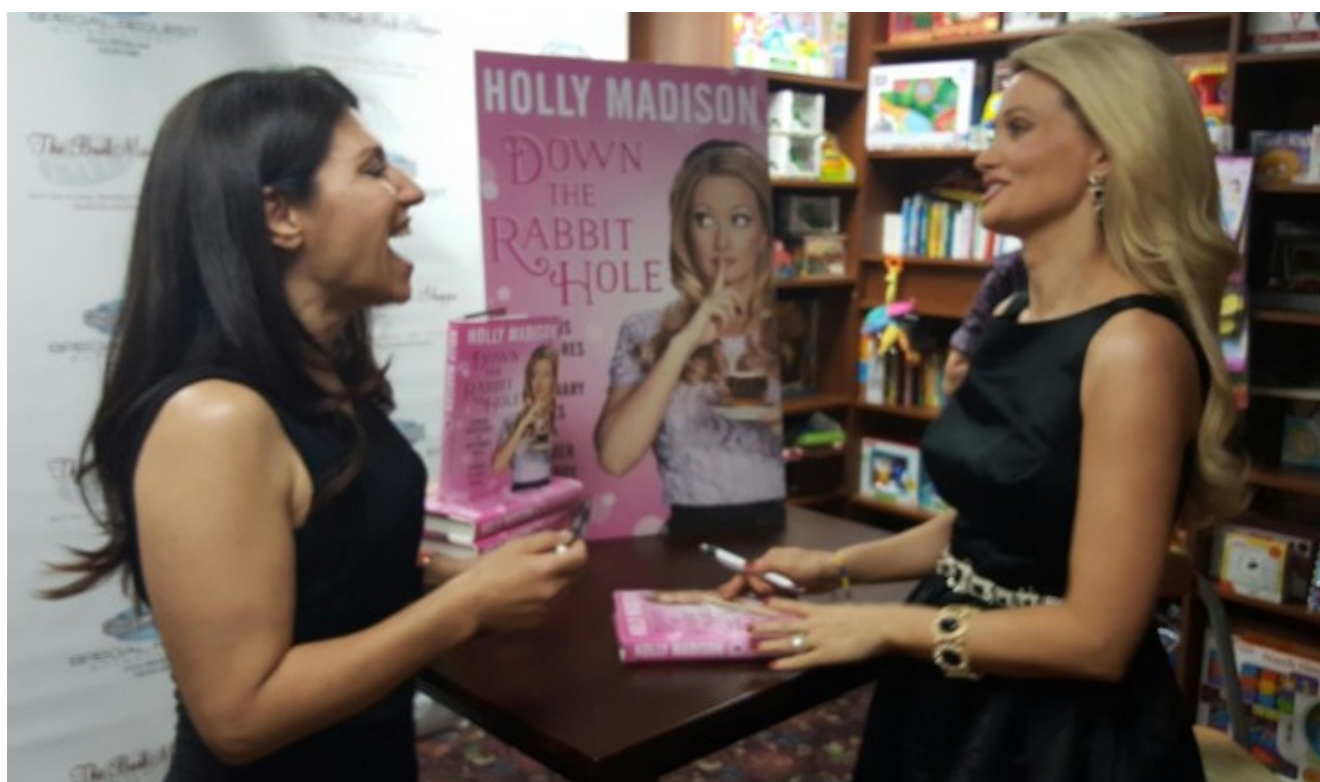


# Holly Madison Says Her Past As Playboy Bunny is Like “The Elephant in the Room That Never Goes Away”



Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo. Holly Madison best known for being a former *Playboy* bunny and Hugh Hefner's #1 celebrity ex has written her first memoir titled 'Down the Rabbit Hole.' In the book, she speaks openly about her relationship with Hefner, the other girls in the house and her biggest life lessons. In our [exclusive celebrity interview](#) with the reality TV star, now author, she expresses that she wishes this book will help other young women in bad

relationships and hopes they learn from her mistakes.

## Reality TV star reflects on her past

The former *Girl Next Door* has certainly moved on from her Playboy days. She has been married for two years and is mom to two-year-old daughter, Rainbow. Madison shared that she is happy to have such a supportive husband who is proud of her for telling her story.

After her [celebrity break-up](#) with celebrity ex Hefner, Madison did her best to stay quiet about her time in the mansion, “I didn’t want to talk about anything *Playboy* related because I felt like that was going back to it and I wanted to get away from it, but there is no getting away from it. It’s the elephant in the room that never goes away.”

It’s been seven years since she’s lived in the mansion and Madison now feels like she has a lot of hindsight behind her. This is why she decided to write the book now, “I have a lot more growth and insight as to what I was thinking at the time, and why I made some of the decisions I made, so I definitely wanted to share that with people.”

**Related Link:** [Holly Madison Discusses Baby Names and Wedding Plans – Right Before She Heads to the Hospital!](#)

## Her Relationship with Celebrity Ex Hefner and the Other Girls

Madison was Hefner’s girl for seven years, and throughout that time, she felt like she did everything she could to make it work saying, “I always tried to make the best of the situation, you know, I always tried to do my best as a girlfriend and make that relationship work.”

Her celebrity ex, Hefner recently had something to say about the release of Madison's memoir saying that she "chose to rewrite history" to "stay in the spotlight," but Madison says that she didn't have an ax to grind. She says she never wanted to hurt him or get a reaction from him, "He happens to be a big part of my life story, and I'm telling my story."

Kendra Wilkinson- Baskett and Bridget Marquardt were also a part of Madison's life story, both also being celebrity exes to Hefner. Madison describes her relationship with Bridget as a true friendship saying, "She was a really close friend to me the whole time I was in the mansion and really the only close friend and the only person I really ever confided in."

Unfortunately her relationship with Kendra did not stay as tight. The two had a falling out, which Madison describes as "very dumb." She is saddened that she is not as close with Kendra and said, "The relationships I had with the other girls are very important to me especially after I left the house, because we were the only ones that really shared that experience, and its an experience that weather you are ready to admit it or not, it's a traumatic experience, but I think she's still kind of more team Playboy and if that's what she wants to be that's fine."

Overall Madison says Hefner "was lucky to have us" when reminiscing on her relationship with the *Playboy* founder.

**Related Link:** [Hugh Hefner Says Celebrity Ex Holly Madison Rewrote History](#)

## **Holly Madison's Biggest Life Lessons and Relationship Advice**

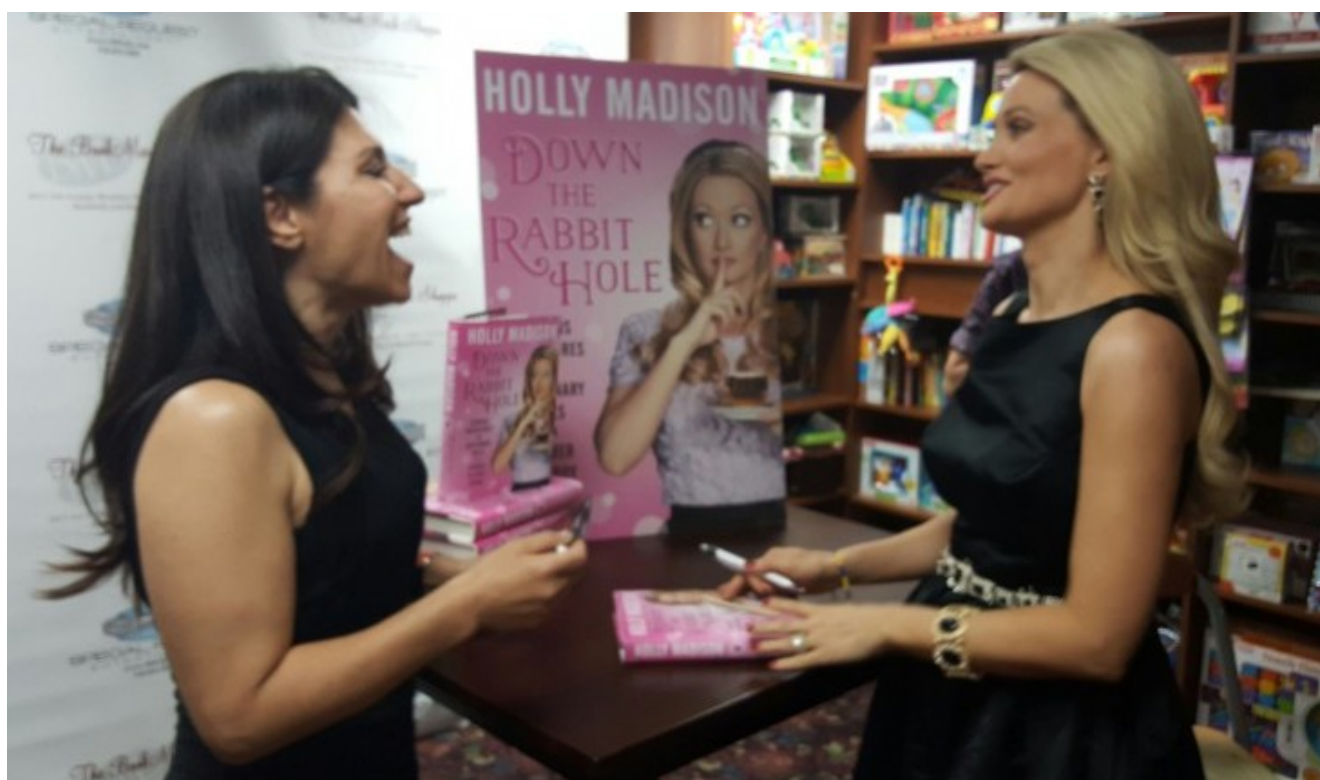
When asked how she will share her past with her daughter, Madison thinks the book will be a great start! She hopes her book will inspire young girls to find healthy relationships

and learn from her mistakes. Madison strongly advises girls to find and love yourself before looking for love in someone else. "In a way its the worst advice because you can't teach anybody how to do that, but it's so important."

Madison is hoping to write a second book on the topic of relationships and love, so be on the look out for that!

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## Love Advice: How To Increase Your Chances Of Meeting The One



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about how to increase your chances of meeting The One. Check out their best love advice in the video above!

## Relationship Experts Discuss How To Increase Your Chances of Finding Love

Finding a relationship and love isn't always easy. With that thought in mind, dating experts believe that there are things you can do to actively attract the right person. Consider these three dating tips if you're ready to find your soul mate:

**1. Pay attention to the people in front of you:** Instead of looking online or through an app, start to notice the people you see every day. Maybe it's time to ask out that guy from the coffee shop!

**Related Link:** [Dating Experts Give First Date Tips](#)

**2. Be thankful for the dates you do have:** Show some gratitude for the dates that you're going on. Even if he's not the right man for you, you can still appreciate the time you spend together. Remember that you can learn something from everyone you meet!

**Related Link:** [Expert Dating Advice: How to Find True Love Fast](#)

**3. Give yourself permission to have the love you really desire:** If you're clear about your wants and needs, then you'll be one step closer to finding your soul mate. Still, you don't want to make a long list of impossible expectations. You're trying to *attract* the right man, not detract the right man!

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

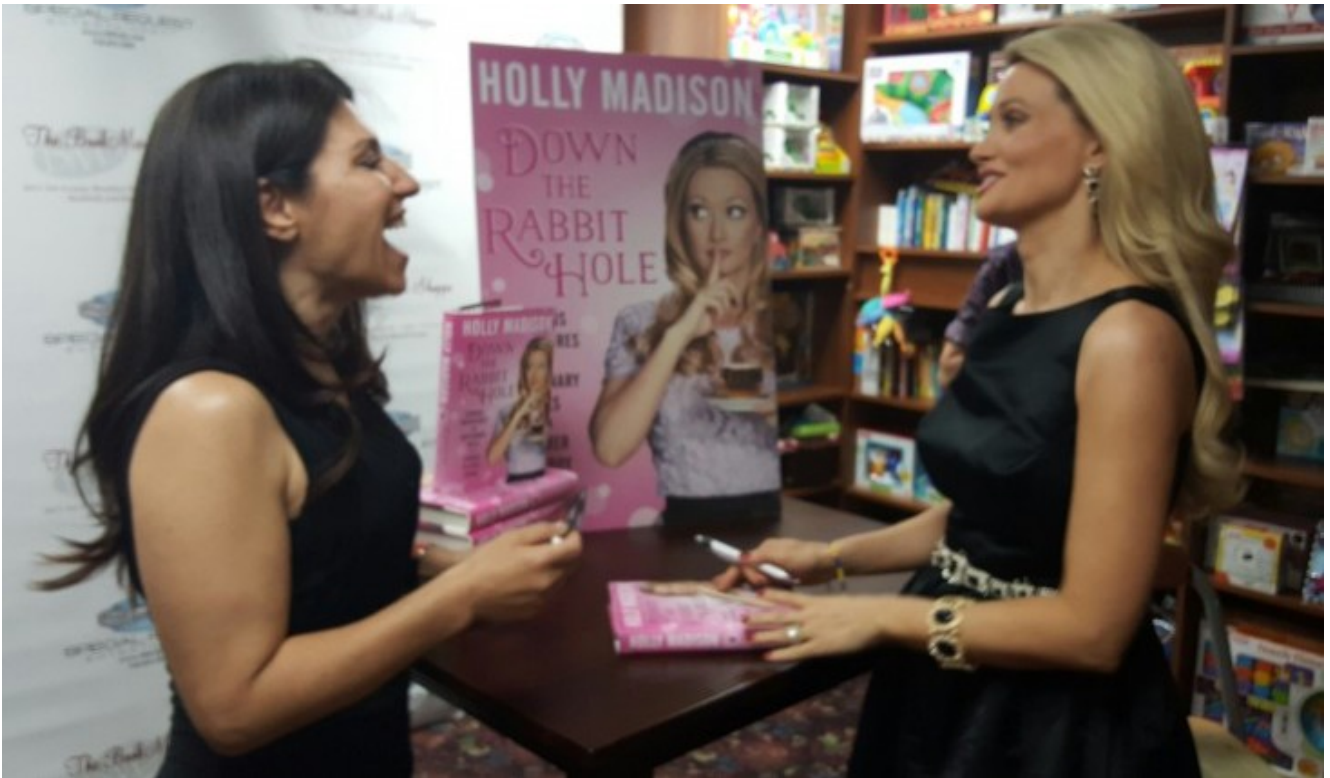
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**What's your best love advice for attracting The One? Tell us in the comments below!**

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# **Reality TV Newcomer Chantelle Fraser Talks Relationship Status & Blood, Sweat and Heels Finale**





Interview by [Lori Bizzoco](#). Written by Jenna Bagcal.

