

Questions, answers about love

BY FIORELLA SARMIENTO

fsarmiento@MiamiHerald.com

Cupid made an early visit and shot his first Valentine's Day arrows at the Ritz-Carlton South Beach last week.

On Friday, the Ritz Carlton hosted a singles event featuring Ian Kerner, a New York sex therapist and author of the best-selling book *Be Honest, You're Not That Into Him Either*.

A few men and dozens of women ranging in age from their early 20s and older surrounded Kerner throughout the evening, hoping to find the answers to love — or at least ways of improving it.

"You're a sexy, beautiful and intelligent woman and deserve a man who values you," Kerner advised one small group of women. "If he doesn't, stop trying to get into his head and get into your own head and cut bait. Move on!"



Kerner's advice also included:

- Don't lower your standards. Know what you want in a man and pursue it until you find it.

- Guys can be shy, too. Why not ask him out?

- If you're looking for a relationship, wait to have sex — or at least until both your feelings are mutual. There is a differ-

ence between having sex and making love.

- If a guy is not ready for a relationship, he's not ready. You can be one-of-a-kind and he still won't change his mind. If this is not what you want, move on. There are plenty other men out there.

While Kerner was occupied speaking with guests, Broward County

sex therapist Krista Bloom also was on hand to offer advice about relationships..

When looking for love, she said, focus on inner beauty.

"If you have a physical type, you may be eliminating your options," she said.

She also said, give someone a chance for a second date — he or she may surprise you. If there still isn't a connection, let it go.

Most important, Mr. Right won't knock on your door, she said. Put yourself out there and meet other people, join a club or have friends play Cupid.

For more of Kerner's tips on love and relationships, visit www.iankerner.com.

Been There is a weekly feature. Contact Fiorella Sarmiento at fsarmiento@MiamiHerald.com.



EXPERT ADVICE: Dr. Ian Kerner, above, sex therapist and author, gives pointers to singles who have relationship questions. At left, Dr. Krista Bloom, a sex therapist from Broward County, sits with James Nold. The pair were high school sweethearts but parted when they went to college. They reunited and have been a couple for 2½ years.