



'Million Dollar Matchmaker' host talks about the undateable, bad habits



WE tv's "Million Dollar Matchmaker" host Patti Stanger sat down with the Chicago Tribune to discuss what makes people undateable, and how to balance love and career. (We tv)

By **Tiffany Walden**
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Finding the perfect man or woman can be tough in 2016 — a time when dating apps rule the world and traditional dinner-and-a-movie dates seem to have gone out the window.

But there's still hope, according to WE tv's "Million Dollar Matchmaker" host Patti Stanger.

During her recent promotional tour in Chicago, Stanger sat down with the Tribune at The Wit Hotel to discuss what makes people undateable and how to balance love and career. The following has been edited for space and clarity.

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Q: Tell us about "Million Dollar Matchmaker" now that it's on We tv.

A: It's a different type of show. It's more of an intervention style ... helping people with their bad habits in love and dating. So these really are the toughest.

Q: What is the main reason someone becomes undateable?

A: The No. 1 cause of being undateable is narcissism. They think that they come first. They just want someone to love them. So it's greed. Love is kind of a greedy situation.

Q: What are some bad habits men and women need to break?

A: There are women today who feel like, "Well, I don't have to settle. I make money. I'm successful. I'm good-looking. I hit the gym. I'm putting Botox in my face. Why isn't he?" I've been on the apps these days, on Bumble and Tinder. Men need to take care of themselves. They are aging so rapidly. I'm looking at guys my age who look 20 years older than me because I'm taking care of my skin, my body and I'm eating right. And it's happening across the country. Women don't have to settle anymore, and they shouldn't.

But ... can you have success and love at the same time? Men have had that for years. They get to choose. We have never had a choice before. Now we do.

Q: How do you balance it all out?

A: It's very hard. I think you need to dial it back. I think we get greedy in the materialism. If we're learning anything from the millennials, we're learning that they're not as materialistic as us. I would like it to be where you take time for love. You make love a priority.

Q: What advice do you have for the career-focused?

A: As you work in your career, it dates you. It makes you old. It makes your energy stale. You don't have that young, youthful, I want to go behind the bleachers and make out with the guy feeling. Men are not attracted to that. Men are generally attracted to warmth and sweetness and vulnerability, and when you do that, you don't become vulnerable. You become a shark. And then, what happens is, you become alpha. They become beta. And then what happens is you're going to have to date a beta but you don't want a beta.

Q: Not everyone watching the show is a millionaire. How can the average man or woman relate?

A: The thing that I'm realizing now is that it's not about millionaire-ville. We all get out of the womb one foot at a time, and we all have our issues — whether you're rich or you're poor. Love is love.

Tiffany Walden is a freelancer.

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