On this season of the Bravo reality TV show *Blood, Sweat and Heels*, fans welcomed newcomer Chantelle Fraser to the show's cast. The UK native and founder of Flawless NYC made her television debut on the popular show and forged strong friendships and even some rivalries along the way. In this [exclusive celebrity interview](#), CupidsPulse.com Executive Editor Lori Bizzoco caught up with Fraser who shared details about her time on the show, who she's dating, and what's next for her.

## Reality TV Newcomer Discusses Her Experience on the Show

Fraser joined the cast of the Bravo reality TV show in its second season, and cites her experience on the show as "surreal." She reveals, "Well it's obviously surreal watching yourself on television, especially because I haven't been on television before, seeing myself *being* myself. So that's always interesting." Fraser adds that she was pleased with how she portrayed herself, but wished that the show reflected more

depth regarding disputes between cast members.

**Related Link:** [‘Blood, Sweat and Heels’ Reality TV Star Brie Bythewood Says, “I Don’t Know How to Be Anyone Other Than Me”](#)

One of Fraser’s biggest disputes this season was between herself and fellow cast member Demetria Lucas D’Oyley. Fraser says that the feud between the two women was not portrayed as well on the show. “Me and Demetria had a bit of beef on the show and I kind of felt like it didn’t really reflect what truly went down from the cut, which was unfortunate,” she says. Currently Fraser confirms that the two women “don’t have a relationship” after the events on the show transpired.

Despite this feud however, the young businesswoman says that she has formed great friendships with some of her fellow cast members including Geneva Thomas and Daisy Lewellyn, both of whom she speaks with regularly.

## **Bravo Star Shares Relationship Details and What’s Next**

Before appearing on *Blood, Sweat and Heels*, the reality TV star was romantically linked to Mario Singer, the ex-husband of Ramona Singer from *Real Housewives of New York*. Rumors surrounded Fraser and Singer, who were reportedly believed to be a celebrity couple. However, Fraser revealed that she is currently in a celebrity relationship with one of her ex-boyfriends. She shared that she and her current flame, who is a New York City lawyer, have been dating since the show wrapped almost one year ago and that fans can “forget the rumors” that she and Singer are an item.

**Related Link:** [Celebrity Video Exclusive: ‘Blood, Sweat and Heels’ Star Geneva Thomas Moments Before Brawl with Melyssa Ford](#)

Although she has had a mostly positive experience on the show,



she says that being in the cast presented challenges as well. “The biggest struggle I think is staying focused on day to day business activities because people want to pull and push you in different directions. It’s great, but at the same time I still need to keep an eye on my business.”

A new project that the entrepreneur is currently working on is *flawless-living.com*, which she says is a weekly website that is “focused on self development.” Fraser shares “My goal is to be the best version of myself, and I know that it’s the the goal of many other people too. It’s a journey, so we’ve enlisted experts in nutrition, health, wellness, beauty and love.”

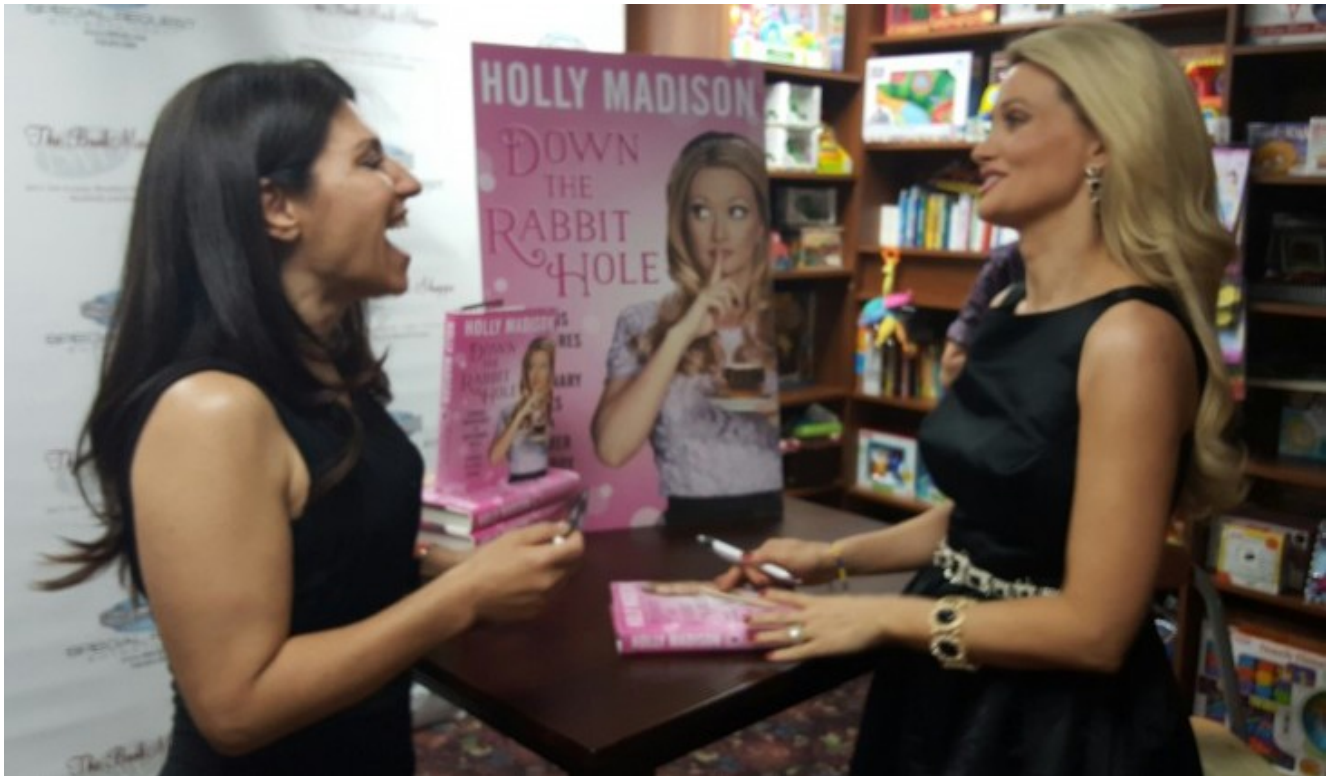
After five months of filming, Fraser says that being on the show is better than she imagined. She reveals that the positive feedback from the media as well as the support of her fans have been “overwhelming.” She also adds, “I’m all about growing and learning. By watching myself on TV for better or for worse, I can grow and I can learn.”

*Catch up with Chantelle on Twitter @chantyfraser.*

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## Dating Experts Give First Date Tips





On this week's [Single in Stiletto](#)s show, matchmaker Suzanne Oshima and dating expert Des O'Connor discuss first date tips for women.

## Relationship Advice Video Reveals First Date Tips

Women often go on a first date and expect to have a connection right away. However, that doesn't always happen. According to this [relationship advice video](#), these two dating experts believe that chemistry can grow over time. Don't decide if you'll go on a second date based on your initial feelings or lack thereof. If your date has potential, then plan a second date – you don't know where it will end up!

**Related Link:** [Why Are You Single? Dating Experts Answer That Dreaded Question](#)

As these relationship experts say, you need to have a plan in place when you go on a date. Make sure you don't talk too much about yourself. Guys are turned off by that. Instead, ask

questions and show an interest in what your date does. First dates are kind of like an interview process for a relationship and love, so make sure the date is interesting! When in doubt, just remember that you can't change a first impression.

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

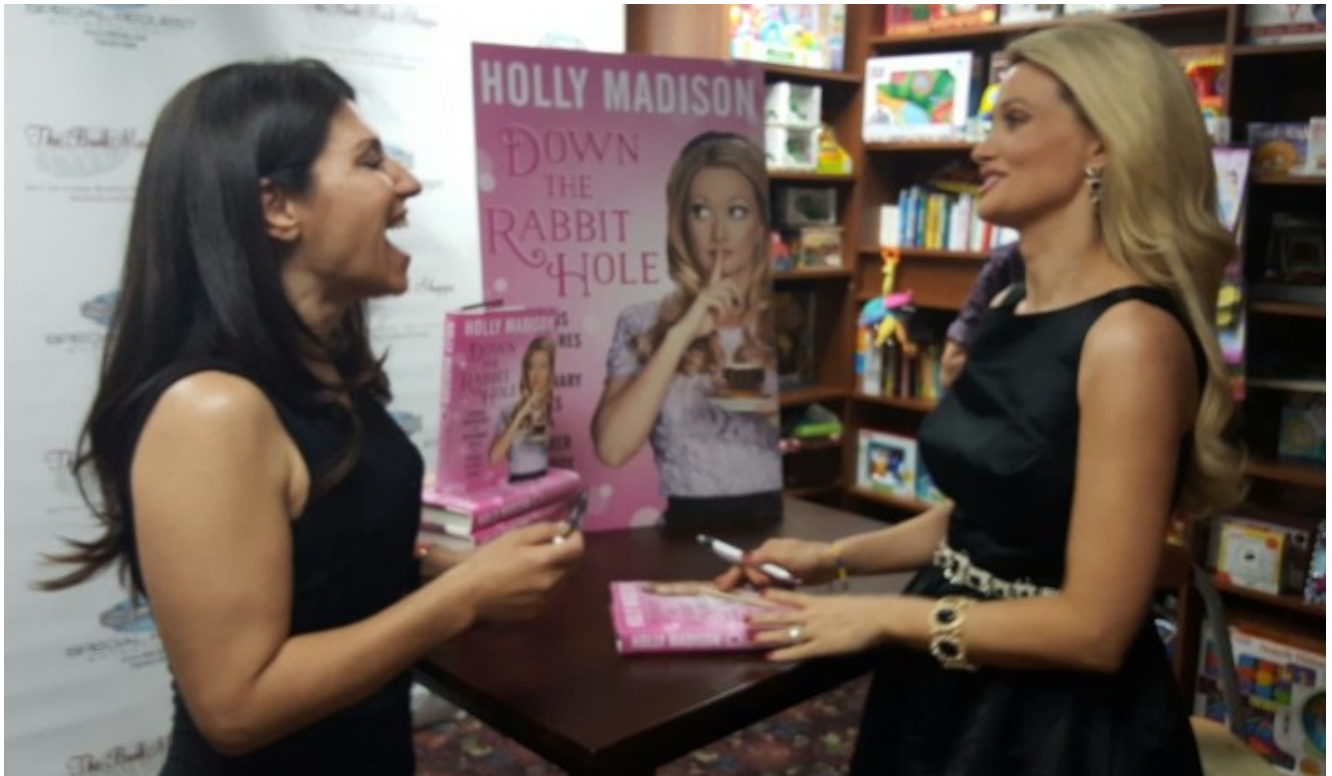
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**What first date tips do you have? Tell us in the comments below!**

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## **Dating Expert Shares Number One Rule of Successful Online Dating**





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses the rules of online dating.

## **Dating Expert Laurel House, part of E!'s 'Famously Single' Talks About Being Honest In Your Online Dating Profile**

If you've ever tried online dating, then you know how hard it is to create the perfect profile. But don't worry, because relationship author and dating expert Laurel House shares her best love advice about the number one rule of successful online dating. "Make sure your online dating profile is honest!" she shares. In this week's relationship advice video, the dating expert will help you understand how to turn off the wrong partner while simultaneously turning on the right one.

**Related Link:** [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

The relationship expert believes that “the most essential but often ignored strategy when it comes to online dating is elimination.” This means that you need to focus on turning people away who you would never be interested in to begin with. “You can try to narrow your reach within the preferences section, but many people don’t actually look at those preferences,” House shares. They also don’t address some of the more important particulars, including the personality traits. If you have a sarcastic side, be sure to mention that! Honesty is the number one rule of online dating.

One of the benefits of online dating is that you are able to expand your reach, but you don’t want to attract the wrong people. “You need to take a proactive approach,” the dating expert says. “If you say you are a lover of the finer things in life, guys who can appreciate and afford those things will find that a turn on. Men who are turned off by a woman who likes expensive things will not contact you. And that’s a good thing.” At the end of the day, you want to find somebody who understands and shares your lifestyle preferences. “You’re not there to please everyone,” House says. “You’re there to weed out the ones who might take issue with elements of who you are and what they’re expectations are of you.”

