

Dating Advice: The Biggest Turn On's for a Man



Suzanne Oshima
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On this week's episode of Single in Stiletto's, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what turns a man on. Learn how to attract the man of your dreams and keep him interested with the following dating tips!

Dating Advice That Will Help You Figure Out When To Settle Down With A Man You Like!

1. Flirting. This tip seems a little basic, but don't be

afraid to flirt. It makes a man feel good and shows him it's okay to approach you in that way. Just think of how flattered you are when someone flirts with you. Return the favor and flirt with a man you're truly interested in. If you don't make the move, someone else will.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

2. Sexuality. A man is attracted to someone who is confident in their sexuality. The woman who can exude her sensuality is sure to turn a man on. This factor is important for a man not because they're shallow, but because a man wants to know that intimacy is on the table if he chooses to pursue a relationship with you.

Related Link: [Dating Advice: How to Get Men to Fall into Your Lap](#)

3. Softness. Men are conditioned to be strong, so they appreciate when a woman is gentle and loving towards them. This helps a man open up to you and makes him want to be with you. Softness shows that he can trust you. So let your feminine energy flow and be open to holding your man the same way you like to be held.

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Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?



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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on when is the right time to stop dating around after finding a man you like. Learn how to win over the man of your dreams and keep him interested with the following dating tips!

Dating Advice That Will Help You

Figure Out When To Settle Down With A Man You Like!

1. Note how you get involved. Are you mutually committed to each other? This doesn't just mean making a verbal commitment. Take note of how close you both feel to each other and how much time you actually spend together. Eventually, it will click that the relationship should become exclusive. Just be careful when it comes to rushing commitment, it confuses men, so wait for him to show interest.

Related Link: [Dating Advice: What Attracts a Man?](#)

2. Lay the truth out there. If you want to continue dating other people after finding someone you like, be honest with all your dates. Let them know that you're dating around and looking for a partner you can commit to. Laying out the truth gives you more leverage and keeps you from looking desperate. Hopefully the man you like returns your feelings and makes a move to advance the relationship. Men are hunters at heart, they want to earn your affection and beat out competition.

Related Link: [Single in Stilettos Show: 4 Signs He Might Be a Player](#)

3. Don't shackle him. Going off of the last dating tip, don't try to force a man to be with you. Ultimatums don't work, and neither does manipulation. Both will backfire on you in the end. A man needs to freely offer himself to you to truly be yours. So be yourself and keep dating around until you find a man that wants to be with you for the person that you are. A man who won't put in effort isn't the right man for you.

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Celebrity Interview: Stylist Rachel Zoe Shares Her Tried and True Tips for Organizing Your Life in the Most Fashionable Way



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).
When you're constantly on-the-go, living your best and busiest

life, it can be difficult to find the time to stay both organized and on trend. Designer, author, entrepreneur, and [celebrity mom](#) Rachel Zoe knows all about this concerning conundrum. Fortunately, she recently spoke to CupidsPulse.com in an exclusive [celebrity interview](#) about how to prioritize and keep life mess-free. Watch the video above for her best tips for a fashionable, focused, and clutter-free life!

Celebrity Interview with Fashion Stylist Rachel Zoe

Zoe is not only a fashion icon and successful professional; she's also the mother to two adorable boys: Skyler, 6, and Kaius, 3. When she's not being a super mom for them, she and her handsome hubby Rodger Bergman are taking the fashion world by storm with Zoe's designer label, online fashion periodical *The Zoe Report*, and her sensational style books. So what's her best advice for keeping things in order while still having it all? "Well, staying organized – it's hard. In my personal life, it's a lot of staying on top of ever-changing weather and keeping my go-to items in the forefront of my closet," she shares.

Related Link: [Fashion Advice: 'Wow' the Crowd with Color](#)

Not only does this make Zoe's getting ready process "easier," but she also gets a head start when it comes to refreshing and reorganizing. "I think it's just about cleaning – cleaning everything, from your beauty cabinet to your car – and staying organized because you'll actually feel better," she confides.

