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What I do know is that traditional gender roles are very real and flipping the norm is difficult for even the strongest, funniest, smartest men.

~Patti Stanger

To get rid of depression, I swim with dolphins.

~Patti Stanger

Coffee is cheap, drinks are an audition, lunch is an interview, but dinner means business; the business of romance.

~Patti Stanger

Most people can't find love because they're picky, they overanalyze and they find things wrong in people. We call them flaw finders.

~Patti Stanger

It's not easy to date when you're hefty. Besides I like feeling thin because it makes me feel amorous.

~Patti Stanger

f you have been divorced once - male or female, but especially for females - and you're over 40 you're actually a commodity. It means you were able to commit once, and you'll do it again.

~Patti Stanger

If you're giving love and not receiving it, you're not in the right relationship. If you're receiving it and not giving it than you are taking advantage of the other person.

~Patti Stanger

If you're going to get engaged make sure you've talked to your partner about life together in the years to come.

~Patti Stanger

I'm a very stereotypical person... and that's part of my flavor, I guess,

because I tell it like it is.

~Patti Stanger

I'm very quiet and shy in my personal life, as hard as that is to believe.

~Patti Stanger

We have all loved a guy we know has issues. Despite popular opinions, until we give it a final try, the relationship will always be in the 'what if' stage.

~Patti Stanger

Valentine's Day is the hardest day of the year for a woman to get out, but everybody who is anybody and single is out that night.

~Patti Stanger

I was single for a really long time, then I realized I had abandonment issues. Then I found love online.

~Patti Stanger

We go on dates thinking that person is our future husband or wife, without getting to know them, as we live in a fantasy and an illusion of romance.

~Patti Stanger

Think back to yourself at age 18. I know I was mighty different than the Patti I am today. As we grow up, we grow out of our haircuts, our apartments and - often times - our romantic decisions.

~Patti Stanger

We've heard some theories, but there is a lot of mystery surrounding my adoption.

~Patti Stanger

I was a D student in high school and on the dean's list in college.

~Patti Stanger

A lot of Hollywood couples get married young and wind up growing out of their relationship.

~Patti Stanger

My favorite splurge would be gluten-free pizza. Or I'm a total truffle addict so truffle mac and cheese.

~Patti Stanger

Up until age 40, most men are just not as mature as women. So, it makes sense that a lot of women date up in age a bit.

~Patti Stanger

Calling is for #‎ Men - Texting is for #‎ Teenagers .

~Patti Stanger

Successful men don't date up. They are intimidated by wealthy women unless they are blue bloods. Successful men want to always take care of their women, and that means financially.

~Patti Stanger

Women are smart in business and dumb in love. They won't date outside their zip code, let alone outside the city. They are city snobs.

~Patti Stanger

I have a gift. I just know what I'm doing.

~Patti Stanger

I probably should be a little more cautious with how I speak, and I think my delivery needs to be a little softer.

~Patti Stanger

I used to practice Wicca.

~Patti Stanger

I'd like to adopt an older child, maybe 5 years old.

~Patti Stanger

I'd like to date another millionaire. I've never done that.

~Patti Stanger

I'm recognizable in certain circles, like girls know me, couples know me. But not all straight men know me.

~Patti Stanger

I was a VP of marketing, I was regional sales manager in fashion, and marketing director in communications and product development. I was always a corporate Fortune 500 girl.

~Patti Stanger

I have put gay dating on the map.

~Patti Stanger

I'm on the Sensa diet. It's a little magic powder based on Dr. Hirsh's clinical trials and studies and it basically signals the brain that you're full through smellology.

~Patti Stanger

On both 'The Bachelor' and 'The Bachelorette,' it seems like proposing marriage is equivalent to saying, 'Let's date.' Everyone knows those aren't the same things.

~Patti Stanger

In the gay world, [relationships] will always be open. There is no curbing the gay man.

~Patti Stanger

I'm a dancer so anything related to dance I love to do. I also tried Zumba last week. That thing is tough! 15 minutes in I was going for a water break. It wasn't easy!

~Patti Stanger

I had a breast reduction.

~Patti Stanger

In the end, it's all about taking your time and enjoying the journey without worrying too much about the destination.

~Patti Stanger

I really want to adopt a child... I want to be called 'Mom.' It really is the most beautiful word in the English language.

~Patti Stanger

I'm an advocate for gay marriage. I have more gay friends than Carter has pills.

~Patti Stanger

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