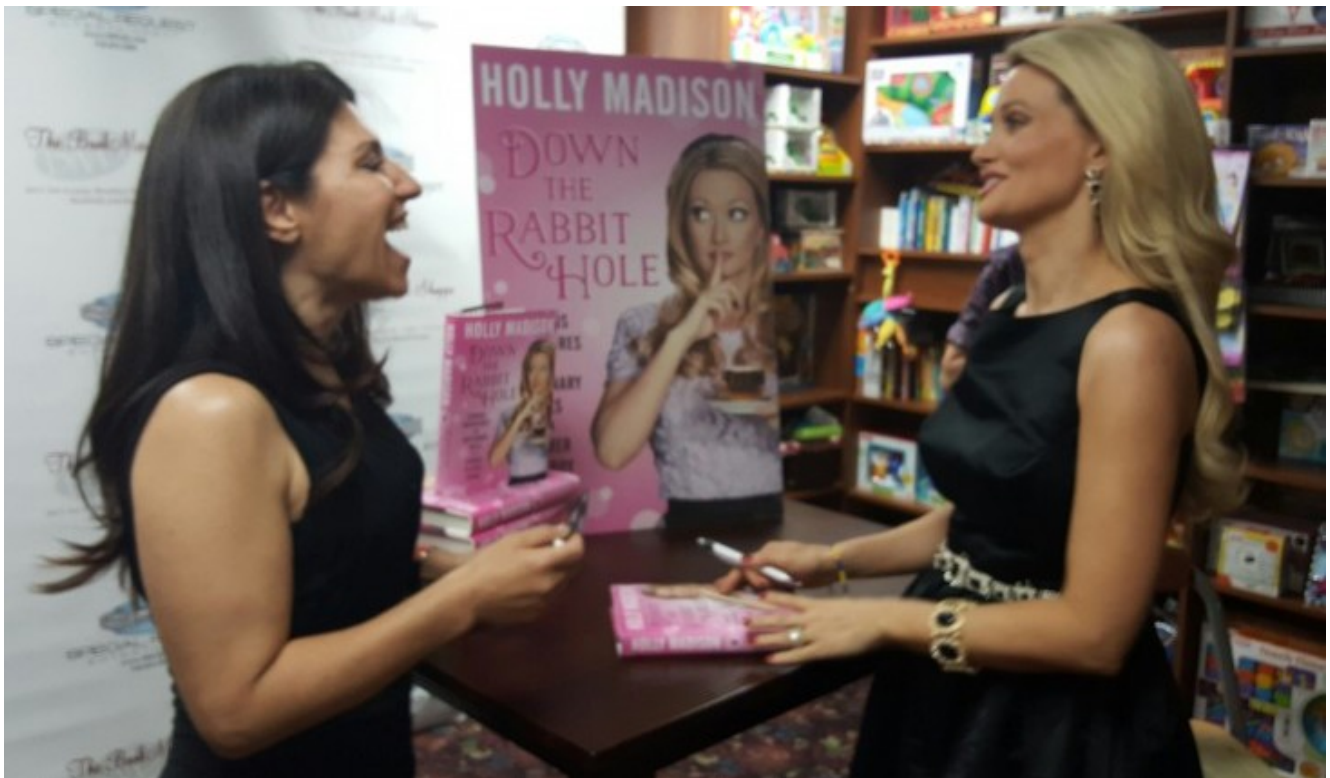
*For more relationship advice videos from House, click [here](#).*

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

**What do you think the number one rule of online dating is? Tell us your story below!**

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# Celebrity Video Interview: Tim Gunn Talks First Date Fashion and Summer Trends



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).  
Make it work! Whether it be in relationships and love or the latest fashion trends, Tim Gunn's catchphrase holds true. The Emmy award winning co-host for Lifetime's *Project Runway* shares where to go on a first date and what he's most excited about for the new season of the hit fashion show. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the fashion expert about summer trends and all things *Project Runway*. You don't want to miss this celebrity news!

**Related Link:** [Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards](#)

## **Tim Gunn Talks First Date Looks and Summer Fashion Trends**

First dates can be nerve-racking, but you shouldn't worry about what to wear or where to go. "Dress up!" Gunn exclaims. "Dressing up says 'I want you to see the best of me.' It's about respect for yourself and the person you're dating." When it comes to finding the perfect first date outfit, Gunn has three essential elements that need to be balanced: Silhouette, proportion, and fit. "When those three elements are in harmony, you will look fabulous no matter what you're wearing," he says.

Choosing a location is also very important when it comes to the beginning of a relationship and love. Gunn's love advice is to always go out to eat. "I believe that a first date should be a meal, because you need to know how they interact with the waitstaff, what table manners they have, and how they interact with you during a meal," Gunn shares. "I think it's all telling."

**Related Link:** [OWN Star Kiki Haynes Shares Love Advice: "If the Heart Behind It Isn't Genuine, Then I'd Rather Not Have It"](#)

If you're going out this summer, then remember that accessories are more important than apparel this season. Whether it's a new hat, eyewear, or wedges, accessories work with many different looks. Also keep in mind that '70's Bohemian is coming back, so splash into summer with this revived look. "Independent of trends, there is something for everyone," Gunn shares. "Think about what's in your closet and what will enhance it. And always try it on! Under all circumstances, make no assumptions about fit."

# Fashion Icon Discusses *Project Runway*

If you're eagerly awaiting the new season of *Project Runway*, then you'll love to hear that filming for season 14 starts in a few days. Unfortunately, this season Gunn was not able to go on the auditions to see the broad range of talent. However, he did get to look over the new contestants that were chosen. "I'm excited about working with them, they have a lot of personality," he says. "I hope they don't cancel each other out with that personality!"

But being on a show for this long doesn't mean it's perfect. Gunn says that if he had to change one thing, he would like to be in the workroom when the designers fit their models. "I've never seen so much delusion presented to me," he says. "I'm always asking how the fittings went and invariably it's 'Oh, they were great.' Then, I look at the work on the runway and I'm like 'What? Is there a new definition of the word great?'"

You can keep up with Tim on Twitter @TimGunn and [www.facebook.com/TimGunn](http://www.facebook.com/TimGunn).

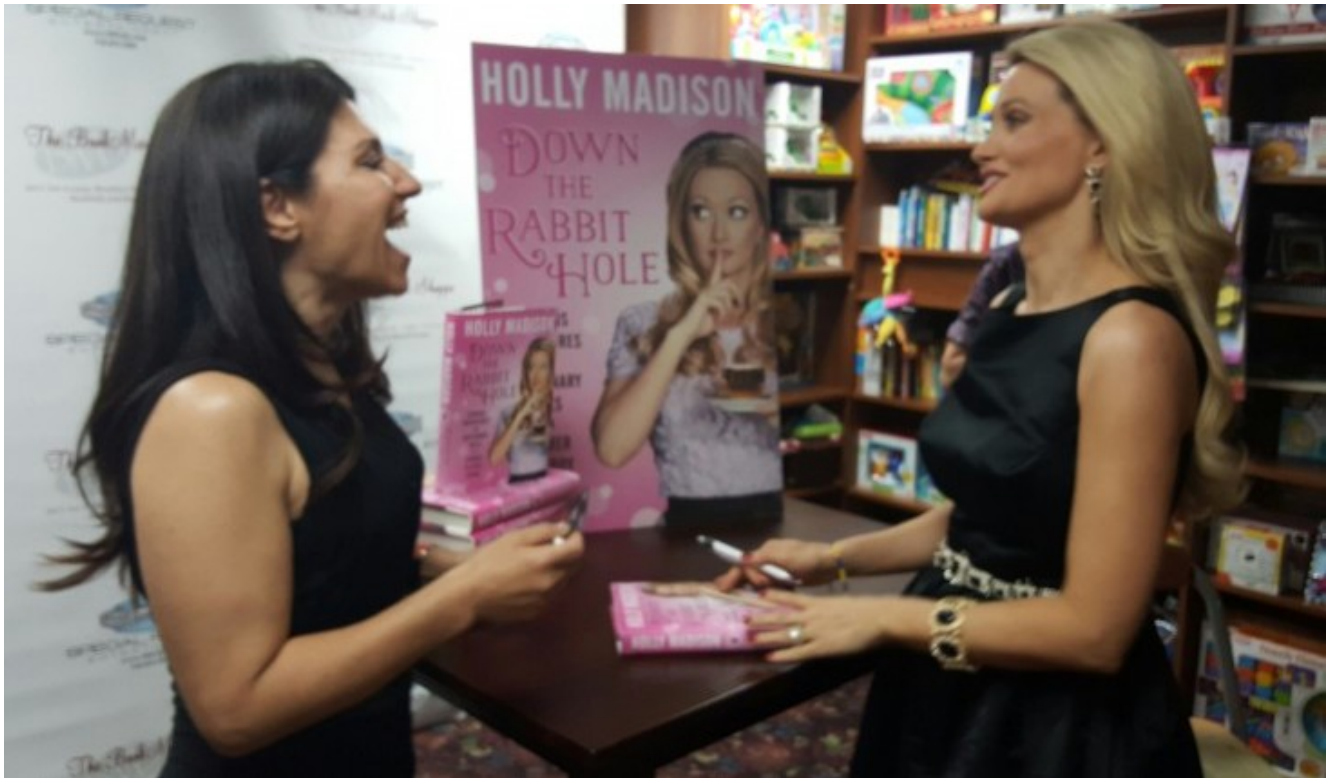
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## Why Are You Single? Dating Experts Answer That Dreaded



# Question



In this relationship advice video, matchmaker and [relationship expert](#) Suzanne Oshima talks to relationship author Tinzley Bradford about how to answer the dreaded question, “Why are you single?”

## Dating Experts Reveal How to Handle a Dreaded First Date Question

When you’re on a first date, the question about why you’re single is bound to come up. Dating experts say that this question will immediately bring down the energy of the date, and you’ll find yourself searching for the best way to answer it. So, here are some great tips to get past this

dreaded question with confidence:

**Related Link:** [Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!](#)

**1. Take a lighthearted attitude and use humor.** The worst thing you can do is get defensive when someone asks you that question on a date. Be lighthearted, laugh, and ask the question right back. After all, they're single, too!

**2. Let them know that you don't want to be in a relationship for the sake of being in a relationship.** Make sure your date knows that you want to find the right person to be part of your life; you don't want to be with just anyone.

**3. Be honest and tell them you haven't had the chance to focus on a relationship until now.** You can be honest and tell your date that dating hasn't been your priority because you've been busy with other things, like your career.

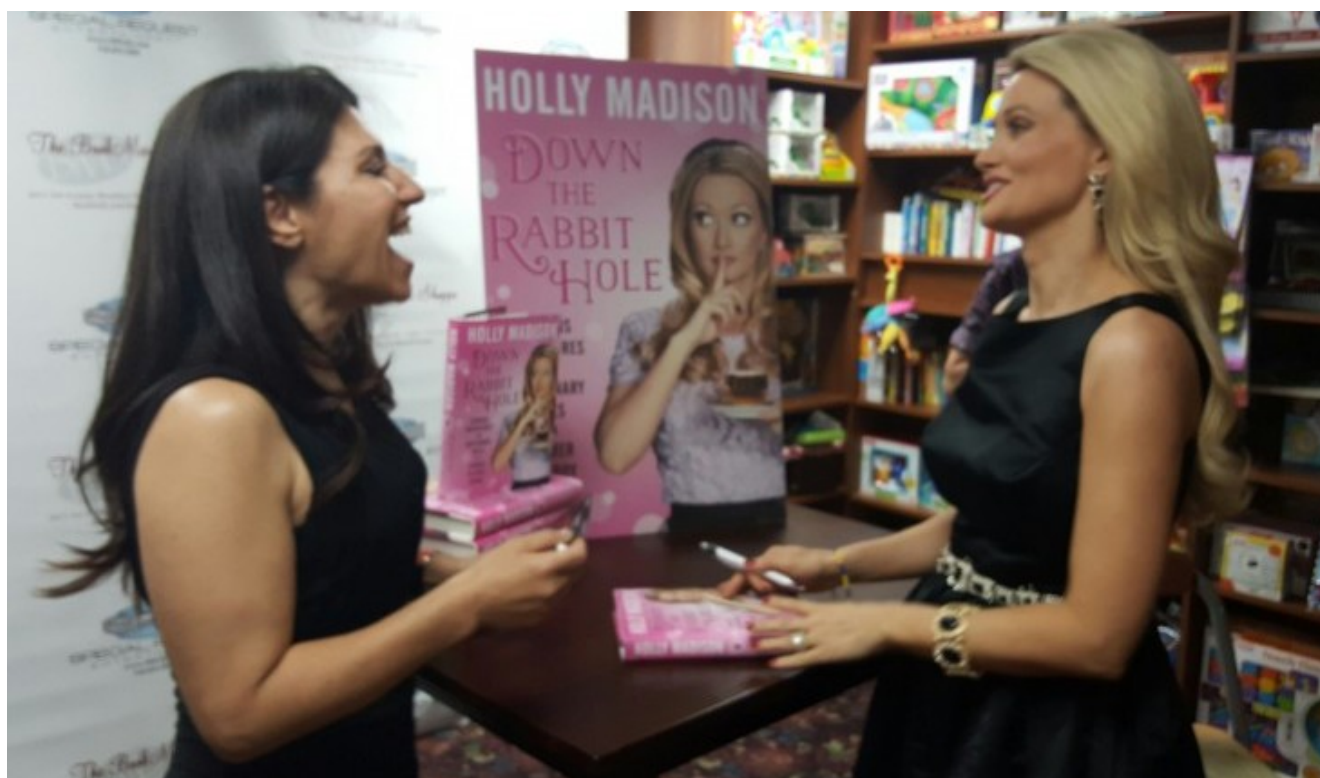
These dating experts say it's inevitable that you will get asked this question at some point, but it's important to not get insecure. Instead, use your sense of humor and put a positive spin on it. And then...you can change the subject to a topic that makes you feel more comfortable!

