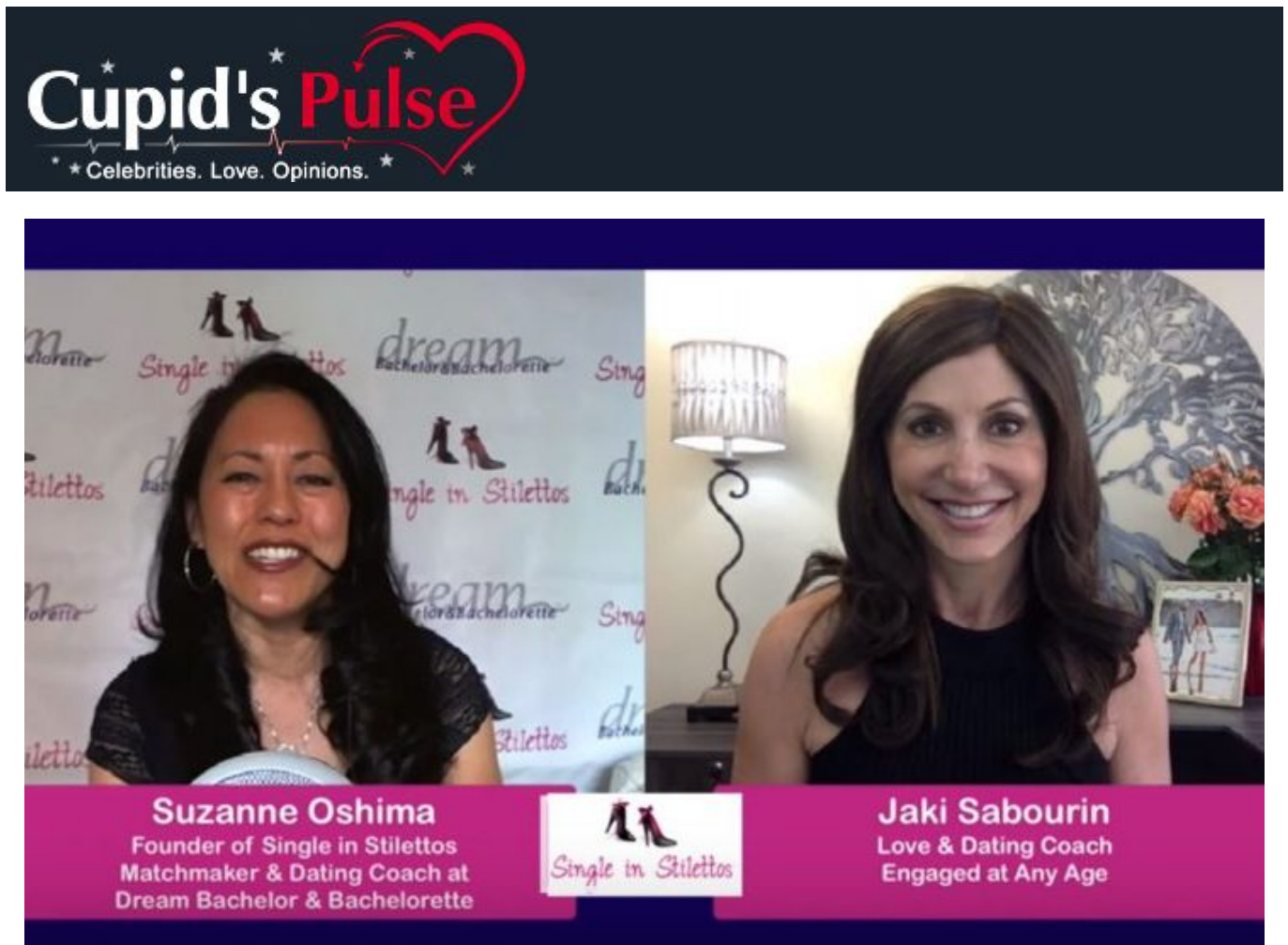
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**What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!**

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**Dating                      Experts                      Give  
Relationship              Advice              To**

# Attract a High Quality Man



On this week's [Single in Stilettos](#) post, founder and matchmaker Suzanne Oshima talks expert [relationship advice](#) with love coach Nicole Moore on finding your next relationship and love. They're not talking how to attract just any man, but a high quality man. "You want to be an energy of 'I am the prize,'" Moore exclaimed.

