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*interview: the art of love with dating expert lucia*



*Ask the expert...*

Good morning, Loves! Today I got to pick the brain of the gorgeous, Lucia, who is an Los Angeles-based Dating/Relationship expert. In addition she is a radio host, syndicated columnist, author, and has been seen on numerous television shows including, Dr. Phil, The CBS Morning Show, Tyra Banks, and E Entertainment just to name a few.

#### HOW DID YOU BECOME INTERESTED IN BECOMING A DATING EXPERT?

I became interested in the topic of dating and relationships in my late teens. Since it's something that is not taught in school, like most people, I always seemed to get it wrong. I started to read every book and article I could get my hands on. Eventually I found myself advising my girlfriends and one day during one of these discussions, my girlfriend said I should do something with all my knowledge and so I did. I started out with a local TV show in Los Angeles as well as a column in a local paper and things took off from there

#### WHAT IS THE BEST DATING ADVICE YOU HAVE FOR NEWLY DIVORCED WOMEN OR MEN ENTERING THE DATING SCENE AFTER A SPLIT?

The first thing someone entering the dating scene after a divorce should do is to make sure that they're truly ready to date again and are not just doing it because they think they have to or because other people are telling them to. If they've been out of circulation for more than 5-7 years, I would suggest they brush up on their dating skills because things have changed due to the popularity of online dating and social media. There are a lot of sites that have great information for daters, including mine of course! Finally, I would suggest going in open-minded and without expectations. They should just be looking to have fun and if something serious develops from there, it should happen naturally.

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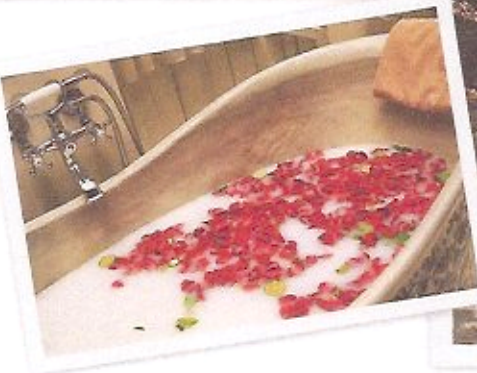
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#### SINCE YOU ARE CONSIDERED A COUGAR EXPERT - WHY DO YOU THINK COUGARS GET SUCH A BAD RAP?

I believe that most people do not understand what the true definition of a Cougar is. Most believe it's an older woman chasing a younger man for sex. That is absolutely not true. Cougars are beautiful, intelligent and classy. They have enough men chasing them - they don't need to chase anyone. The idea of an older woman chasing a younger man for sex is a male fantasy but it's not based in reality.

Also, according to a recent survey 2/3 of Cougars are actually interested in a relationship and are not just looking for sex.

#### DO YOU THINK AGE DIFFERENCES IN RELATIONSHIPS SHOULD BE AN ISSUE?

The only time age in a relationship should matter would be if one partner is interested in having biological children and the other partner isn't. Other than that, it's not about age it's about energy. As long as there is an affinity and a connection, who cares what the age difference is?

#### IF YOU DISCOVER YOUR SPOUSE IS CHEATING ON YOU SHOULD YOU LEAVE? DO YOU BELIEVE ONCE A CHEATER, ALWAYS A CHEATER?

If you find out your partner is cheating, don't have a knee-jerk reaction of automatically thinking you're going to end the relationship. You need to find out why they did it. Most of the time people cheat because they no longer feel important in the relationship, so they seek that feeling outside the relationship. I would definitely suggest counseling. I don't believe "Once a cheater always a cheater". I myself cheated in my 20s because I was immature but now the thought of cheating seems so illogical to me that I know I would never do it again. People do grow up and can change.

I like what Lucia had to say about Cougars. One thing that irks me, is that for years men have been dating younger women, and it's not only become acceptable, it makes them the big man on campus. Why shouldn't beautiful women have the same right to date younger without having derogatory statements and judgements made about them? I say, if the shoe fits, wear it. Age is just a number. What is your reaction to women dating younger men? Yay or Nay?

Lucia, thank you so much for sharing with us! If you have any dating questions that you would like Lucia to answer you can contact her [here](#).



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