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

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# Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards



By [Rebecca White](#)

Home improvement and lifestyle expert Kelly Edwards shares all of the ins and outs of designing and redecorating your home for the summer season in our exclusive celebrity interview. Moving in together is a big step for any relationship and love, and tackling the design process can be daunting. Don't fret though! In our [celebrity video interview](#), Edwards chats about how to compromise if your design styles don't match up and how to save money and stay on a budget. Plus, she shares the piece of love advice that helps keep her 11-year marriage strong.

**Related Link:** [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: “We Carve Out Time for Each Other”](#)

## **Kelly Edwards Shares Love Advice For Decorating and Design In Celebrity Video Interview**

If you're moving in as a couple and your design styles don't match up, compromising is the best solution. Take a cue from Edwards' own story: “I had a coffee table that my husband hated, so I told him if we put it in the space and he still hated it after 30 days, then he could take it out,” she says. “Well, 30 days later, he forgot it was even there. I got to keep it! Now, he's in love with it, and it looks amazing.”

Don't be scared of the design and decorating process – you don't have to do it all at once. “It should happen over time,” the lifestyle expert explains. “You should have a curated space that's all you, and you've found pieces along the way from traveling or picking it up together as a couple.”

You can also save money while designing your home by having some do-it-yourself pieces. “I love to say that, if it has good bones and good structure, then you should keep it,” she says. “You should have things in your home that you love.”

**Related Link:** [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

## **Lifestyle Expert Talks Relationships and Love**

It's no surprise that Edwards and her husband – a photographer – both travel a lot. “We both travel often, so I say that's the key to happy marriage,” she shares in our celebrity video interview. “We travel together and separately too.”

Being in a relationship and love for over a decade is no easy task! Edwards' love advice for a lasting partnership is to find an interest you can share. "Have a hobby you like to do together, so you're always falling in love with something new," the HGTV star says. "[My husband and I] are big foodies, and we love to travel, so every time we go to a place we haven't been before, we can experience that together. We're creating memories, so later on, no one else has that particular memory but us."

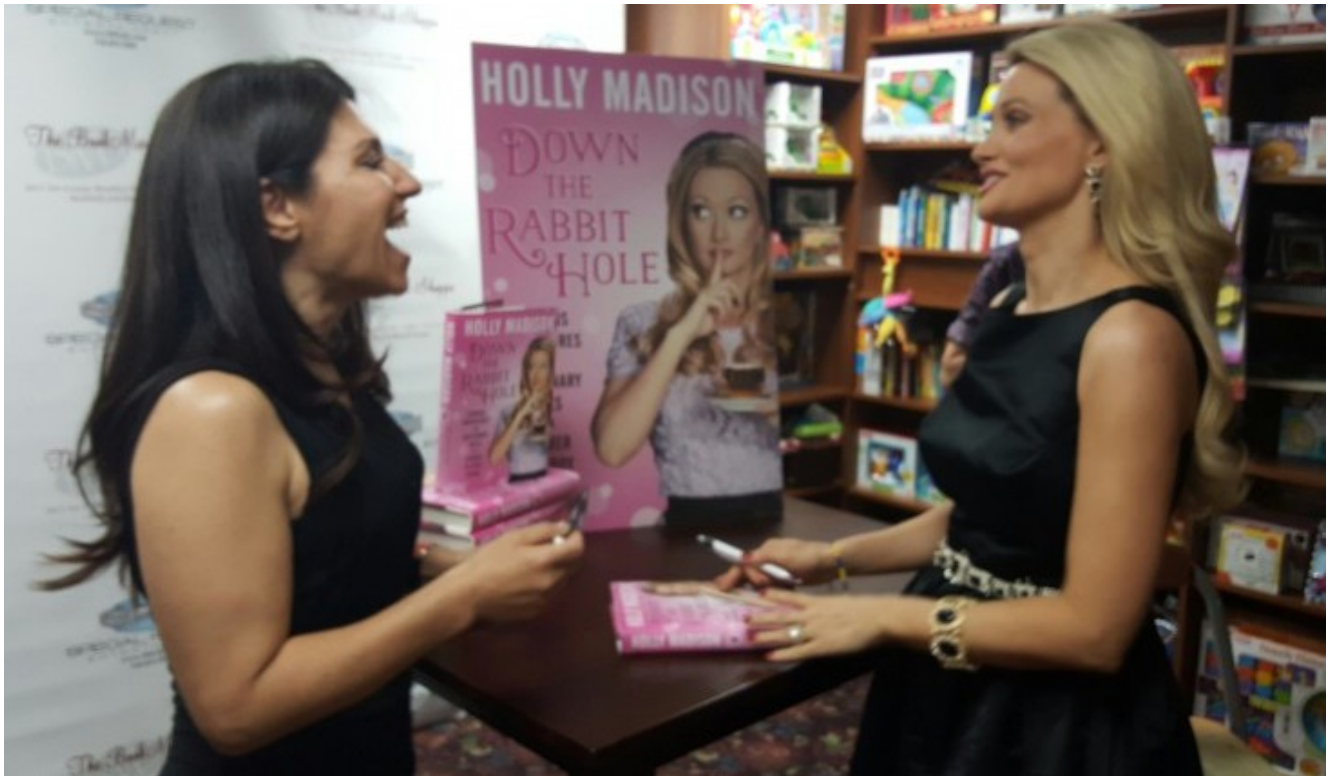
You can keep up with Kelly on Twitter @KellyEdwardsInc and her website, <http://kellyedwardsinc.com/>.

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**Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!**





Relationship advice video, matchmaker Suzanne Oshima talks to relationship author Robert Manni about how to improve your chances of finding love.

## Relationship Advice Video Gives Tips On Finding Love

We all know that finding someone special isn't easy. If it were, then everyone would be in love, right? In this [relationship advice video](#), these dating experts agree that, with these four tips, your chances of finding a relationship and love will increase.

**Related Link:** [Expert Dating Advice: The Secrets Men Will Never Tell You](#)

**1. Put the gadgets away:** Your cell phone, computer, or tablet is creating a barrier between you and any man that wants to meet you. By holding your phone or looking at your laptop in a coffee shop, it seems like you're busy and don't want to be bothered.

**2. Pay attention:** It's important to pay attention and be fully present. Notice the men around you and be open to meeting them organically.

**3. Get real:** Be realistic and clear about who you are and what you're looking for. Once you know what you want, don't focus on a long list of "must haves." If you do, you'll be single for a long time!

**4. Reach out:** If you had a great time, it's important to acknowledge and follow-up after the first date. Be available and don't wait too long to schedule the second date. You don't want him to lose interest.

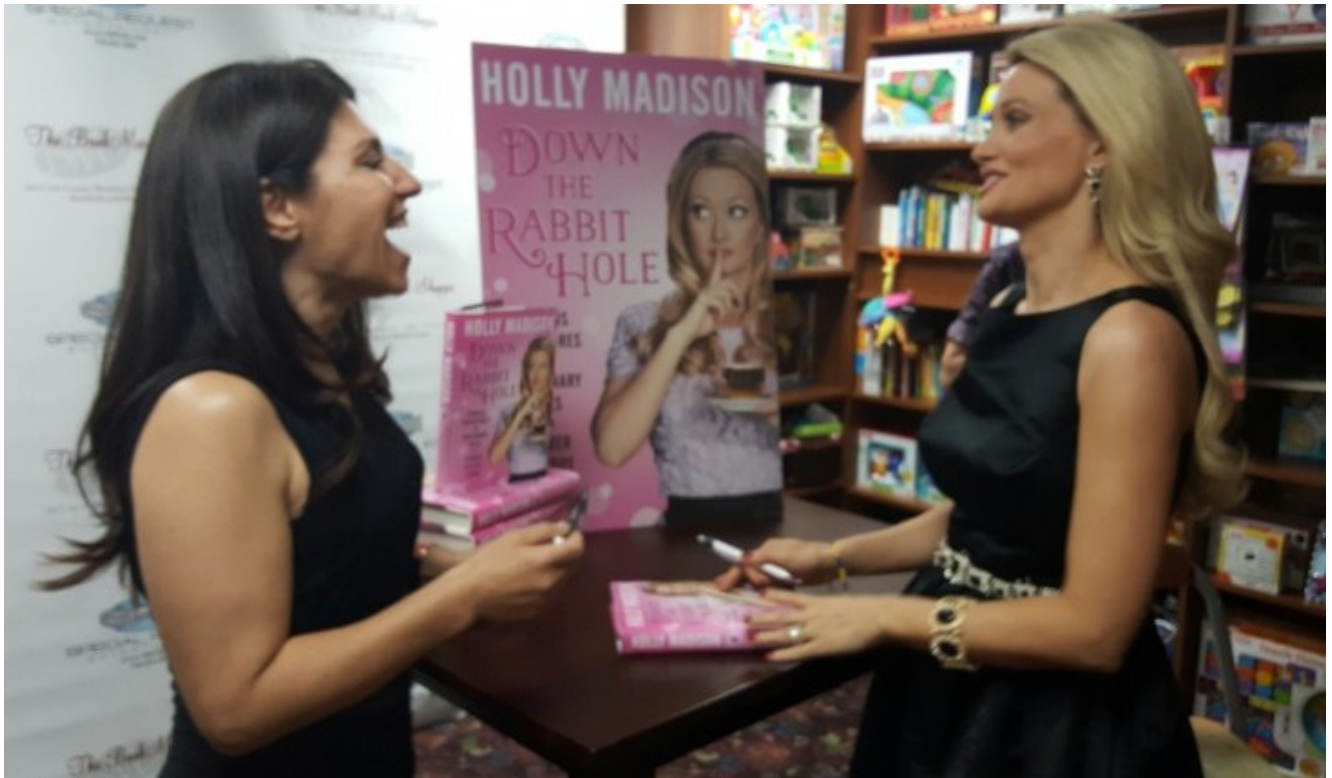
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## Relationship Expert Shares Best Love Advice for How To Break Up Over Email





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

## **E!'s *Famously Single* Laurel House Shares Love Advice On Breaking Up Over Email**

The dating expert believes that, if your relationship meets these three qualifications, then an email break-up is the way to go: You've been dating for less than six months; you're not



living together, and you haven't said I love you. Or if your relationship can be described by one of these circumstances, email is the best way to end it: It's a long-term digital relationship; you're unable to connect with your partner in another way; he's truly an asshole who cheated on you or conned you; or he's dangerous.

**Related Link:** [Love Advice Video: How To Say Goodbye To Your Ex For Good](#)

An email break-up is best for these romances because "you have the opportunity to explain yourself without being sidetracked." Most likely, the person you're dating is a good person, but you're just not into it. They don't "deserve a hasty brush off because you feel bad." When you write the email, remember that you need to be honest and vulnerable and tell them what's happening in your mind and why it's not working for you. End your email by saying that you'd be happy to discuss it over the phone if they want to.

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

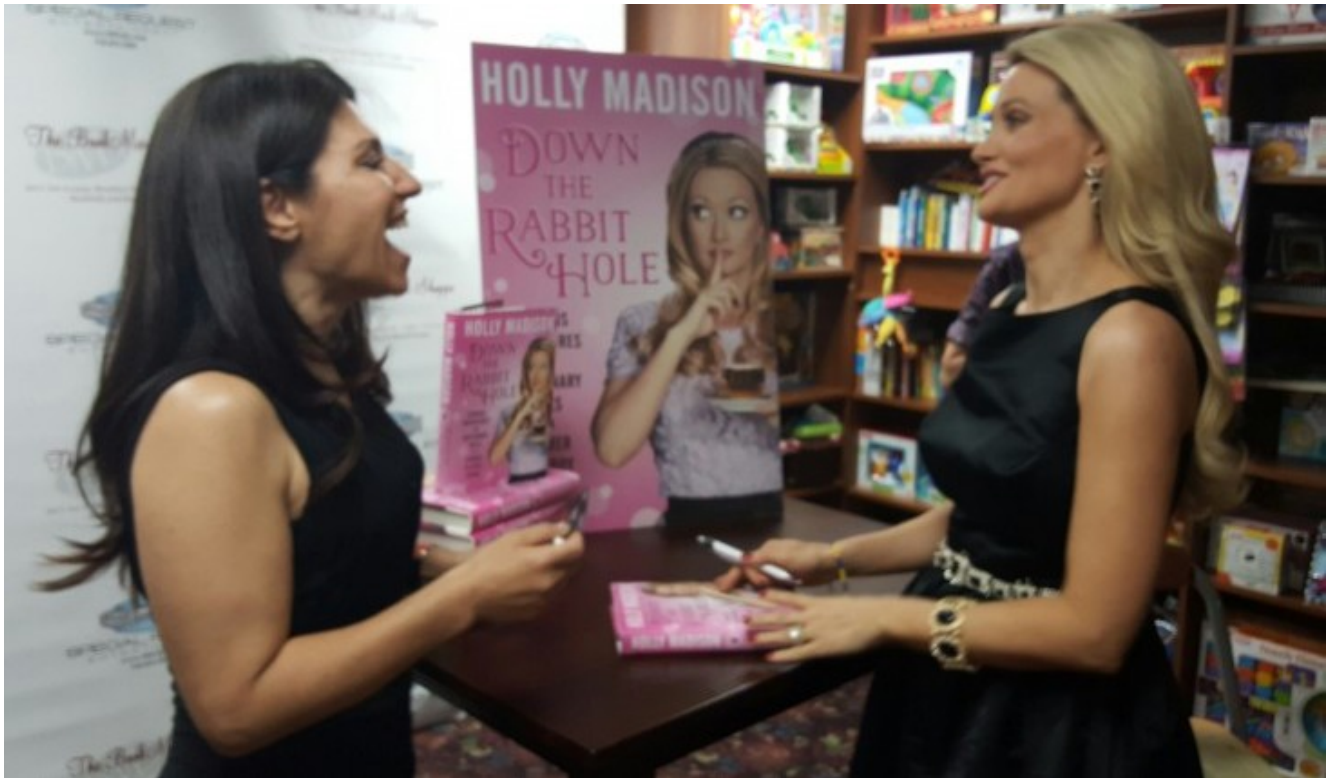
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**Have you ever broken up with someone over email? Tell us your story below!**

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## **Expert Dating Advice: The Secrets Men Will Never Tell**

# You



It's no secret that men and women think and act totally different, especially when it comes to love. According to this expert dating advice, ladies, if you know the things that men will never tell you, it'll help you be more successful in your search for The One.