Of course it's not *just* about killing it when it comes to keeping things clean. The stylist also dishes about what to keep and what to part with when it comes to revamping your style. "Definitely get rid of the things that you have not

worn in years. When there's nothing about you that relates to this thing anymore, it's time to get rid of it," she advises.

Celebrity Mom Rachel Zoe Talks Spring Cleaning

But what's her secret weapon for making sure her busy lifestyle and two kiddos don't get in the way of a pristinely clean environment? "I've partnered with Lysol on talking about this incredible product," she reveals. "It's actually a Laundry Sanitizer. Especially since we have young children, we're always washing their blankets and bedding and clothes, and adding this Laundry Sanitizer makes everything you wash virtually free of all harmful bacteria."

She has also designed a limited edition blanket to show how the sanitizer works and keep your little ones stylishly cuddled and clean. These products are a lifesaver, perfect for busy moms who want to avoid the leftover bacteria that other cleaning methods might leave behind. "Knowing that I'm taking the germs out of what my kids wear every single day is a life-changing thing for me," Zoe enthuses.

Related Link: [Celebrity Fashion Trend: Break Out the Floral Print](#)

Of course, getting organized is just the first step to looking fabulous. You also need to stay on-trend! Zoe let us in on some insider info for how to look stylish as the weather warms up. "I always have a lot of jackets," she shares. "I love a lightweight jacket in a natural color, like camel, blush, or white. It looks really fresh for spring." You heard it here first: Jackets are the must-have staple of your wardrobe for spring according to this famed fashionista!

From start to finish in this celebrity interview, the designer looked calm, confident, and, of course,

effortlessly chic. This celebrity mom has certainly cracked the code to living an organized, successful, and stylish life – and now, thanks to her tips, so can you!

To learn more about Rachel Zoe, visit her website [The Zoe Report](#), or check out her [Instagram](#), [Twitter](#), or [Facebook](#).

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Dating Advice: 3 Dating Red Flags



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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Joe Amoia to offer their [dating advice](#) on how you can spot red flags on the dating scene. Find out how you can score the man of your dreams and avoid the bad apples with the following dating tips!

Dating Advice That Will Help You See The Red Flags!

1. Be crystal clear. You need to know exactly what you need and want in a relationship. This way you'll be able to see the traits and values that don't align with your lifestyle, and will be able to steer away from those who exhibit those very things you don't like. You shouldn't compromise your essential needs, so be honest with a man upfront. If you don't tell him, he won't give you what you need, so be open and consistent.

Related Link: [Dating Advice: What Attracts a Man?](#)

2. Observe him. From the very first date, you should take a good look at the man's attitude. Watch how he not only interacts with you, but also how he treats other people- like the wait staff for example if you're at a restaurant. If he is condescending and rude, then that's a huge red flag because eventually it will catch up to you. Also take note of his past relationships. If family and friends don't want to be around him, that should tell you something.

Related Link: [Single in Stilettos Show: 4 Signs He Might Be a Player](#)

3. Man vs. Boy. Don't get swayed by presents and sweet words if you sense red flags from your date. A boy will throw a tantrum and be manipulative to get what he wants, while a man accepts what he is given. If at any point you feel that you're being forced for sex or something else you don't want to do, then

chances are you're dealing with a boy. Find a man who already has integrity, you can't teach an old dog new tricks.

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Dating Advice: What Attracts a Man?



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](#) on how you can effectively attract a man. Find out how you can score the man of your dreams with the following dating tips!

Dating Advice That Will Help You Attract A Man!

1. Appearance. Yes, men are visual- but it's not always about how you physically look. They care about how your attitude appears too. Men are attracted to positive energy, they want to see you smile and be happy. Nobody wants to be with someone who hates life. If you're currently working on your appearance, you should still date and attract men with your personality.

Related Link: [Dating Advice: How to Get Men to Fall into Your Lap](#)

2. Happiness. This goes along with the prior tip, but to elaborate- you shouldn't stop at only appearing to be happy. It's important that you actually are. Think about how pleasant you are when you're on a first date trying to make a good first impression. You need to carry this attitude into a relationship instead of getting comfortable and complaining all the time.

