

# Millionaire Matchmaker offers love advice for you

By Laney Robinson



Patti Stanger, Bravo's "Millionaire Matchmaker"

Pack your bags, ladies! The advice has been given: Jewish women in Boston should head to Chicago or ski country – whether that be Vermont or New Hampshire – this holiday season if they're looking for love.

That advice comes from Patti Stanger, Bravo TV's "Millionaire Matchmaker," who is readying the eighth season of her popular show on Sunday, Dec. 7 at 9 p.m. Stanger recently discussed her own Judaism, the intersection of traditional matchmaking and online dating, and provided tips for finding love in what she refers to as "a very cold love economy" with The Jewish Advocate.

Stanger is a third generation Jewish matchmaker. Both her mother and her grandmother were shadchanim. She noted that her grandmother found her mother two of her husbands. And thus, the Stanger love-seeking lineage was forged.

In order to assess the importance of faith in one's life, she encourages singles to explore their Jewish selfhood. Before Birthright was instituted, at the coincidental age of 26, Patti saved for two years to travel to Israel for three weeks. She suggested that if young Jews are able to, they should do the same to evaluate the importance of their faith as individuals and as singles looking for love. To explore Judaism and to expand one's religious community, said Stanger, "It's important to change temples. I think it's important to listen to other rabbis." She also credited her overall spirituality in guiding her to find love and has built meditation practices as the foundation of her clarity and seeking 'the right match' for others and herself. "Meditation has changed my life," she said. "The more I meditate, the more clarity I get, the more calm I get, the more attractive I become to the opposite sex." As her show heads into a new season, her products to help singles find love, which include "The Single Girl's Handbook" and the

website [attractingasoulmate.com](http://attractingasoulmate.com), make strong cases for cultivating happiness. Said Stanger, "We should get happy and then look for love. Happy with ourselves, happy with our interests, and our hobbies, and our passions. Then go after love."

In 2012 Stanger encountered her own match, not without a bit of help, this time online. The site Plenty of Fish brought Stanger to her boyfriend David Krause. In contrast to her traditional shadchan upbringing, she is, "a proponent" of online dating. "Anyway to get you out of the house, to meet someone, whether it's online dating versus a matchmaker, I am all for it," she said. From JDate.com to Tinder and beyond, she said she prefers platforms that provide daters with more information to better vet the one whom she refers to as "the wrong guy."

RSVP "yes" to invitations at this time of year, she advised. Stanger said it's the just the season (before the winter holidays) to meet Mr. Right, "If you can find love now, guys are usually into serious relationships right now." Along with excursions to Chicago and ski country, Stanger urged singles to help one another in their own circles as well.

On her show and in conversation, Patti said it's important to "get the referral" adding, "Somebody might be a no, but they lead you to your husband because it could be his best friend." It's easy to get discouraged or negative if singles aren't clicking but, she noted, "Rejection is G-d's protection." Singles should offer to set up an eligible male friend or suitor if it didn't click with him and, hopefully, they will return the favor. That way, networks are expanded. Even closer to home, she promotes Jewish mothers helping things along. Parents can also make referrals and connect with other parents to bring their children together.

For singles over 50, it's never too late. Said Stanger, "Until you have the last breath in your body, you should be able to experience romantic love." At 53, she is comfortable with her age and wants others to find the same confidence and contentment.

Regardless of sexual orientation, race, class, or religion, Stanger recognizes that finding love is not easy. She hopes her services and products can bring singles together to find their bashert ("destined true love").