**Related Link:** [Dating Advice for Attracting an Alpha Male](#)

Here are three secrets that you need to keep in mind:

- 1. Men are afraid to approach you:** They're terrified of rejection, so they'd rather not risk it and not say anything to you at all.
- 2. Men put a lot of pressure on themselves:** They want everything from your first date to your first kiss to be

perfect, so give them a break!

**3. Men can't read your signals:** Just like you don't always understand them, they don't always understand you. They need help understanding your signals, so make your feelings very clear for them.

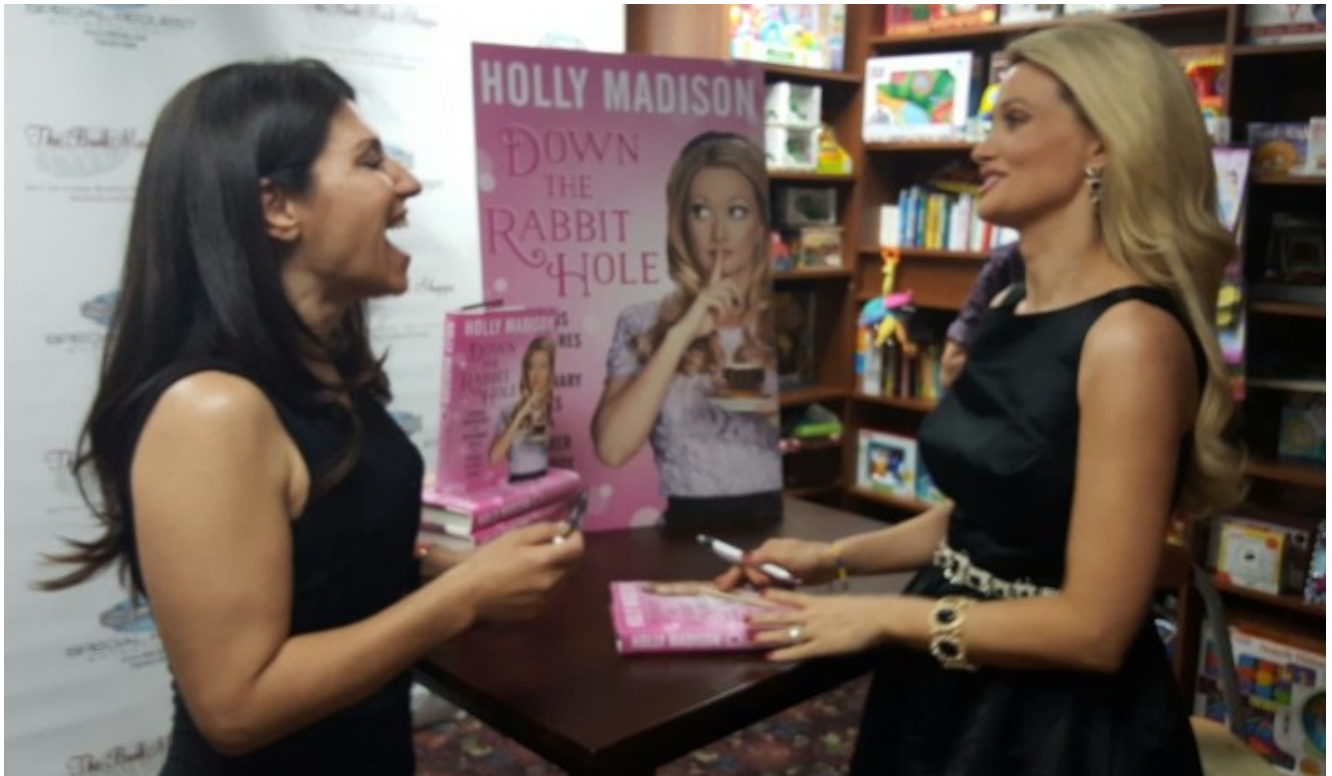
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## Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

**Related Link:** [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

## Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on

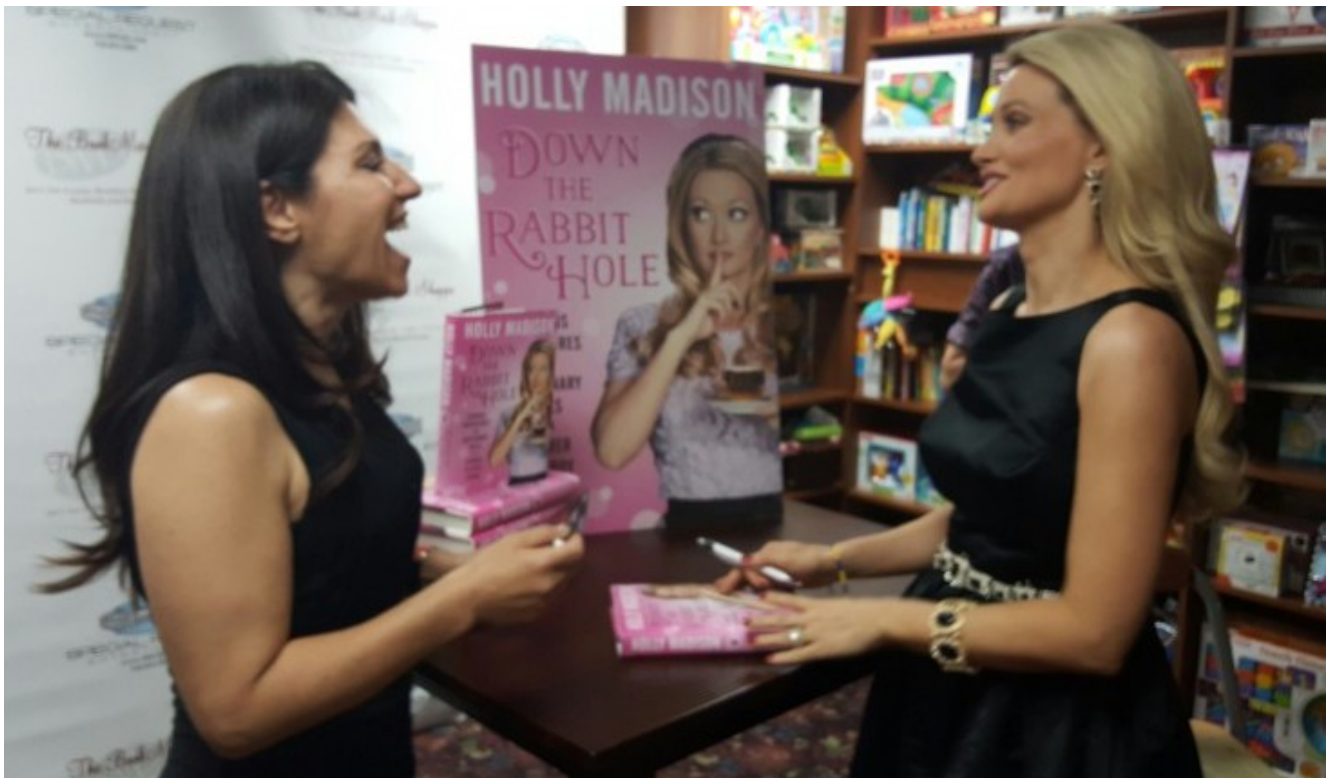
loving you.”

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## Love Advice Video: How To Say Goodbye To Your Ex For Good



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

No matter how nasty the break-up was or how badly your ex

treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

## **E! 's *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex**

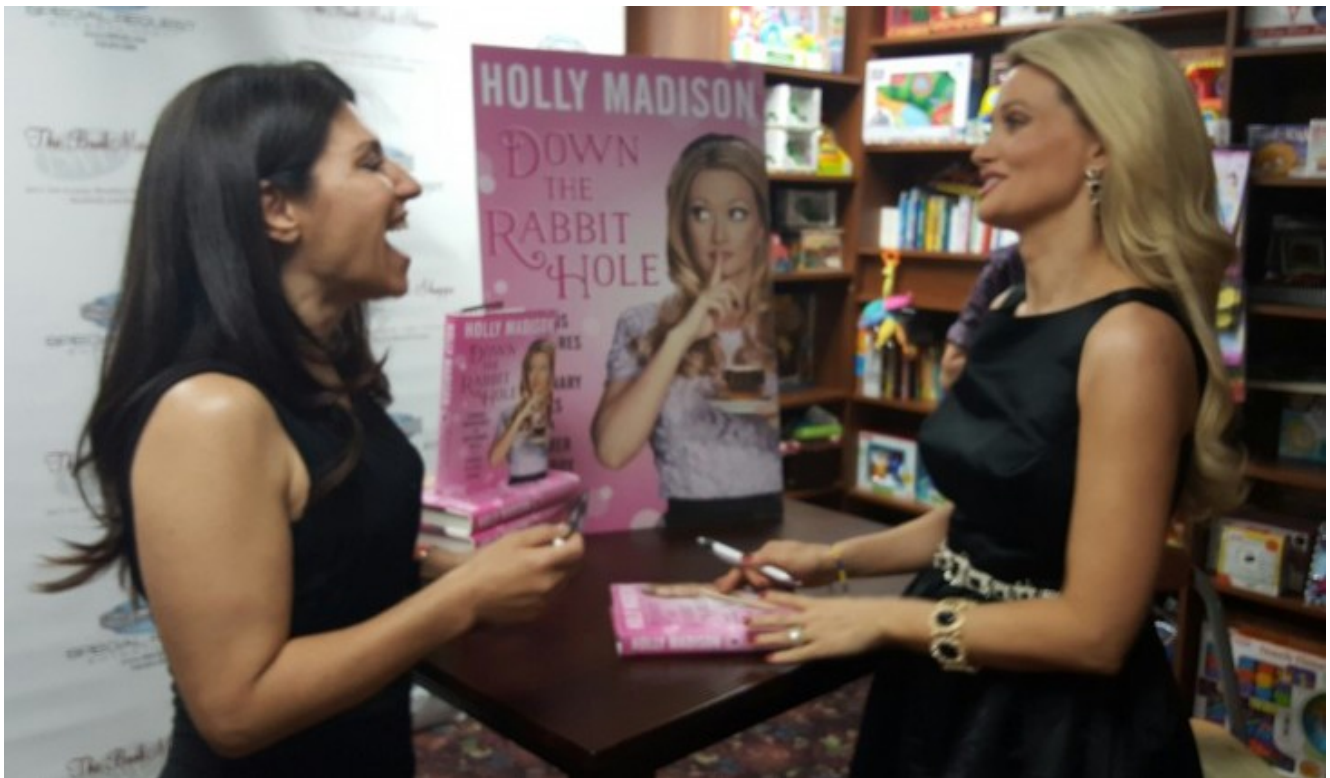
Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of realizing that "it's time to unhook your heart from his." You shouldn't allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by "removing yourself from the triggers that tempt you to go back." Once you do that, you will be able to experience a healthy and real romantic relationship.

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

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

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# Do Men Want to Date Younger Women? Find Out What Dating Experts Think!