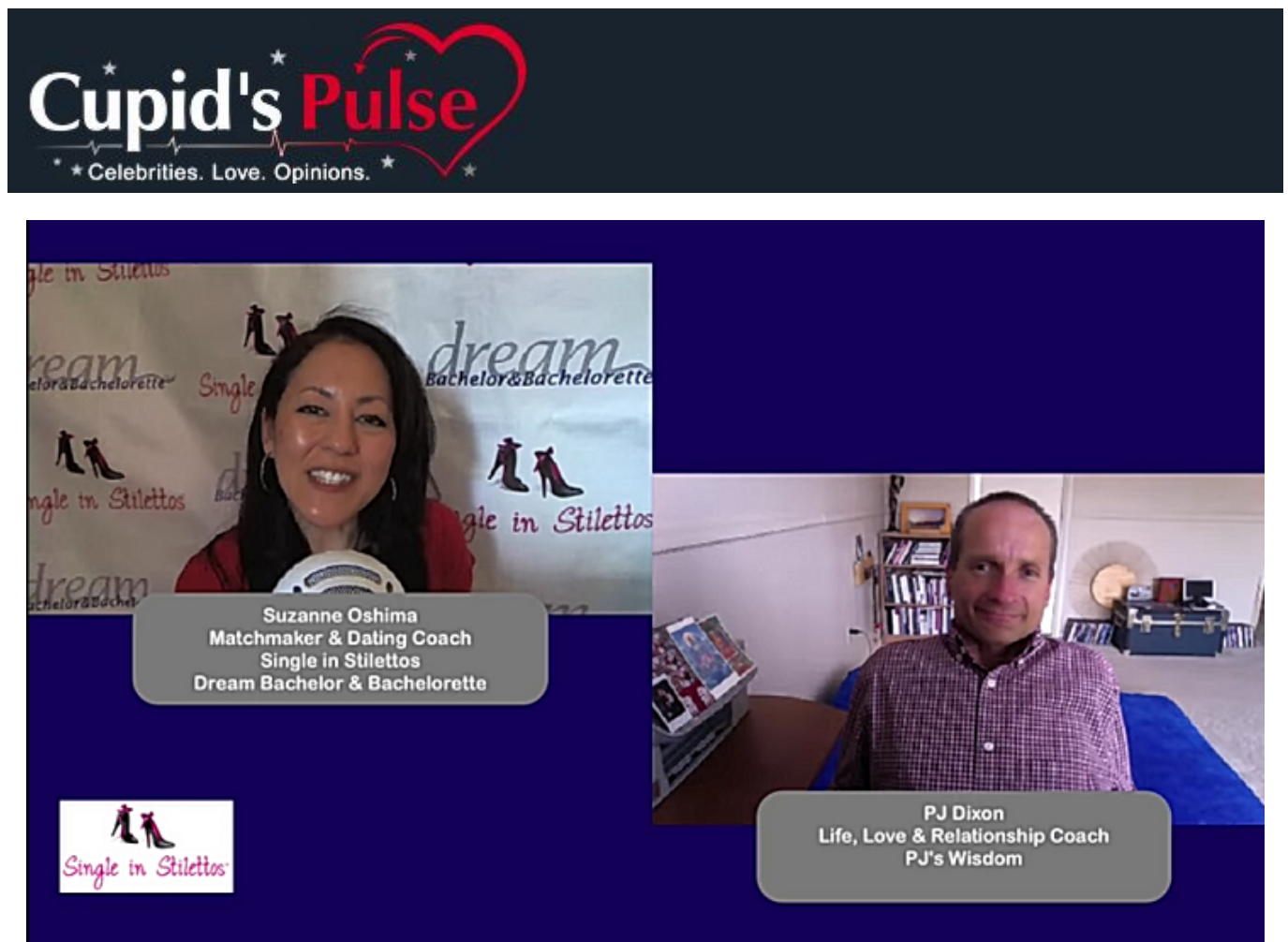
Related Link: [Dating Advice: 3 Ways To Be Irresistible To a Man](#)

3. Authenticity. Be who you are. The right people will be attracted to your authentic self. For this to happen, you need to know who you really are, your likes, dislikes and so much more. If you're faking what you want, you'll attract the wrong man. So save yourself and potential suitors time and be real. You'll be surprised at how many men will like what you have to offer.