## Author Gives Relationship Advice To Help You Find The Right Man

Here are Moore's three best pieces of expert relationship advice to help you be magnetic to a high quality man:

**1. Be present in your body, not your head.** When you are present in your head, you are dating from your insecurities

and fears, but when you are present in your body, you transition from thinking to feeling. The dating experts say that men are constantly thinking they want a woman who will make them feel. A high quality man will love the energy you emit when you are totally present in the date and not in your own head.

**Related Link:** [Dating Experts Reveal How To Attract the Right Man](#)

**2. Do not hate men.** Women often hold negative notions of men: they cheat, they lie, all they want is sex. But here's some love advice: If these thoughts are in your mind, he can read them in your energy and when he does he is not going to feel safe or comfortable with you. When you love and appreciate men, they will flock to you because your energy makes them want to be around you.

**3. Be confident in yourself and what you have to offer.** High quality men know they have options and they want to be confident in making their choice, but first they must feel confident about you. If you act confidently in front of him, he will be confident in your presence.

**Related Link:** [Expert Dating Advice: How to be a Smarter Dater](#)

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

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**What's your best piece of love advice for being a smarter dater? Share with us in the comments below!**



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# Expert Dating Advice: How to Be a Smarter Dater



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

# Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

**1. Be observant:** "I'm a strong believer in watching what people do versus what they say," the dating expert reveals. If he says he's going to call you at a certain time but never does, that's something important for you to note. Always keep his actions in mind.

**Related Link:** [Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man](#)

**2. Be aware of who you're dating:** If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to "Netflix and chill," be smart and *listen* to what he says. "Ladies, you can't change a man's mind," Oshima explains.

**Related Link:** [Relationship Advice About True Love](#)

**3. Don't overstress:** You don't have to go on a date every night or even every weekend. Don't put too much pressure on yourself. "Date yourself sometimes," Bradford shares of this piece of expert dating advice. "Take time for *you*. A little downtime never hurts."

