

# Hidden Influences on Modern Love: Exploring Biases That Could Affect Millions This Valentine's Season

*Podcast host Antoinette Lee launches exclusive series on hidden dating biases to help women revive inner glow and secure lasting commitment*

NORTHWOODS, WI, UNITED STATES, February 10, 2026 /EINPresswire.com/

-- With Valentine's Day 2026 just days away on Saturday, February 14, podcaster Antoinette Lee, MBA, The Wellness Warrior, host of [New Normal Big Life podcast](#), today highlights a hidden barrier quietly derailing many

women's paths to lasting love: the "misandry trap." Misandry refers to prejudice, dislike, or distrust toward men as a group, often manifesting unconsciously through lingering resentment from past experiences, amplified cultural narratives, or social media trends that generalize negativity about men. In her members-only podcast series Let's Get You Married: Attracting True

Love, Lee addresses how this subtle bias contributes to widespread singleness and loneliness.

“

You cannot attract what you don't like. Period. Full stop.”  
*Antoinette Lee, MBA*

Data underscores the urgency. A Morgan Stanley forecast predicts that by 2030, 45% of women aged 25–44 will be single, driven by economic independence, delayed life

milestones, and a shift toward self-fulfillment over partnerships. A 2025 Rasmussen Reports poll shows 37% of single adults under 30, primarily Gen Z, have quit dating entirely due to exhaustion, while surveys reveal high loneliness rates among younger generations despite constant digital connectivity.

"You cannot attract what you don't like. Period. Full stop," said Antoinette Lee. "After sharing my own recent engagement story, my inbox overflowed with messages from women in tears, strangers and friends alike, sharing their longing for commitment from a good man. Yet, in their stories, the disdain slipped out: 'Don't get me started on men' or 'It's been years since I've met a



New Normal Big Life Podcast Cover Art

good one.' This unconscious misandry creates an invisible barrier, reinforcing distrust and feeding the loneliness epidemic we're all navigating post-2020."

This is not about blaming women or ignoring real issues in modern dating. Instead, the series empowers women with wellness-rooted strategies. Drawing from functional health principles, she guides listeners to release negative biases, reactivate their "inner glow" and "love magnet," and rebuild authentic connections without games or manipulation. The approach blends mindset work, examining hidden blocks like misandry, with practical steps high-value women use to secure commitment. In addition to group Zoom coaching included in the subscription, one-on-one resilience life coaching with Lee is available for personalized support.

Lee brings unparalleled credibility to her work through her disciplined background in healthcare, mindfulness, resilience training, and adventure-based healing. Her expertise emphasizes good health, mental toughness, strategic self-care, and the power of community to build a "new normal."

Lee's own story serves as proof: After years of health challenges, including a traumatic brain injury, broken back, heart issues, autoimmune disorders, and complications from 11 years in the U.S. Army as an air assault qualified expert field medic and other healthcare roles like infection control and disease prevention, Lee was debilitated by 2014. Lee transformed her life using the [New Normal Big Life resilience life-coaching](#) model she developed to ditch her walker, service dog and full-time caregiver. By 2020, Lee was a sponsored adventure sports athlete.

Lee rebuilt her life in the Colorado backcountry through adventure and community. That is where she met her fiancé, Matthew, while kayaking and camping, and they connected as friends first. Their genuine bond led to love, engagement, and now a shared life in a cabin by the river in the Midwestern Northwoods.

"It wasn't luck, it was clearing internal barriers and showing up fully," she explains. Echoing the massive impact of Tracy McMillan's 2011 viral Huffington Post article "Why You're Not Married," which sparked global debate and a New York Times bestselling book, Lee's take updates the conversation for 2026. While McMillan's piece focused on personal behaviors, Lee's wellness-infused perspective tackles modern cultural traps like amplified "men-bashing" online, tying them to rising singleness stats and the need for mindset shifts.

The full 12-module series is available exclusively to subscribers, unlocking premium episodes, downloadable worksheets, group Zoom coaching, one-on-one resilience life coaching options, and a supportive sisterhood community. It is tailored for Gen Z, Millennials, and women over 40 ready to invest in change and move beyond dating fatigue toward marriage.

This Valentine's Day, Lee urges women to pause the doom-scrolling through engagement posts and reflect: Where might the misandry trap be holding you back? "Dry your eyes, grab a journal, and let's revitalize your inner glow. Your forever love is closer than you think." Listen to New

Normal Big Life on [10+ platforms](#).

Antoinette Lee

Antoinette Lee Toscano, LLC DBA Northwoods Adventure Media

+1 715-204-9176

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

[TikTok](#)

[X](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/889787351>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.