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Dating Advice: How to Get Men to Fall into Your Lap



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](#) on the best ways to make a man fall in love with you. Find out how you can make

yourself irresistible to the opposite sex with the following dating tips!

Dating Advice That Will Make A Man Fall Right Into Your Lap!

1. Smile. This tip seems obvious, but it's often forgotten. The best way to attract a man is through smiling. It shows that you're approachable and enjoy life. Men like women who look happy, so work on your RBF if you can, and invite a man into your life with those pearly whites.

Related Link: [Dating Advice: Find True Love After 40](#)

2. Vulnerability. Men like to help women, it's in their nature. So ask for assistance from time to time instead of doing everything yourself. Showing your vulnerability is endearing and offers a place for a man in your life. You don't have to ask for anything big, it's as simple as asking a man to pick something heavy up for you.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Tension. Don't become clingy. Create some tension by allowing a man to enter "pursue" mode. He needs to miss you and make an effort to see you. If you're too available, it can be a turn off. So make time for other hobbies and don't overshare. Men like a good mystery, it's sexy- so give it to him!

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Dating Advice: Find True Love After 40



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for true love after 40. Find out why it's easier to find love later in life and how you can find the man or woman of your dreams with the following dating tips!

Dating Advice That Will Help You Find Love After 40!

1. Know yourself. It all starts with confidence. Women and men over 40 have established their identity. Having that inner knowledge of yourself will help you find long lasting love and a quality partner. These things just come with age, so don't fret if you meet someone later in life.

Related Link: [Dating Advice: The Girl He Won't Bring Home to Mom...](#)

2. Know wants. The same way you get to know yourself better later in life, you find out what you need most through experience. People who are age 40 and older just make wiser decisions. Prior relationships also help you figure out how to best deal with others.

Related Link: [Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love](#)

3. Know tech. It's easier than ever for people over 40 to meet and connect. The internet and electronic devices are tools that help bring singles together. Those in this age bracket can take advantage of these mediums to find love. If you're not familiar with tech, you should take time to learn.

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Dating Advice: The Girl He Won't Bring Home to Mom...



On this week's episode of Single in Stiletto's, founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their best [dating advice](#) on what to do when a man won't take you home to meet his mother. Find out the reasons why men hide women, and learn how you can prevent this situation from happening to you with the following dating tips!

Dating Advice That Will Help You Meet His Mom

1. **Easy.** If you haven't made a man earn your body, this will

get you added to the booty-call list. Women who give up the “goods” easily are less likely to meet mom and other family members. A man takes a woman he genuinely likes and sees a future with back home. Give a man the thrill of a chase if you want him to take you seriously.

Related Link: [Dating Advice: Are You Intimidating Men?](#)

2. Crude. Being yourself is important, but don't get too comfortable right away. Being crude, swearing and general messiness can repel a man and make him not want to introduce you to his mother. Take time to get to know him before you drop F-bombs and risqué jokes. You have no control on how these factors will be perceived.

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

3. Aggressive. Men don't like seeing women with bad attitudes or mean personalities. If a man wants to sleep with you, then he'll put up with the unpleasantness, but if he is looking for something serious then he won't tolerate it. Women who are “bitchy” don't get to meet mom, so be careful with this- and just be a nice person.

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Dating Advice: Are You

Intimidating Men?



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On this week's episode of Single in Stiletto's, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their best dating advice on how to attract a man. Learn how you can be intimidating to men and how you can prevent these behaviors in the dating scene. Here are three great ways to improve your love life with the following dating tips!

Dating Advice That Will Help You Be Less Intimidating

1. Saying "I got this." Being independent is a good thing, but waving your self-sufficiency in front of a man's face shows that you don't need them. A man wants to feel needed, like he

has a place in your life and can take care of you. Let him pay for a meal, pull out your chair and help you with errands.

