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Millionaire Matchmaker Patti Stanger's Dating And Relationship Advice For Successful Women

**Emma Johnson**, CONTRIBUTOR*Everything comes down to money and women. I write about it.*[FOLLOW ON FORBES \(96\)](#)

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If money could buy love, Patti Stanger would be out of business. The star and executive producer of Bravo's *The Millionaire Matchmaker*, and CEO of matchmaking service Millionaire's Club has spent eight years on cable helping the rich and often famous find a love connection — all while sharing with America her own journey of balancing a search for love with a successful career as an entrepreneur. One of the things I love most about Stanger is that she shows us that what keeps the very rich and beautiful from finding love is the same thing that keeps the rest of us from finding love: our own internal blocks.

I interviewed the lifelong entrepreneur, who recently launched the audio coaching program, [“The Single Girls’ Handbook,”](#) and her wine, P.S. Match, and is author of four books, including *Become Your Own Matchmaker*. My No. 1 question? How can successful women find love. This is what she said:



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Johnson: Even though your show speaks to millionaires, there are successful women all over the country in small town America who make \$60,000 or \$80,000 per year who find it hard to meet men who are their peers. What is your advice to them?

Stanger: It's a lot like if you're in a small town and want to get a big job, you go where the jobs are. You have to go where the men are. Go online, and broaden your search. And look abroad. Men in [Europe](#), Australia and South America love American women, and they are willing to date women who are 10 and 15 years older than them. To these men, women are like fine wine.

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Johnson: Does it work when the men are less professionally successful than women?

Stanger: I always dated men who made less money than me. I'm ruled by sex. But then he became the couch potato who was like my 16-year-old son, and he resented me because I made all this money. You really want someone who has ambition. He can pay the bills, and has good credit. He's might not be a multi-millionaire with a private jet, but you can become the power couple together. Also: Turn your alpha off at home. If you want to be with a strong alpha, you have to become the sweet, sensitive caring beta. Otherwise, he's going to think, "I can't compete in the boardroom and the bedroom."

Johnson: But what about women for whom that feminine, domestic side doesn't come naturally?

Stanger: You have to practice! For those who can't turn it off at home, and are screaming and yelling at their husband about paying the bills and fixing things, and be domineering and micromanaging at home like you are at work, you will lose your man. This doesn't always come naturally, especially when women are doing it all. We essentially have two jobs now. He comes home from work and wants a beer and to watch the game. The woman is asking, "Aren't you going to help with dinner?" That's the problem: He only has one speed.

Johnson: So how do you navigate marriage when both people are working, but she really has two jobs and he is only up for one?

Stanger: A friend of mine who is a sociologist has in her home two lists: a pink list and a blue list. Taking out the garbage is on the blue list, making dinner is on the blue list. Make a schedule and we all stay on our side of the

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street. If he can't pull his weight, you're going to get rid of him anyway. Otherwise you become his mother. You become his mother, and your legs close. He needs to do these tasks in the home to get his reward.

Johnson: Are you then using sex as a reward, or suggesting that women are actually turned on when men do things around the house?

Stanger: Both. He did the manly task without you having to say a word. You automatically do everything anyway. But if he took the garbage cans to the end of the street, cleaned the garage or walked the dogs without you having to ask, you're going to get turned on because it makes your life easier. When you relax, it stimulates the neurotransmitter in your brain which increases the dopamine. Which makes you want to have sex with your husband or boyfriend. Then he says, "I took the garbage out and she gave me a [sex act]? I'm going to do that again!"

Hear more of my interview with Patti on here on the podcast [Like a Mother with Emma Johnson](#), and also on iTunes.

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