On this week's [Single in Stiletto](#)s show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

## Relationship Advice Video Reveals If Men Want to Date Younger Women

Related Link: [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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

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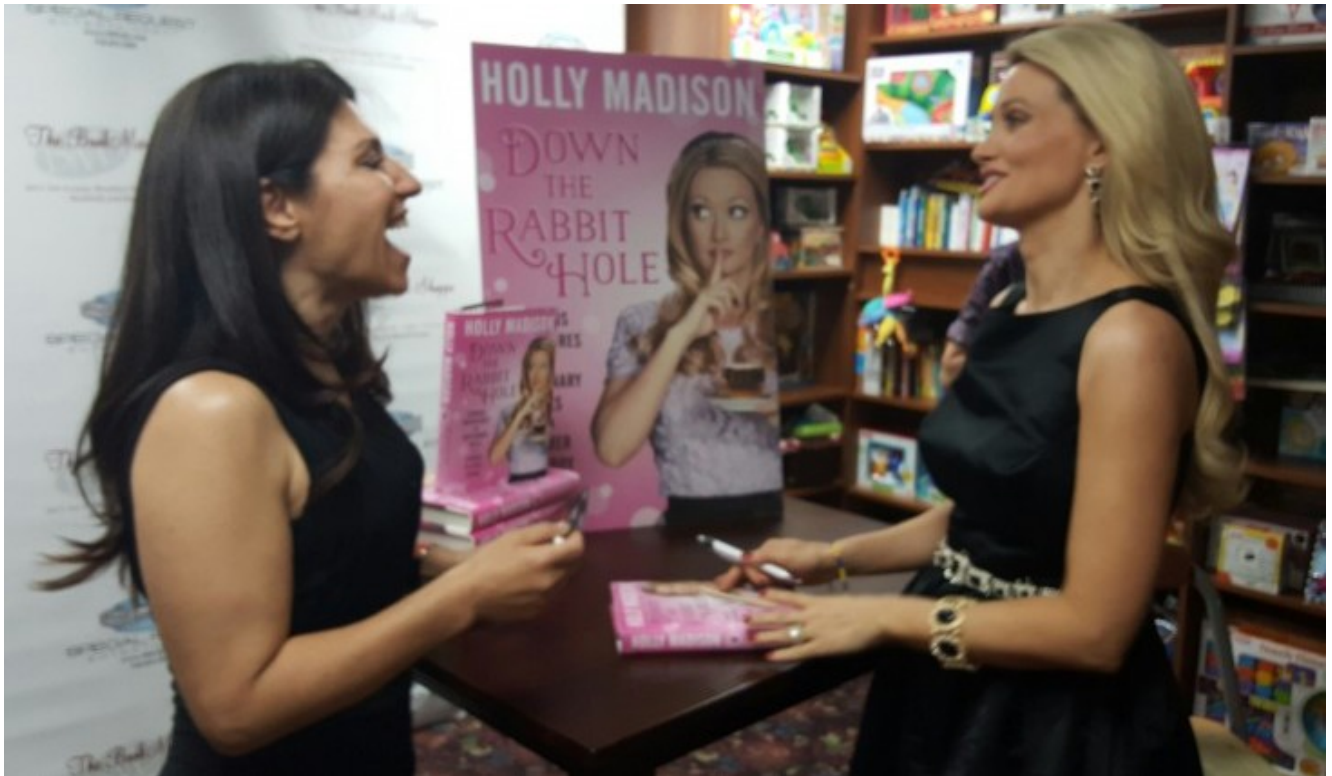
**Do you think men want to date younger women? Tell us in the comments below!**

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## **Expert Dating Advice: How to Find True Love Fast**







Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

**Related Link:** [The Secrets of Meeting Men](#)

## Expert Dating Advice to Help You Find Love Fast

Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

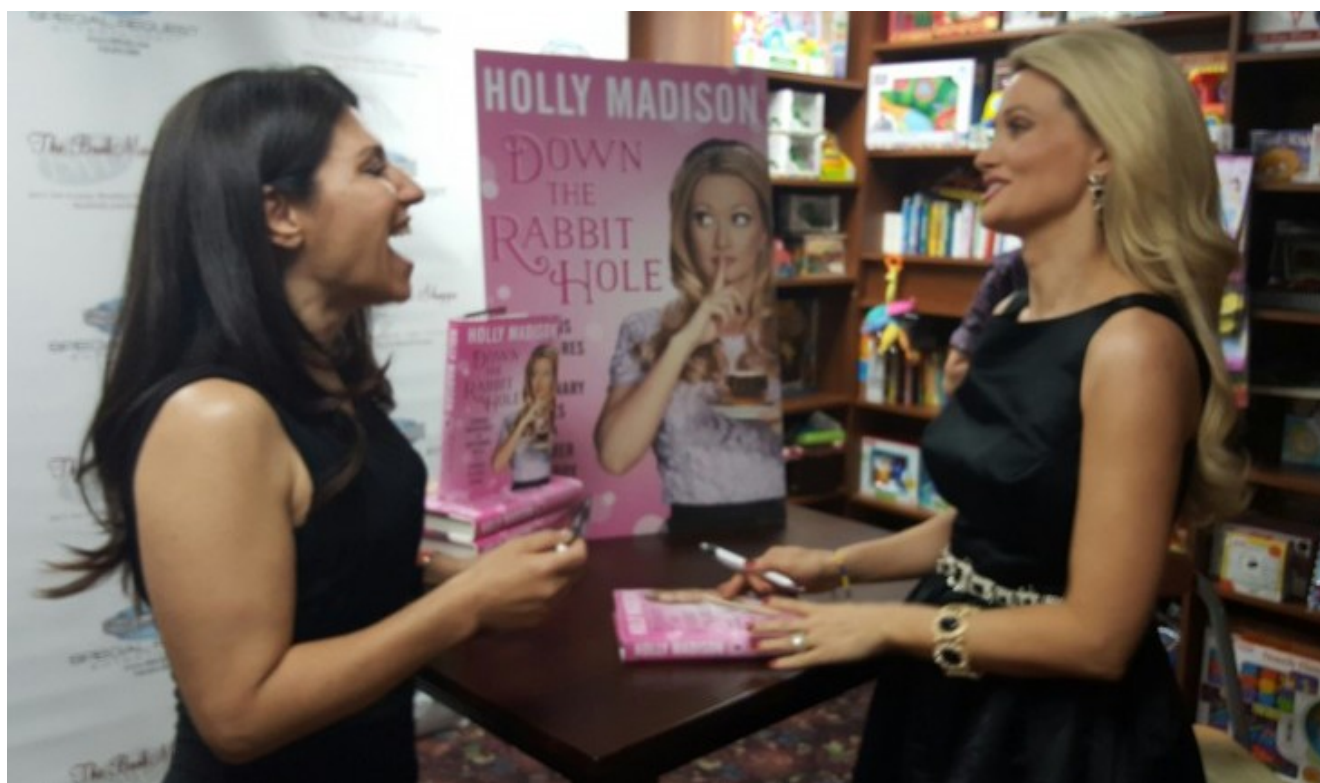
And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

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

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

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## Relationship Advice: How To Get Engaged In A Year!



On this week's [Single in Stiletto's](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

**Related Link:** [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

# Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life. By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

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

Watch the video above for more great relationship advice!

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

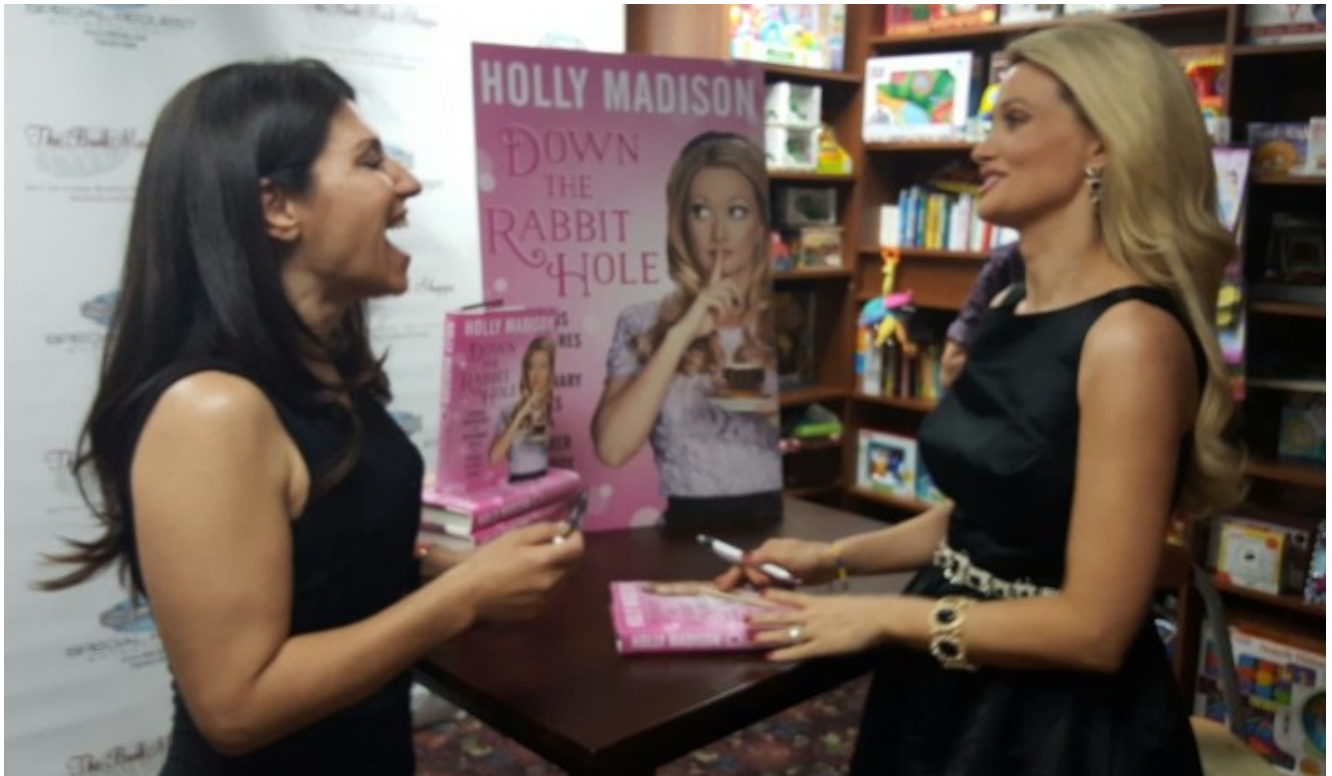
*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What is your best relationship advice to change your dating life? Tell us in the comments below!**

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## Relationship Expert Shares How To Get Over a Breakup





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](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

## **Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup**

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

**Related Link:** [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bumpers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

**Related Link:** [Dating Advice: Create The Person You Want To Be](#)

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.
12. Now you're ready to start dating.

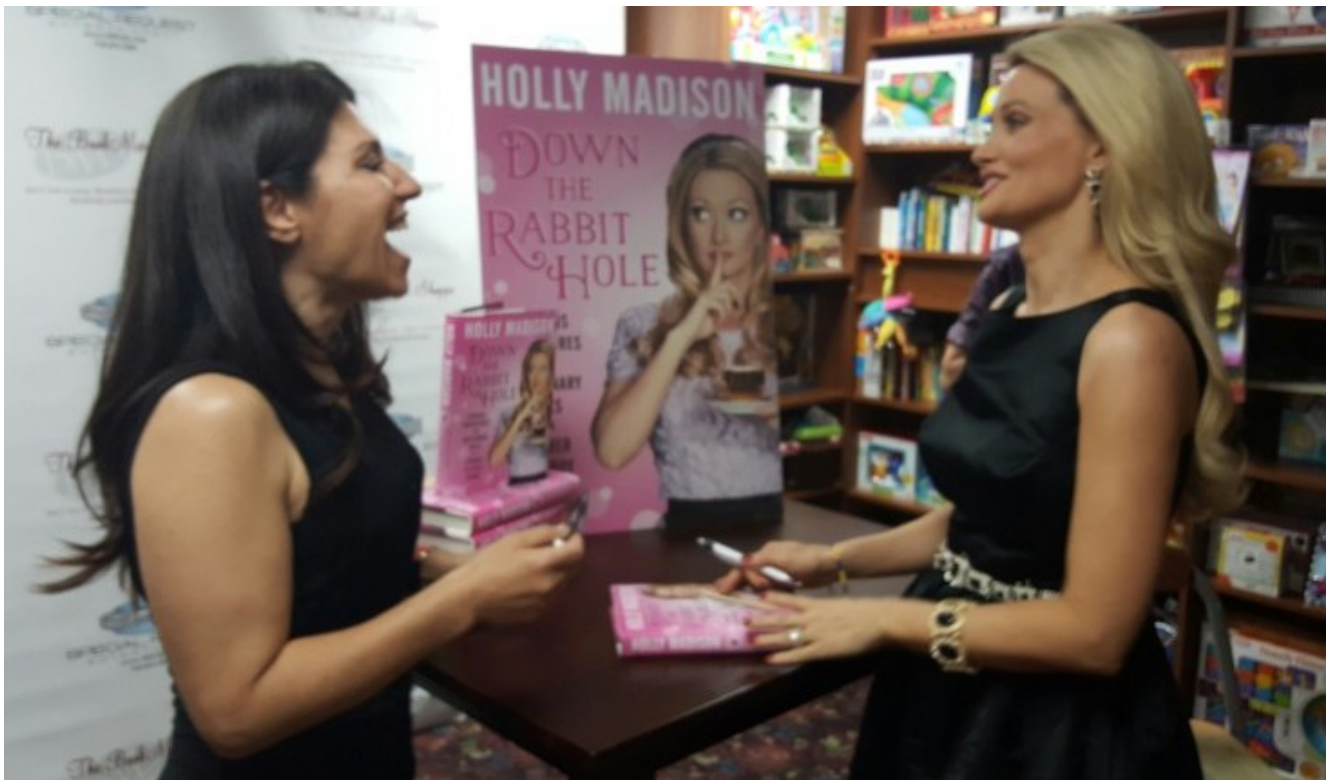
*For more dating advice videos from House, click [here](#).*

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

**How do you get over a breakup? Tell us in the comments below!**

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# Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love



In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

## Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

**Related Link:** [Single in Stilettos Show: Love Advice for Winning Him Over](#)

- 1. What you focus on is what you become:** If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.
- 2. You need to strike a balance.**
- 3. Men need to feel needed.**

**4. Stop saying, “I don’t need a man!”:** If you keep sending that idea out into the universe, guess what? You won’t find a guy to invite into your life!

**Related Link:** [Des O’Connor Reveals Why You Keep Attracting the Wrong Men](#)

**5. Men aren’t intimidated by strong, independent women:** If you keep running into this issue, you’re attracting the wrong type of men.