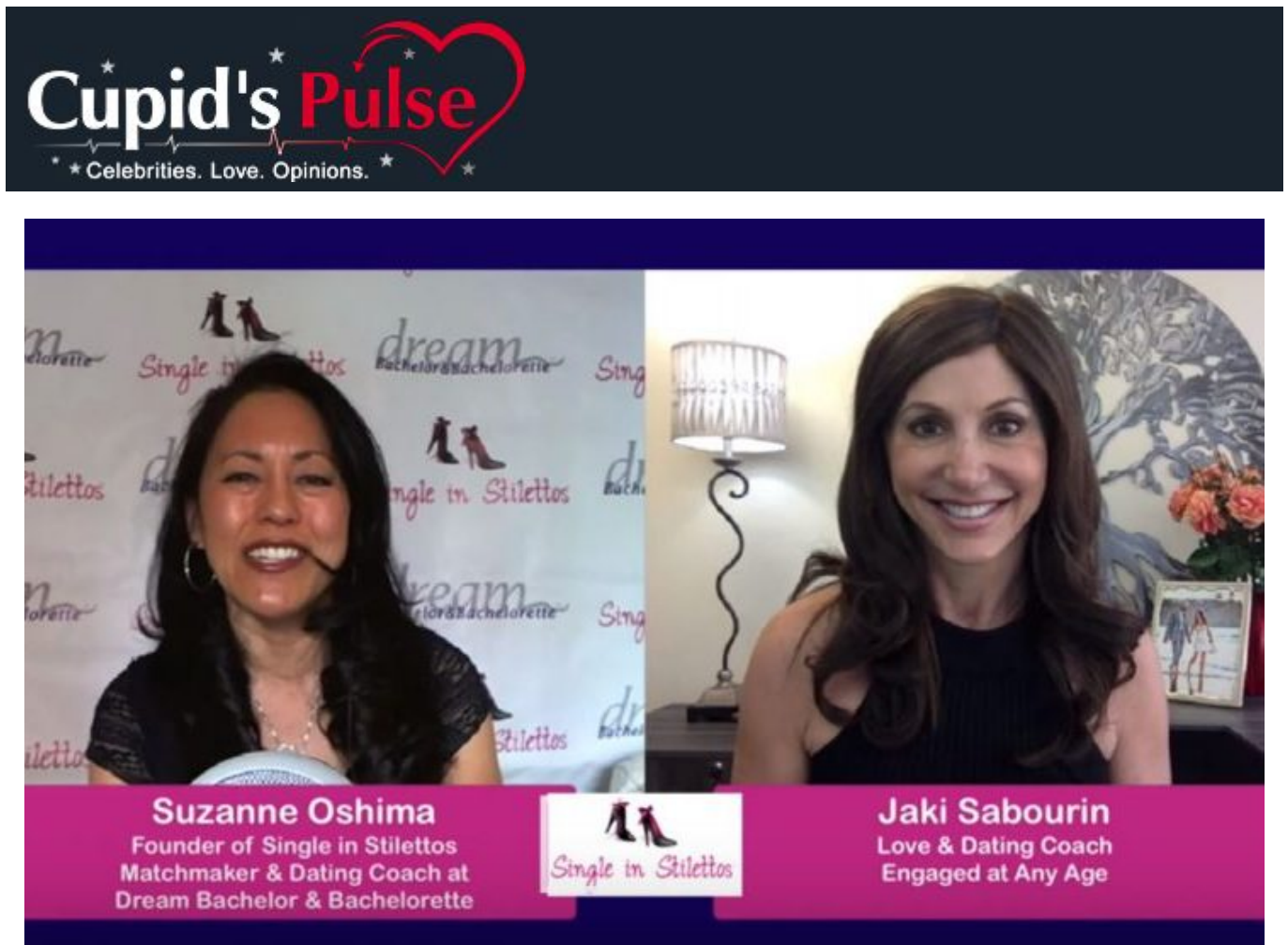
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**What's your best piece of love advice for being a smarter dater? Share with us in the comments below!**

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# Will I Ever Find Love? Dating Advice for Women Over 40



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

# Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

**1. Do something different:** Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

**Related Link:** [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

**2. Handle your anxiety:** There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

**Related Link:** [Dating Experts Reveal How to Meet the Right Man](#)

**3. Learn to acknowledge men:** "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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

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

**What is your best dating advice to meet the right man? Tell us in the comments below!**

# Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

## Dating Experts Encourage You to



# Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

**1. Believe in yourself:** "Believe that you are wonderful, that you deserve to love and be loved, and that there's the perfect person out there for you," he explains. "You have to believe that." Remember that, while you're looking for your soul mate, they're also looking for you.

**Related Link:** [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

**2. Practice conscious dating:** That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. "It can feel like finding a needle in a haystack, but it doesn't have to," says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn't the right fit for you.

**Related Link:** [Relationship Advice: How to Get Engaged in a Year](#)

**3. Be the chooser:** Make the choice that is right for you. If you don't see a future with someone, don't say yes to that second date!

Watch the video above for more great expert dating advice!