Related Link: [Dating Advice: 3 Ways To Be Irresistible To a Man](#)

2. Not having a place. Men like to provide, it's in their nature. Find a way to let a man contribute to your life, whether it be as a breadwinner or confidant. If you show any sign that you don't have a place for a man in your life, any potential partner will lose interest. Show him that you want him as much as you want him to want you.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Don't be demanding. Sure, a man wants to feel wanted and needed, but he also doesn't want to be treated like a slave. Make sure you're not too demanding or asking for help all the time. You want to be high performance, not high maintenance. A man wants to be satisfied, not overwhelmed by upkeep.

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Dating Advice: 3 Ways To Be Irresistible To a Man





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their best [dating advice](#) on how to attract a man. Learn how you can become irresistible to a man and great ways to improve your love life with the following dating tips!

Dating Advice That Will Make You Desirable!

1. Be happy. Learn how to smile! Nobody wants to be around a "Debbie Downer." Don't let sadness get in the way of your dating life. Men like happy women, they want to be a part of positive energy and make a woman happier. At least a man that desires a healthy relationship will want to do these things.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

2. Be confident. Men love seeing an independent and confident woman. You don't need to be a damsel in distress all the time, it's not really sexy and can actually be scary- which will ultimately repel a man. The women that have a good head on

their shoulders are the ones who attract quality men.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Be present. Stay “in the moment” when you’re on a date. Don’t daydream about a future that doesn’t exist. Be attentive and engaging. Also try to avoid thinking of the past, it’s a sure way to sabotage a good moment. It’s also a good idea to put your cell phone away. Being present automatically makes you irresistible to a man.

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Dating Advice: Manifesting the Right Man?





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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their best [dating advice](#) for those trying to find love. Learn how you can improve your relationships by "manifesting a man" with the following dating tips!

Dating Advice That Will Help You Find A Man!

1. Find clarity. You need to address what you want and why. By evaluating your needs and wants, you'll be able to narrow down your list of potential partners. You don't want to waste time or send mixed messages while you're dating. A great way to clarify your desires is by cultivating those traits in yourself, which will in turn attract and manifest in a man.

Related Link: [Dating Advice: How to Avoid Holiday Weight Gain!](#)

2. Thoughts, words and deeds (a creation trilogy). The best

way to find a quality man is by having a positive attitude. You need to be consistent in your thinking, wording and actions. If you have doubt or tell your friends that there's "no good men out there" while you're dating, that is just setting yourself up for disaster. By making sure everything you do is in alignment, you'll attract a great man.

Related Link: [Dating Advice: How to Become Irresistible to a Man](#)

3. Commit. Don't give up if things aren't going according to plan. Love doesn't happen overnight. You need to put in the time and effort to find someone, especially if you're trying your hand at online dating. Checking out of the process simply because you're upset is a terrible thing to do. Give yourself a year at least to improve your dating skills. You need to evolve in order to find a man worthy of manifesting.

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Dating Advice: How to Avoid Holiday Weight Gain!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert and fitness guru Tracy Campoli to offer their best [dating advice](#) for those trying to maintain their weight during the holidays. Learn how you can stay fit this Valentine's Day with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Start off right. Eat a healthy breakfast, it's the best way to start off the day. You'll feel good throughout the day if you eat something nutritious. This way you'll crave healthier food for the rest of the day.

Related Link: [Dating Advice: How To Handle a Bad Date?](#)

2. Calm down. Don't freak out if you notice you've gained some weight. You're busy and stressed enough, you don't have to worry about your body too. Take a moment to meditate, and don't be afraid to reject unhealthy food.

Related Link: [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

3. Mark calendars. Write down the time you want to dedicate towards working out. Putting it down on paper will make you accountable. Be realistic with your fitness goals also, you're not going to work out extra during a busy holiday schedule.

