

Love Life Tips & Advice by Diana Kirschner, Ph.D.

Fall Back to Love: The Autumn Dating Advantage

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It's easier to fall in love in the fall! Singles roll up their sleeves and work more proactively on their dating, so there's more love to go around. There are three reasons for this. First, singles, like all of us, raised in the rhythm of a school calendar, are conditioned to buy new wardrobes and give themselves a mini-makeover in the fall—so they feel more attractive and ready to go for it.

Secondly, for around the first 20 years of our lives, including preschool and college, we are encouraged by our families to socialize in autumn as we enter a new grade with new peers. This form of conditioning tends to shape our behavior even when formal schooling ends.

Thirdly, the fall is a signal that the holidays are coming up and nothing can be more depressing than facing another round of holidays alone. This realization mobilizes singles to date more. Two studies have shown that dating in the fall can lead to increased romantic involvements later in the year.

Fall also provides an influx of new students for graduate school and college dating. Being in a new dorm or school often creates loneliness and social anxiety and increases the need to form a love attachment in order to feel secure. Students going back to school, and especially those leaving home for college, are ripe to commit the single biggest mistake singles make: hooking up and coupling too soon.

So, no matter what your age, Fall is a great time to network. The secret to falling back to real love is to take advantage of all the new connections by networking and meeting as many people as possible. Dr. Diana's Dating Program of Three is a powerful strategy that has you date three people casually with no sex and is your ticket to a real relationship. Meet as many people as possible: use the Autumn dating advantage!

You can learn much more about this topic and how to create love that is just right for you in my new book, *Love in 90 Days: The Essential Guide to Finding Your Own True Love*. Pre-order it now from Amazon.com at a 20-25% discount.

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