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

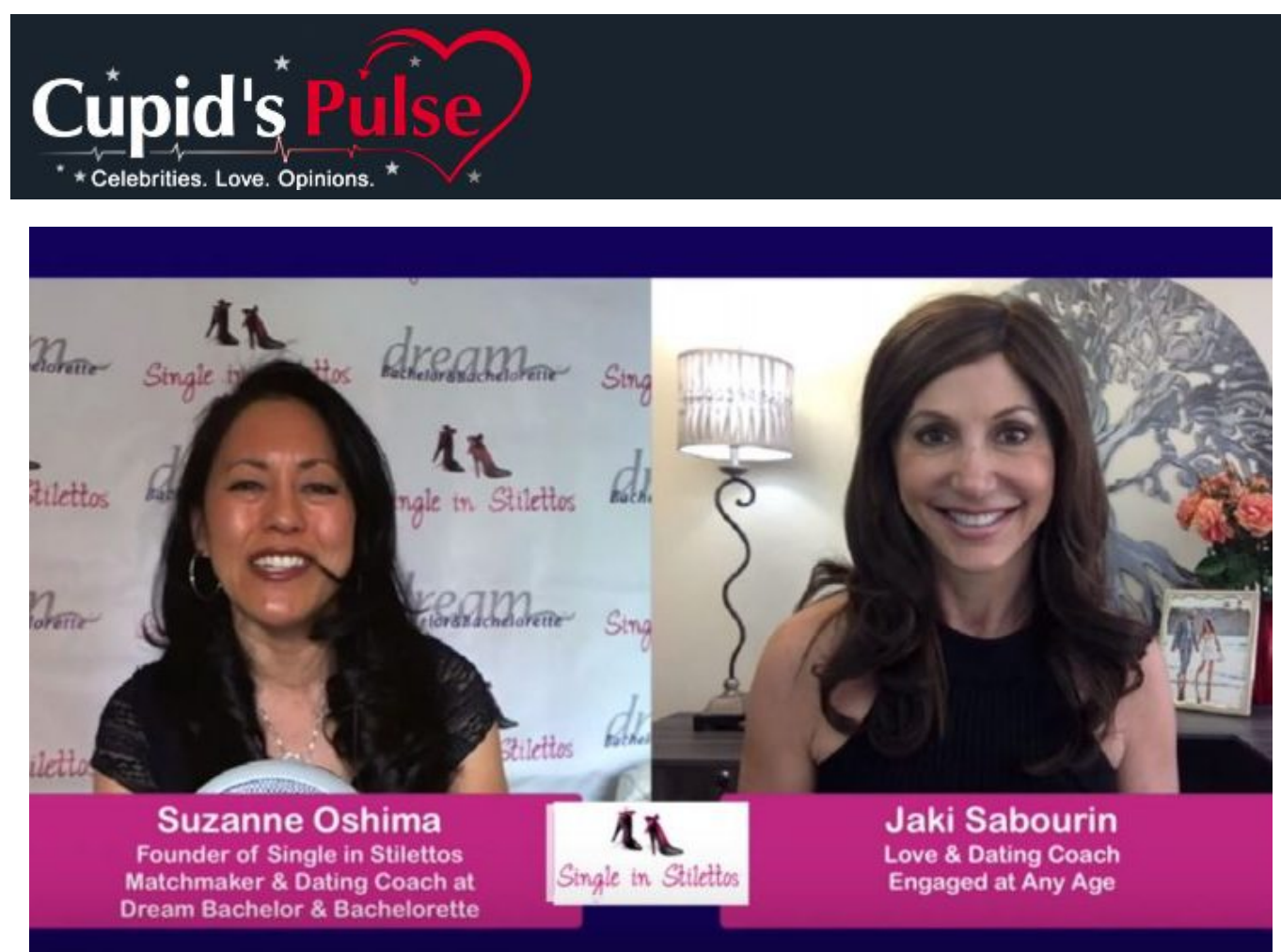
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**Got any tips for someone ready to give up on their search for**

The One? Tell us in the comments below!

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# Dating Advice: How To Approach A Man Without Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

# Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

**1. Give value.** Dating experts reveal that you need to have the mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

**Related Link:** [Dating Experts Reveal How to Attract the Right Man](#)

**2. Compliments.** Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

**Related Link:** [Relationship Advice: How To Get Engaged In A Year!](#)

**3. Social touching.** Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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

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**What's your advice on approaching a man without seeming desperate? Tell us in the comments below!**

# Relationship Advice Video: Dating After a Divorce or Break-Up



On this week's [Single in Stilettos relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the

loss of a loved one.