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Dating Advice: How To Handle a Bad Date?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jen Kelton to offer their best [dating advice](#) for those who have experienced disastrous dates. Learn how you should handle a bad date with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Go offline. Screen your potential date, especially if it's someone you've met online. Make a point to communicate with them offline, either through phone call, video chat, or text. From the conversations you have, evaluate whether it's a good idea to meet this person face-to-face.

Related Link: [Dating Advice: What Attracts a Man?](#)

2. Be polite. Make a graceful exit if you're having a bad date. You don't really know this person or what they're capable of, so don't make a scene. Just quietly run for the hills. You also want to be polite because you wouldn't

appreciate it if someone was rude to you after a poor date. Be candid, don't waste their time.

Related Link: [Your First Trip Together? 10 Packing Tips](#)

3. Say something. If you're upset or uncomfortable with something that is going on during a date, bring it to their attention. Make sure you're not chastising your date, use humor if you have to- but don't sit there unsatisfied if your date is neglectful or rude. If they don't respect what you have to say, it's okay to remove yourself from the situation.

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Dating Advice: What Attracts a Man?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Mr. Locario to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Appearances, duh. This shouldn't be a surprise to anyone, but appearances matter when it comes to attracting a man. You don't have to look like a super model, just look your best when you go out. When you're put together, men will notice and gravitate towards you more. Don't stress yourself out too much.

Related Link: [Dating Advice: Best Online Dating Tips From a Dating Strategist](#)

2. Good attitude. Men like being around people who have pleasant attitudes. Your behavior and energy are definitely

analyzed before a man pursues. Even if you reject a man, if you do it nicely- he'll appreciate that. Nobody wants to be treated badly, especially not in the dating scene.

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3. Success is key. Those who are successful and goal-oriented are found very attractive. Men like seeing women have their own hobbies and careers. They'll want to build with someone who already has things going on in their lives. A good man wants to support, not be relied on completely.

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Dating Advice: Best Online Dating Tips From a Dating Strategist





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert and dating strategist Damona Hoffman to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Communicate before meeting. Go beyond the instant messaging systems on dating websites. Make moves for conversations over the phone or through text. This gives a better sense of who you're talking to so you don't paint a picture of somebody that doesn't exist. Romance doesn't start online, it happens in person.

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2. Tell the truth. Be honest with how you present yourself.

Don't dabble in false advertisements. It's a disappointment to those you meet in person if you don't meet their expectations. It's also a bad idea to lie about your age online. If you're not being contacted online for dates, then be more proactive and send out messages of your own.

Related Link: [Dating Advice: Best Online Dating Photo Tips](#)

3. Be more inclusive. When searching online, it's easy to narrow down the qualities you want- so your dating pool ends up being very small. Lighten up on your criteria and be open to meeting people who don't match your list completely. It's more important that you find someone who shares your values and beliefs.

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Dating Advice: How Long Will It Take Until I Finally Meet The One?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Arica Angelo to offer their best [dating advice](#) on how long it should take for you to meet "the one." Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Your "One"

1. Pay attention. Look at the people around you. Don't rely on dating apps to find someone, it distracts you from people you see in your daily life. Pay attention and observe the relationships around you- you never know who is nearby checking you out. Sometimes your lover is the guy you kept in your friends circle.

Related Link: [Dating Advice: How to Meet Men if You're Shy!](#)

2. Be thankful. Appreciate the dates you do have. Don't be negative and complain about what your date didn't do right. If you have frequent dates, you should be grateful for that.

You're spending time with someone who's interested in you and you're connecting with them. That's a beautiful moment, be thankful for it.

Related Link: [Relationship Experts Talk Capturing His Attention \(In Person!\)](#)

3. Find focus. Determine what kind of love you want and stick to it. Don't settle for less or let your circumstances affect your dating life. Be careful though, your desires could be too rigid; a list can write off eligible candidates. Make sure the qualities you want in a partner stem from love and not fear.

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Dating Advice: How to Meet Men if You're Shy!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Thomas Edwards, Jr. to offer their best [dating advice](#) for those shy girls who want to meet someone new. Learn how you improve your love life and become more outgoing with the following dating tips!