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

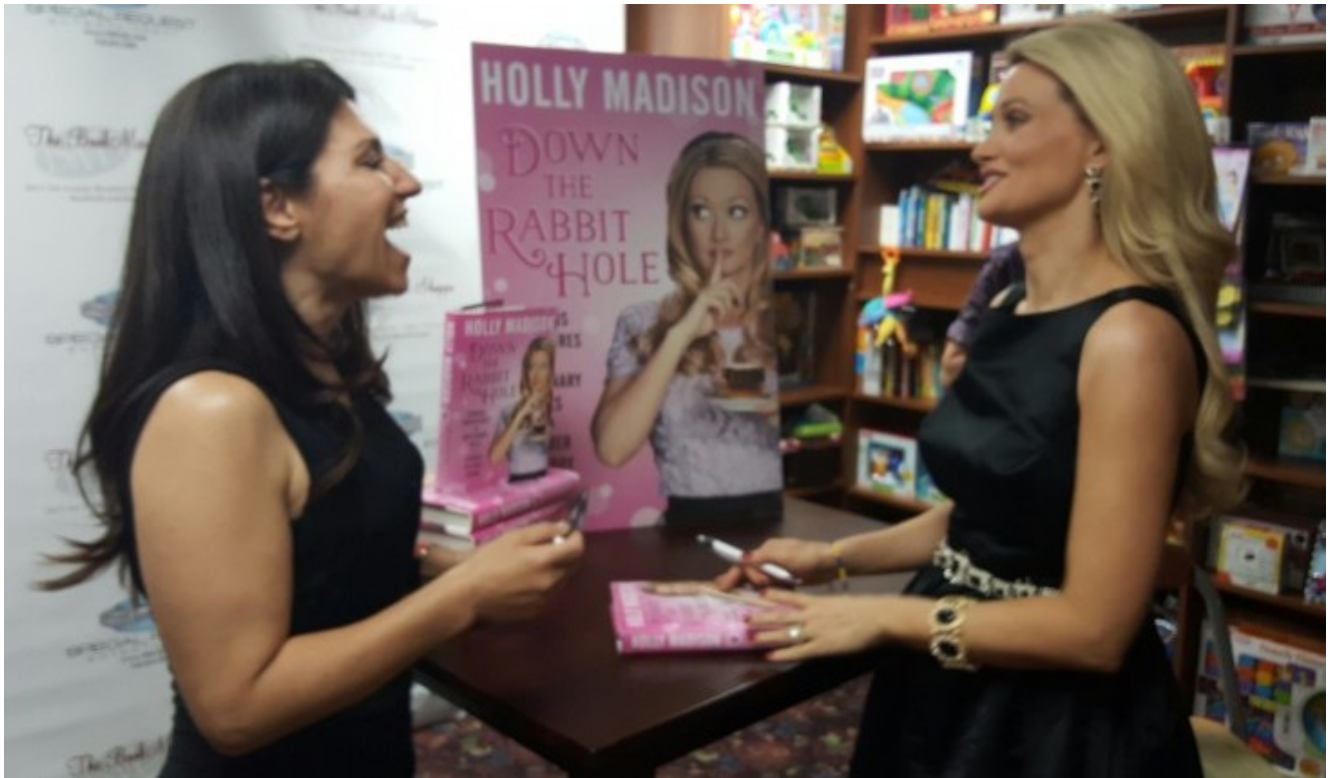
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## **Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: “We Carve Out Time for Each Other”**







Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

Fans may recognize Brooke Burke-Charvet from her time on the reality TV show *Dancing with the Stars*, but she's come a long way since then. She is married to musician and actor David Charvet and spends much of her time with her family, promoting a healthy lifestyle. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress and model about her relationship and love life, motherhood, and her busy career, including her current partnership with Walgreens for Red Nose Day.

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

## **Brooke Burke-Charvet Talks Red Nose Day in Celebrity Video Interview**

Celebrated for over 25 years in the UK, Red Nose Day has been a day dedicated to raising money for underprivileged children and families. On Thursday, May 21, the event will take off for the first time in the United States and include a night full of comedy, music, and fundraising that will help 12 charity

organizations lift children and young people out of poverty, both in the U.S. and throughout the world. Burke-Charvet decided to partner with Walgreens for this fundraiser because she likes that “it’s really about children and young families.” Just buying the red rubber nose for one dollar at Walgreens will have an impact: “That money is going to go and make a difference for a lot of different causes – the Boys and Girls club of America, United Way, Feeding America,” the actress says.

As the mother of four children herself, she understands that teaching her celebrity kids generosity and charity is an important lesson. The model reveals that leading by example is the best way to teach your children that hard lesson. “It’s really interesting for them to be able to see it and understand it,” she shares in our celebrity video interview. “You can teach them to be generous and to give.”

Of course, fans remember the health scare that Burke-Charvet faced after being diagnosed with thyroid cancer in 2012. Now, she says, “Everything’s good. My health is perfect.” Her experiences and health issues have helped her recognize that “there’s somebody else somewhere who’s struggling with similar issues.”

**Related Link:** [Brooke Burke-Charvet Finally Weds David Charvet](#)

## **Television Personality Talks About Her Relationship and Love Life**

Although she’s a busy celebrity mom, she makes sure to prioritize her relationship and love life. “We carve out time for each other, which is super important,” she says of her marriage, “even if it’s just having lunch while the kids are at school.” When their schedules permit, the famous couple’s favorite date night is eating at a local restaurant in Malibu. “We cook so much that sometimes it’s nice to be

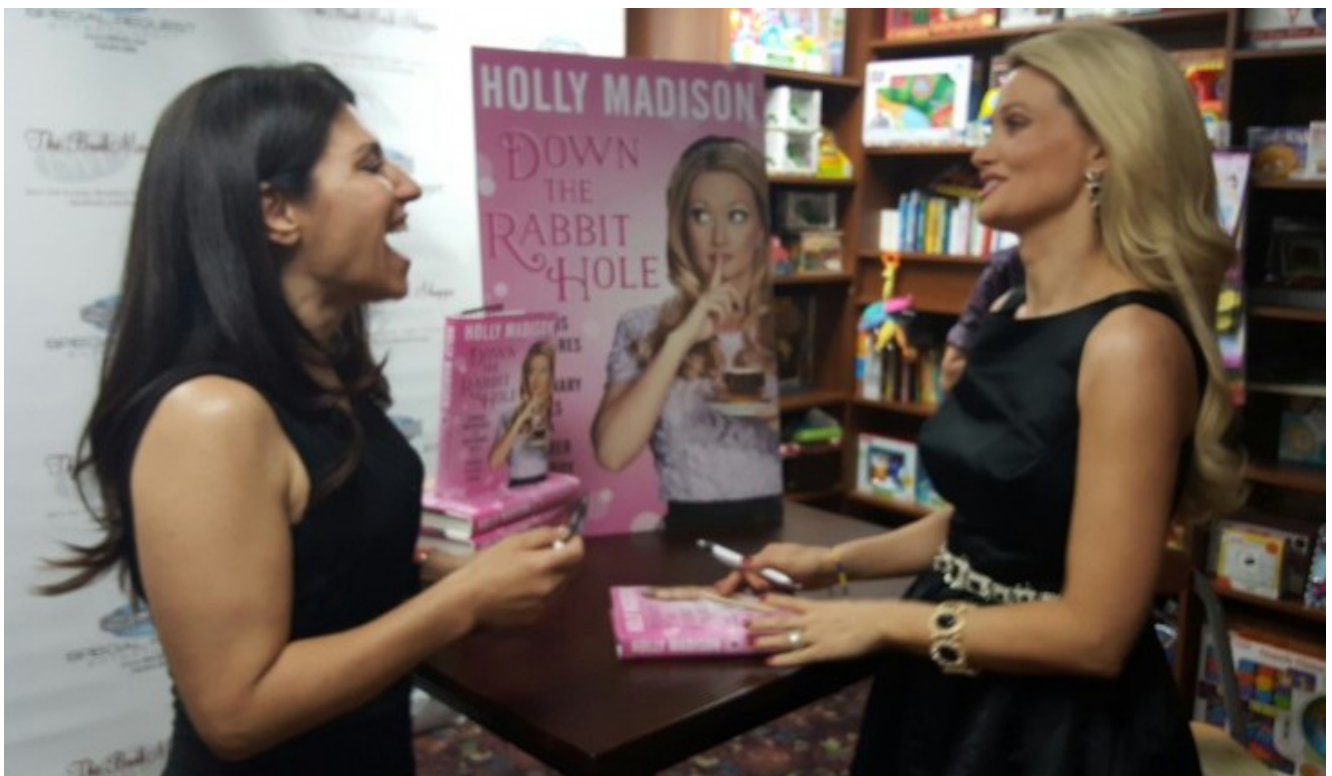
served a meal!" she divulges.

You can keep up with Brooke Burke-Chavet on Twitter @brookeburke or her blog, [www.modernmom.com/](http://www.modernmom.com/)

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

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# Expert Love Advice Reveals Four Reasons Why Men Disappear



On this week's [Single in Stiletto](#)s show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about why men disappear.

## Dating Experts Explain Why Men Disappear

The author of *Settle Free Dating Method for Women* explains that dating is hard enough without having to worry about the great guy in your life suddenly disappearing. According to her expert love advice, here are four reasons why a man may vanish:

**Related Link:** [How to Kick That Bad Relationship to the Curb](#)

**1. He met someone else:** While it may be hard to accept, until you're in a committed, monogamous relationship, he's free to date multiple people at once – and so are you!

**2. He already has someone:** You may be the other woman and not even know it. If he suddenly stops calling, there's a chance he's focusing all of his attention on his girlfriend or wife. Unfortunately, some men enjoy the thrill of cheating.

**3. He just wants sex:** He may want sex without any strings attached. If so, if you don't give him what he wants, he'll disappear.

**4. He's bored:** He may think your relationship has become predictable and mundane. In that case, he may stop calling without any explanation.

If you're dating a man who disappears, it's important to remember that he's doing you a favor: Any guy who leaves without an explanation isn't the right one for you!

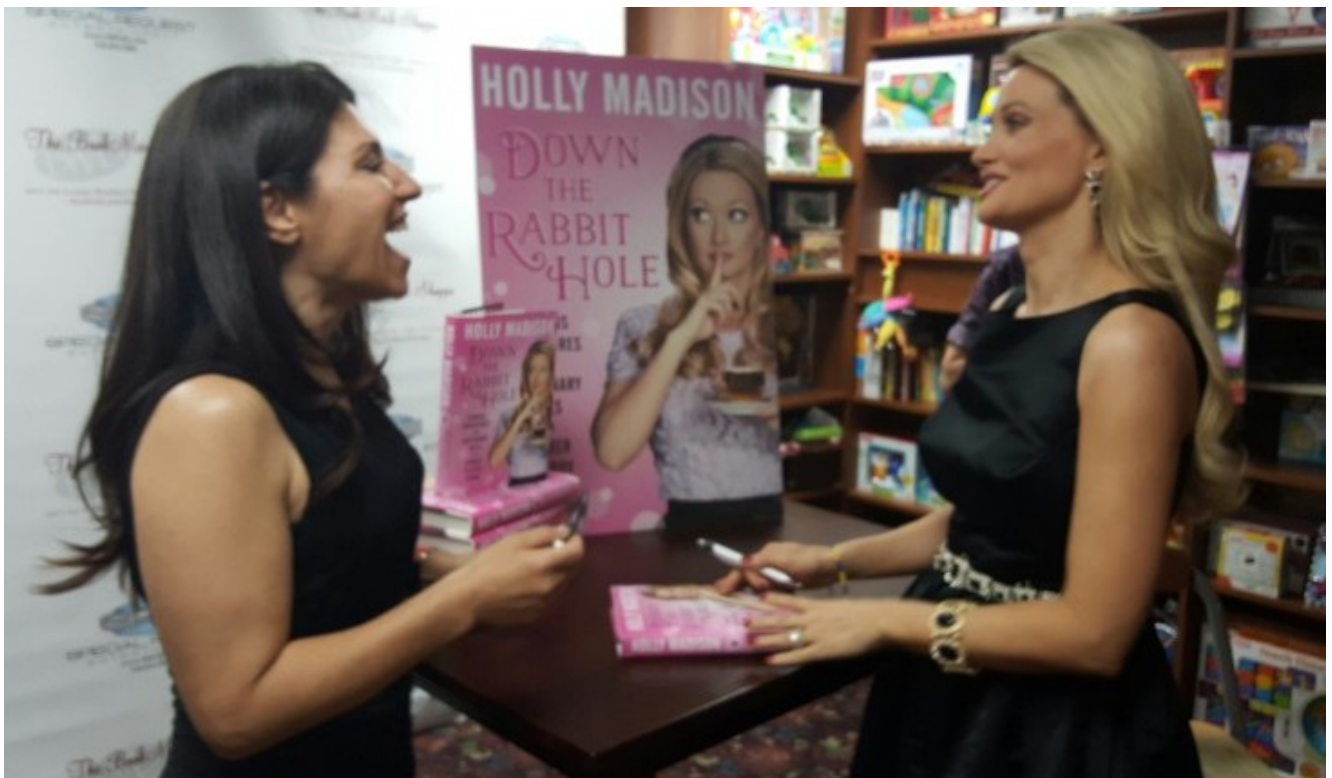
For more expert love advice and additional information about *Single in Stiletto*s shows, click [here](#).

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

How do you handle a man who disappears? Share your relationship advice below!

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## Expert Dating Advice: How To Find The Good Guys Sexy



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

In this week's [dating advice](#) video, relationship expert and E!'s Famously Single dating coach, [Laurel House](#) finally

explains why women are so attracted to the bad boys and never want the good guys. "It's not that they're bad that makes them attractive," the dating coach shares. "Women are actually attracted to men, and the bad boys are often more masculine." Her expert dating advice will help you tell your good guy what you want and need in a relationship and love.

## **Laurel House From E!'s *Famously Single* Shares Expert Dating Advice About How to Find A Good Guy**

The *Screwing the Rules* relationship author elaborates that nice guys are often times more gentle because they don't want to offend or disrespect you. They come off as Prince Charming. But here's a secret, fellows: "We don't always want Prince Charming; we're more turned on by Tarzan," House says. If you always find yourself with a bad boy who isn't good for you, then follow this expert dating advice about how to find a good guy sexy:

**Related Link:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

1. Pre-qualify your dates so you can get to know him *before* you go out with him.
2. Shift your focus from want to need. Define your needs in a relationship and love – things like communication, respect, mutual adoration, shared core values, and trust.
3. Change your perspective of what a good guy is and focus on the positives rather than the negatives.
4. Communicate! Let him know you want him to take control; let him know your boundaries; let him talk dirty to you; and let him know it's annoying when he texts or calls too often.