## Post-Divorce Relationship Advice

**Related Link:** [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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

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

**What is your best love advice for someone dating after divorce? Tell us in the comments below!**

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## Dating Experts Reveal How to Attract the Right Man







On this week's [Single in Stilettos](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

## Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

**1. You have to stop hating men:** Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that "good men really want women who love men because that makes them feel safe," Moore says.

**Related Link:** [Five Ways to Get His Undivided Attention](#)

**2. You must have confidence:** Every single man wants confidence in a partner. "When you're confident in yourself, he's going to trust that he's making a good choice in you," she shares. "And men want to make a good decision. They hate to fail!" To

channel your inner confidence, make a list of 30 reasons why you're a great catch.

**Related Link:** [Celebrity Couples: What True Love Looks Like](#)

**3. Believe that you can attract the right guy:** "It doesn't matter what the dating field is; it matters what *you* want," Moore says. "Hold in your mind, 'I'm the woman who only attracts high-quality men.'" Be firm and strong in that positioning.

As the dating expert explains, "I believe love is a skill, and if you learn it, you can really make it work well." We couldn't agree more!

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

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

**What is your best dating advice to attract the right man? Tell us in the comments below!**

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## **Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man**





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Marni Battista about how to get out of your dating rut and meet someone special.

**Related Link:** [How to Communicate to Get What You Need](#)

## Follow This Dating Advice to Find the Right Man

The relationship experts believe that, if the same thing keeps happening in your search for a relationship and love, you need to look inward and make some changes. They discuss their best [dating advice](#) to help you do a dating cleanse and stop repeating the same negative patterns. Plus, they share how staying in your comfort zone can keep you single, why you need to go on at least three dates with someone before making a decision about them, and what the biggest turn-off is for men on a first date.

**Related Link:** [Get Back in the Dating Game This New Year](#)

Watch the video above for more great dating advice!

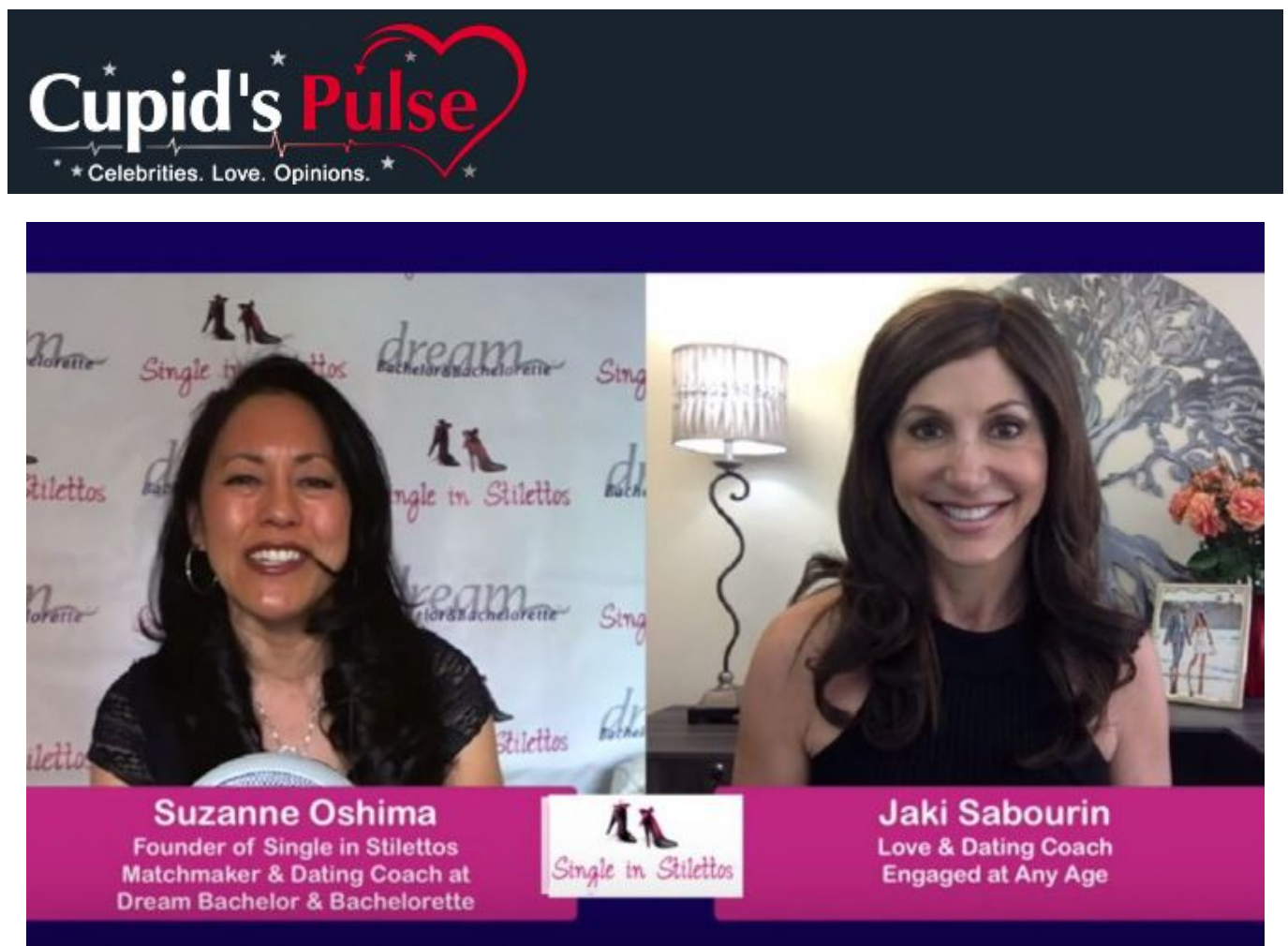
For more relationship advice videos and additional information about *Single in Stilettos* shows, click [here](#).