Dating Advice That Will Help You Meet a Guy Even If You're Shy

1. Stand out. Wear something that is unique. It can be a cute accessory, a bright dress, or an intricate hairstyle. If you have something on your person that looks nice, it can serve as a conversation piece and help you meet someone. Stay away from black also, that's a "blend in" color.

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2. Go for hobbies. If you're a shy person, try picking out special-interest activities. This way you'll be able to meet

people who have the same hobbies and aspirations as you. Not only will you be surrounded by like-minded people, but you'll also feel comfortable having conversations you're knowledgeable on.

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3. Start early. If you wait until nighttime to go outside and date, you'll end up competing with others doing the same exact thing as you. So start earlier in the day if you want to increase your chances in meeting someone. This is also great practice if you're a shy person that's nervous about competing.

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Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for those who want to improve their love life. Learn how you might be sabotaging your chances of finding love with the following dating tips!

Dating Advice That Will Improve Your Chances At Finding Love

1. Limiting beliefs. Don't let your mind cast doubt. If you let negative thoughts and fears take over, you'll ruin your chances at a relationship. Ignore those limiting beliefs if you want to move forward and find someone who will love you.

Related Link: [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

2. Get support. Ask someone you trust for help. If your dating methods aren't working, don't keep practicing them in hopes one day you'll have a better result. Reach out to a friend and

ask them to provide you constructive feedback.

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

3. Advocate for yourself. Create opportunities where you can meet someone . Finding love takes effort. A good relationship isn't just going to land in your lap. You need to work for it, so don't be afraid to put yourself out there.

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

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Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to fitness and relationship expert Tracy Campoli to offer their best [dating advice](#) for those who want to improve their health and love life. Learn how to live up to your New Year's weight loss resolutions and keep the pounds off with the following dating tips!

Dating Advice That Will Help You Achieve Your Weight Loss Goals

1. Get clear. Don't just say you want to lose weight and never mention it again. You need to be clear about what exactly you want and how you'll feel when you achieve your goal. If you can visualize what it would be like when you've lost the weight, then you're in a good mindset to pursue your actual weight loss journey. Start from a place of success instead of making it a daunting task.

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

2. Create a strategy. Stay away from the word “try,” you need to say you’ll “do”- and create a plan accordingly. In business, people create a clear plan and support system, and they need to implement the same for their weight loss goals. You won’t be able to shed the pounds if you don’t have any structure. Consistency is key! It’s the only way you’ll get your dream body after all.

Related Link: [Single in Stilettos Show: How to Get Into Shape for Dating](#)

3. Make it your lifestyle. The best way to lose weight and keep it off is to turn your diet and workout routine into a lifestyle. The pounds will creep back on if you don’t implement these changes into your daily life. They don’t have to be drastic changes, they just have to be sustainable. Your body will thank you in the future.

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Dating Advice: 3 Signs He’s Not Into You!





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 want to improve their dating life. Learn how to determine whether or not your partner is into you.

Dating Advice That Will Help You Figure Out If He's Into You

1. Look out for low energy. Keep an eye out for your date's pupil dilation. The pupil gets larger when person is excited, which is biological response that can't be faked. So look out for this telltale sign along with lackluster energy. If your date isn't going out their way to be nice or impress you then they just aren't into you.

Related Link: [Dating Advice: How to Win Him Over in the First 3 Dates!](#)

2. If you have to initiate contact. It's very uncommon for a man who is interested in a woman to not reach out. So if he

isn't calling or texting you at all then that's a huge sign that you're not the one for him. Or he should at least make himself available to you if he seems to not be a chatty type of guy.

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

3. Check his attitude. Make sure to observe how he treats you when you're both around different people. If he doesn't wrap his arm around you or show some kind of affection in front of people then he might not care about you as deeply. Men like to show off the women who are important to them, so take note of how he introduces you too.

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Dating Advice: Best Online Dating Photo Tips





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their [dating advice](#) for those who want to improve their online dating profile photos. Learn how to attract a quality partner through your online dating profiles with the following dating tips.

