

AfterHello

MATCHMAKING +



The Dating & Relationship Resource Guide

*Expert reading, listening, and watching for singles
who want to date, and choose, well.*

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A GUIDE FOR POTENTIAL MATCHES

How to Use This Guide

Dating well is a skill, and every skill benefits from good teachers. The resources in this guide are ones we trust, written and taught by licensed therapists, researchers, and credentialed dating coaches whose work holds up. They are organized by what you might be working on right now, whether that is understanding your own patterns, reading a first date more clearly, or deciding if someone is worth a second one.

This is a living document, and we will keep adding to it. If you come across something worth sharing, we would love to hear about it.

SECTION 01

Know Yourself First: Attachment & Readiness

Before you can choose well, it helps to understand your own patterns: how you attach, what you are actually ready for, and why certain dynamics keep repeating.

Attached Amir Levine, MD & Rachel S.F. Heller, MA

The book that made attachment theory mainstream. How anxious, avoidant, and secure styles shape who we are drawn to and how we behave once we are dating them.

How to Not Die Alone Logan Ury, behavioral scientist and Hinge's Director of Relationship Science

A Harvard-trained researcher's science-backed take on why smart people struggle at dating, and how to date more intentionally.

Reimagining Love (podcast) Dr. Alexandra Solomon, licensed clinical psychologist, Northwestern University

Relational self-awareness before and during dating: the patterns we bring into new relationships and how to notice them earlier.

SECTION 02

Navigating Modern Dating & Apps

The dating landscape has genuinely changed. These resources speak directly to swiping fatigue, choice overload, and building real connection in a digital-first dating world.

Esther Perel on Modern Dating Esther Perel, psychotherapist & author

On the paradoxes of dating apps and modern dating culture. Start at 8:48 for the dating-specific discussion.

Esther Perel: Modern Love and Relationships (SXSW Keynote) Esther Perel

“There is no ‘the one.’ There is a one that you choose.” On rethinking the myth of a single perfect match.

Dates & Mates (podcast) *Damona Hoffman, celebrity dating coach, author of F the Fairy Tale*

A weekly, practical take on modern dating: apps, first dates, and building a mindset that actually gets you to a relationship.

Gottman for Singles: 5 Days of Dating Advice *The Gottman Institute*

A free email series distilling 50 years of relationship research into practical, bite-sized dating guidance.

SECTION 03

Communication That Builds Connection

How someone communicates, and how you communicate back, predicts more than almost anything else.

The Four Horsemen: Criticism, Contempt, Defensiveness & Stonewalling *Dr. John Gottman, The Gottman Institute*

The four communication patterns that predict relationship breakdown. Worth knowing before you are deep into a relationship, not after.

Eight Dates: Essential Conversations for a Lifetime of Love *Dr. John Gottman & Dr. Julie Schwartz Gottman, with Doug Abrams & Rachel Carlton Abrams, MD*

Eight structured conversations for the big topics, including money, family, and dreams. Worth having earlier than most couples think to.

Nonviolent Communication: A Language of Life *Marshall B. Rosenberg, PhD*

The foundational text on empathetic, non-defensive communication, a skill that shows up on the very first date.

Big Dating Energy (podcast) *Jeff Guenther, LPC (“Therapy Jeff”), licensed therapist*

A licensed therapist's candid, current take on dating patterns, red flags, and green flags. Accessible and current.

SECTION 04

Choosing a Partner, Wisely

Discernment: not settling, but also not holding out for a fantasy. This is the heart of choosing well.

Marry Him: The Case for Settling for Mr. Good Enough *Lori Gottlieb, MFT*

A licensed therapist's challenge to unrealistic dating checklists, and an argument for realistic, values-based expectations.

He’s Scared, She’s Scared *Steven Carter & Julia Sokol*

On commitment and avoidant patterns. Useful if you keep dating people who pull away, or if you are the one who does the pulling away.

He's Just Not That Into You *Greg Behrendt & Liz Tuccillo*

Still one of the clearest primers on reading dating signals honestly instead of hopefully.

SECTION 05

Boundaries & Self-Worth

Good matches start with a clear sense of what you will and will not accept, and the confidence to hold that line.

Codependent No More *Melody Beattie*

The classic text on recognizing and stepping out of codependent patterns before they take root in a new relationship.

Boundaries in Dating *Dr. Henry Cloud & Dr. John Townsend*

A practical, dating-specific guide to setting boundaries early rather than retrofitting them later.

Daring Greatly *Brené Brown, PhD, LMSW*

On the vulnerability required to let someone actually get to know you. Foundational for anyone re-entering dating.

SECTION 06

For Men, Navigating the Search

For the men reading this: resources on emotional openness, masculinity, and communication in dating.

I Don't Want to Talk About It *Terry Real, LICSW*

A licensed therapist's landmark work on male depression and the cost of emotional suppression in relationships.

No More Mr. Nice Guy *Dr. Robert A. Glover, PhD, LMFT*

On the 'Nice Guy Syndrome,' the people-pleasing patterns that quietly undercut confidence and connection in dating.

Models: Attract Women Through Honesty *Mark Manson*

A widely-read, non-clinical guide built around honesty and self-respect over tactics or scripts. Good if you are looking for a confidence and mindset reset.

SECTION 07

For Women, Navigating the Search

For the women reading this: resources on strategy, self-worth, and efficiency in the search itself.

Find a Husband After 35 Using What I Learned at Harvard Business School *Rachel Greenwald, MBA, professional matchmaker & dating coach*

Written by a Harvard MBA who became a professional matchmaker, this is a practical, marketing-minded framework for approaching the search strategically.

SECTION 08

Sexuality, Desire & Intimacy

A short, credentialed list: the science and psychology of desire, without the noise.

Come As You Are *Emily Nagoski, PhD*

The definitive, research-based guide to the science of women's sexuality.

She Comes First *Ian Kerner, PhD, LMFT*

A licensed sex therapist's practical guide focused on female pleasure.

Mating in Captivity *Esther Perel*

Perel's landmark work on the tension between domestic security and erotic desire. Most relevant once a match moves toward commitment.

The Secret to Desire in a Long-Term Relationship (TED Talk) *Esther Perel*

Good to revisit once you are thinking beyond the first few dates, toward what sustains desire over time.

SECTION 09

The Science of Love

For anyone who likes the 'why' behind the advice.

The Brain in Love (TED Talk) *Dr. Helen Fisher, biological anthropologist, Kinsey Institute*

Fisher's pioneering research on the neuroscience of attraction and romantic love shaped how the dating industry understands chemistry.

SECTION 10

Podcasts Worth a Subscribe

A running shortlist of the shows we return to most.

Dates & Mates with Damona Hoffman *Damona Hoffman*

Practical, weekly modern dating guidance across apps, first dates, and relationship mindset.

Big Dating Energy *Jeff Guenther, LPC*

A licensed therapist on dating patterns, red flags, and green flags.

Reimagining Love *Dr. Alexandra Solomon*

Relational self-awareness and the patterns we bring into new relationships.

Where Should We Begin? *Esther Perel*

Real, anonymized couples therapy sessions. Useful once you are in a relationship, not just dating.



WHERE TO GO FROM HERE

When You Are Ready for a Real Introduction

Reading and reflection do the quiet work. When you are ready to be introduced to someone serious, After Hello is here for the next step, from the free Private Registry to full personalized matchmaking.

[JOIN THE PRIVATE REGISTRY](#)

Membership is free, and it is the simplest way to become visible to our matchmakers. Visit afterhello.com to learn more and join.