5. Don't mistake nice for annoying. Then, you'll end up wondering why you dumped a guy for a stupid reason when you see him get married and live happily ever after with someone else.

*For more expert dating advice from House, click [here](#).*

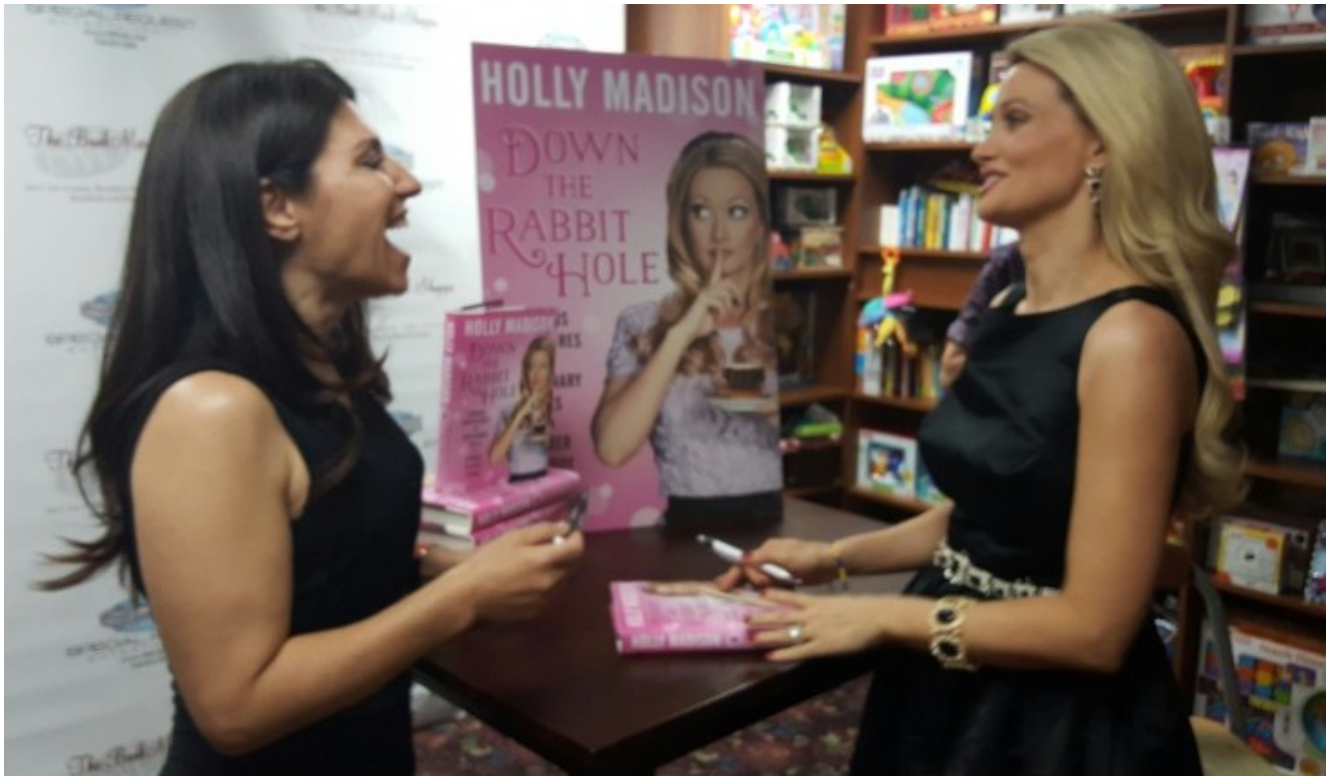
*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**Are you usually attracted to the bad boys and want to find a good guy instead? Tell us in the comments below!**

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## **Relationship Advice Video: Three Things Women Don't Know About Men**





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and [relationship author](#) Robert Manni about what women don't know about men.

**Related Link:** [Robert Manni Reveals How to Talk About Being Exclusive with Your Partner](#)

## Dating Expert Reveals What Women Don't Know About Men

According to this relationship advice video, there are three things that women don't know about men. First, men are not that complicated. The dating expert says that they are very simple creatures – what you see is what you get! Second, they don't pay attention. They're consumed with their own lives and often forget to focus on the details of their relationship. If you want him to open up, you have to ease him into it; otherwise, you might scare him away. And finally, men aren't mind readers. If you feel a certain way, you need to tell him because he probably won't figure it out on his own. Armed with



this love advice, you'll be ready for your next date!

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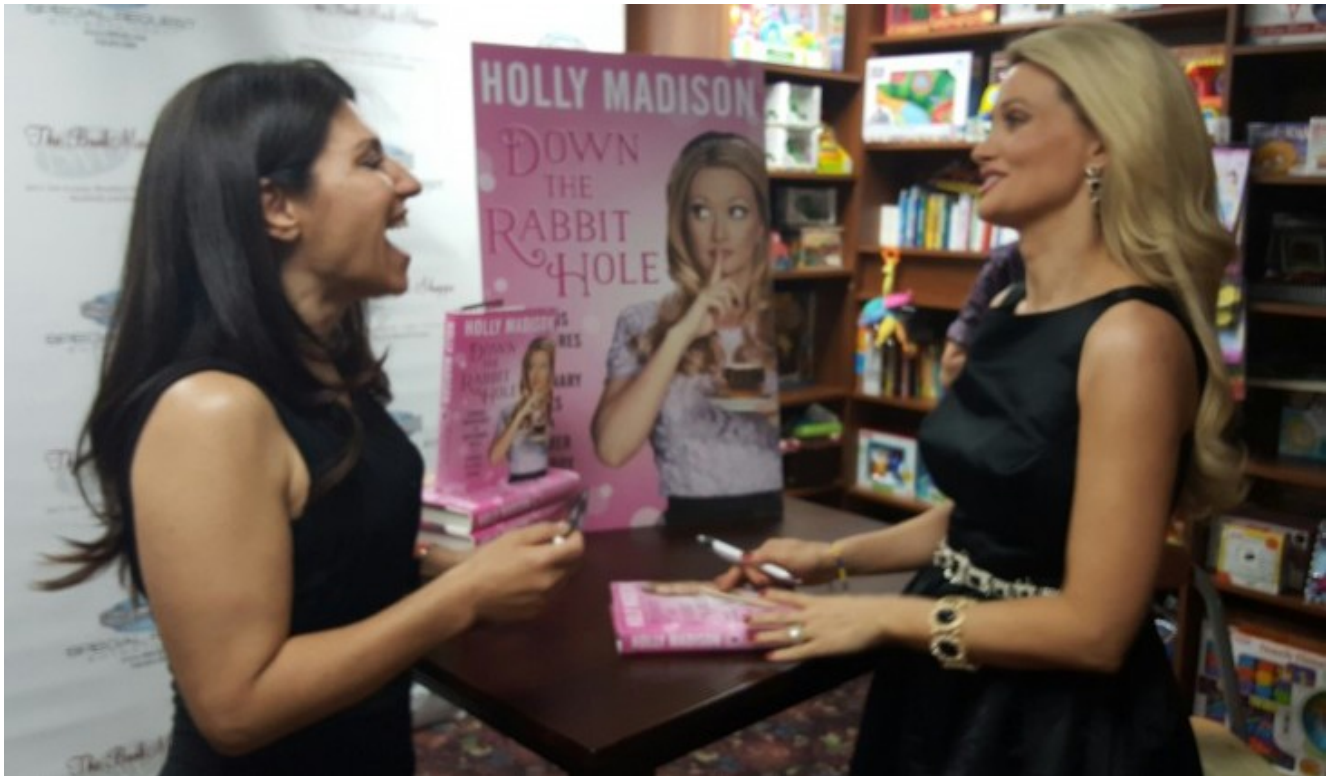
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**Anything else women don't know about men? Tell us in the comments below!**

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## **Single in Stiletto's Show: Dating Advice for Attracting an Alpha Male**





On this week's [Single in Stilettos](#) video, relationship expert Suzanne Oshima and WingGirlMethod.com founder Marni Kinrys share their best [dating advice](#) for attracting an alpha male.

**Related Link:** [Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!](#)

## **Relationship Experts Share Reveal Dating Advice for Attracting an Alpha Male**

While Kinrys has worked with a lot of alpha males who are attracted to strong women, the dating expert believes that all men still want to feel needed by their partner. If they don't, they won't stick around. So ladies, no matter how independent you are, you need to let the man take the lead when it comes to your relationship and love life!

Watch the video above for more great dating advice!

*For more relationship advice videos and additional information*

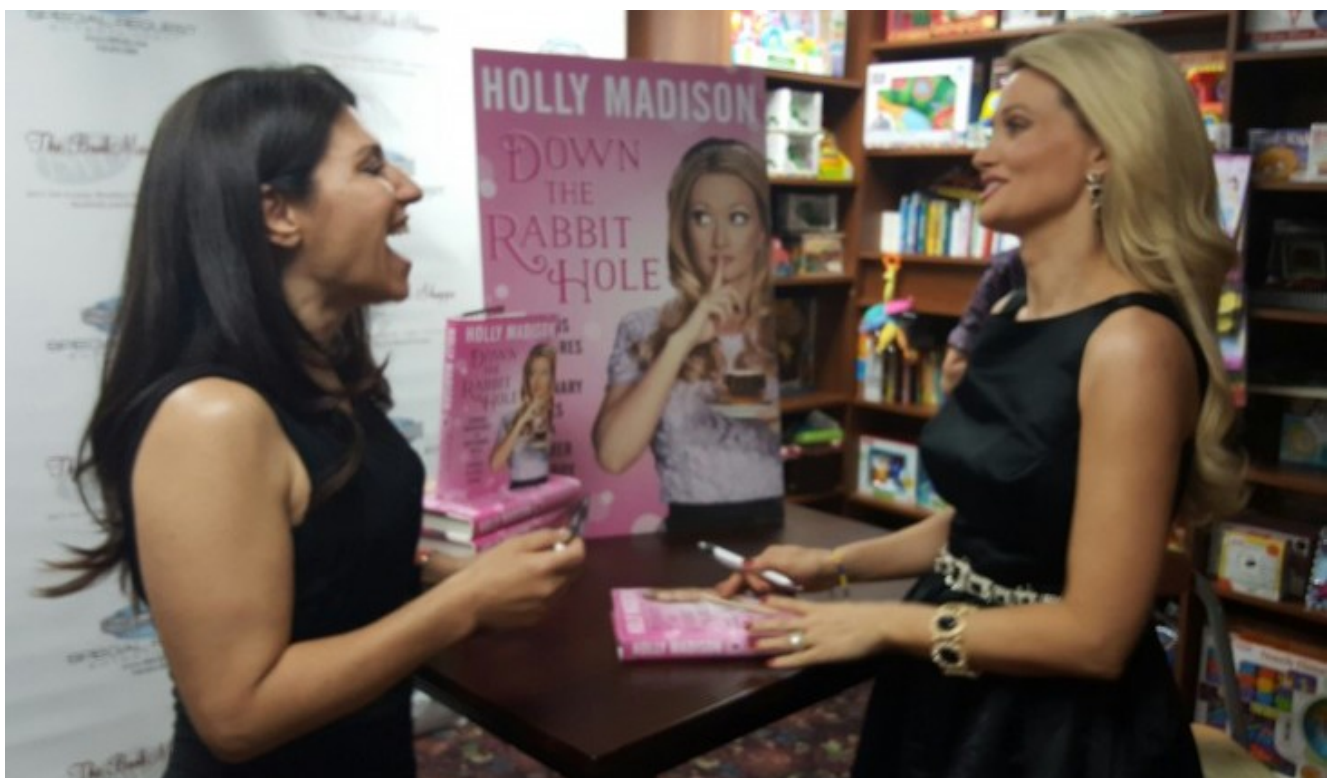
about *Single in Stilettos* shows, click [here](#).

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

Tell us your best tip for attracting an alpha male in the comments below!

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## Expert Dating Advice: Why You Should Talk About Your Ex on a First Date



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

Other relationship experts may discourage you from talking about your ex on a first date, but in this week's [dating advice](#) video, relationship expert, and E!'s *Famously Single* dating coach, [Laurel House](#) says otherwise. "More than revealing your past, it can also set the standard of expectation for your future," she explains. "It can even make him feel good about himself!"

**Related Link:** [The Best Dating Question to Ask on a First Date](#)

## **Laurel House From E!'s *Famously Single* Shares Expert Dating Advice for Your Next First Date**

The *Screwing the Rules* relationship author elaborates, "The key to ex talk is that you *both* reveal. Once you bring up your ex, encourage him to chime in about his too." Before discussing your past relationship and love, consider this expert dating advice:

DO talk about the most interesting men you've dated, but don't go on and on.

DO express regrets but explain that you learned from those mistakes.

DON'T sound bitter, broken, jaded, or angry.

DON'T talk as though you're still in love with him.

DON'T mention things that no guy wants to hear about (like your sex life) or things that you wouldn't want to get back to your ex.

The relationship author then shares her best tips for *how* to bring up your ex. "Do it strategically. Don't go on and on.

Don't talk about them for more than 20 minutes total. Don't make it a sob session, a therapy session, or a show-off session," she says.

*For more expert dating advice from House, click [here](#).*

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

**Have you ever brought up an ex on a first date? Tell us your story in the comments below!**