Dating Advice On Taking Your Best Profile Photo

1. Do it for you. Get comfortable and take photos of yourself that look simple and natural. Don't have anything in your profile photo that distracts from the message that you're looking for someone. Also avoid posting group photos as a main way to represent yourself, it gets confusing.

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

2. Know what you're showing. You only have a few photos to show who you really are. Be aware of what you're showcasing,

and try to provide a variety. If you only upload photos where you're out drinking or working out, a person online will think that's all you care about and that you don't have other interests. It's a sure way to get yourself overlooked.

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

3. Have a full body shot. You want to show what you really look like. Avoid taking shots that misrepresent how your body naturally appears. Be comfortable in your own body and be yourself. Let your potential date choose whether or not they want to meet you based on how you look. It avoids awkward in-person interactions in the future.

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Dating Advice: Is It Possible To Find Love After 40?





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 are looking for love later in life. Learn how to attract a quality partner that's worthy of your time with the following dating tips.

Dating Advice For Those Single Over 40

1. Go for it. Don't discourage yourself by saying it's too late for you. Pursue a relationship believing you're good enough. Take a risk and go out of your comfort zone to find love. Since so many older in age refrain from entering the dating pool, your chances in finding someone increases with the few who are also looking.

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

2. Analyze your thinking. You might believe you're alright on your own, and that may be true. But if you find yourself desiring companionship or feel that you're missing something

in your life, then a relationship might be what you need. If you decide to start dating again then you need to change your mindset a bit.

Related Link: [Dating Advice: 3 Biggest Online Dating Mistakes](#)

3. Ask for more. If you end up getting lucky and find someone that you really like, don't be afraid to ask for more. At this age you shouldn't deprive yourself from the joy that stems from affection. Just remind yourself of how you weren't afraid to ask for the things that made you happy when you were younger. The same applies at 40 and over!

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Dating Advice: 3 Biggest Online Dating Mistakes





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Carmelia Ray to offer their [dating advice](#) for those who are looking for love through online dating. Learn how to avoid these online faux pas through the following dating tips.

Dating Advice For Those Who Want To Communicate With Their Body

1. Don't give up. Some people are too impatient or call it quits after a bad experience. Give yourself time to find a quality date. It's not fair to write everyone off just because you bumped into one bad person.

Related Link: [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

2. Avoid misrepresenting yourself. The biggest complaint many have in the online dating community is coming across people who exaggerate or flat out lie about their qualities. Honesty

is the best policy, so don't build anything on deceit.

Related Link: [Dating Advice: Best Body Language Tips](#)

3. Choose a good photo. You need to be aware of how you're presenting yourself online. A bad profile photo can really hurt your chances when trying to find a match. Pick a flattering picture that shows who you truly are.

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Dating Advice: Best Body Language Tips





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Robyn Hatcher to offer their [dating advice](#) for those who need help in communicating through body language. Learn how to effectively get your message across without words in the following dating tips.

Dating Advice For Those Who Want To Communicate With Their Body

1. First impressions are key. A first impression is important because it helps people determine whether or not they can trust you. So the first few minutes you spend with someone are crucial! A good first impression starts with openness and vulnerability, so don't obstruct your torso with crossed arms or excessive clothing, or else it will look like you have something to hide. Another great way to show vulnerability is by exposing your neck while you're interacting. In other words, leave the scarf at home!

Related Link: [Dating Advice: 3 Ways to Master the Art of the](#)

First Impression

2. Be aware of your voice. Take note of how you sound when you speak. The pitch of your voice can either be helpful or detrimental when you're trying to date. A deeper voice is often seen as more confident, whereas a higher pitched voice can be interpreted as "weak" or "needy." If you struggle with your pitch, voice lessons might be beneficial. But of course, keep in mind that all people have their preferences. You don't have to change your voice if you don't want to, just find someone who appreciates that quality.

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

3. Look at other people's body language. Not only should you be aware of your own body language, but you should keep an eye out for other people's as well. Is the person you're with leaning in? Are they making eye contact? Are their feet facing towards you or are they pointed at the door like they want to make a run for it? These are all things you should look out for in order to have a successful date.

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