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

What is your best love advice to get out of a dating rut? Tell us in the comments below!

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## Expert Dating Advice: Top Four Places to Meet Mr. Right



In this week's [dating advice](#) video from [Single in Stilettos](#),

founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

## Consider This Expert Dating Advice If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

**1. Look for your future in your past:** Welch says that 10 percent of women have a “lost love.” If you broke up because of outside circumstances, like moving away or a background difference, it’s worth reconnecting. These couples “often know within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

**Related Link:** [Duana Welch Says Living Together Doesn’t Prepare You for More](#)

**2. Ask your friends and family to set you up:** Statistically, most people meet their significant other this way. It’s so successful because it capitalizes on familiarity and safety. “It’s an informal matchmaking process that works really well,” says Welch.

**3. Get online:** Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. “That’s my story,” the relationship author of *Love Factually* shares. “I met my husband online.”

**Related Link:** [How to Ditch Your “Better Than Nothing” Relationship and Love](#)

**4. Use the Law of Proximity:** You’re most likely to marry someone you’ve met in person (duh!), and therefore, the single



biggest predictor of a life partner is geographic nearness. "You need to put yourself next to this person," Welch says. "Let's say that you're taking a couple of college classes, and there's a really attractive guy in that class...You need to sit next to him."

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

**Where is the best place to find true love? Tell us in the comments below!**

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## **Relationship Advice On Finding True Love**





On this week's Single in Stilettos [relationship advice](#) video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford reveal how to find relationships and love that will last a lifetime!

## Dating Experts Give Relationship Advice On Finding True Love

Check out the video above for the best relationship advice on how to find true love.

**1. Be with someone who wants to be with you.** The person you're dating should be able to tell you, without hesitating, that they're looking for the same things you are. The relationship experts revealed their dating advice that you need to watch out for the man who will pursue you one week and disappear the next.

**Related Link:** [Relationship Advice: How To Get A Ring On The Finger!](#)

**2. Be a lovable person.** Even though you may have had bad

experiences in the past, don't be critical or downgrading of the man you're dating currently. That negatively isn't good for either of you!

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

**3. Be patient.** Don't let the fact that you're single consume you. Hang out with friends and family and do things to keep you occupied. Just enjoy life as you are, have fun, do something different, and flirt. The worst thing you can do is stress over being single.

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**What are your tips for finding true love? Tell us in the comments below!**