Stop Blocking Dating Life Challenges Traditional Dating Advice Exposing Hidden Patterns That Keep People Stuck

Author Suman Smith reveals why the biggest obstacle to finding love isn't meeting the right person it's recognizing unconscious patterns shaping our choices.

VERNON, BRITISH COLUMBIA, CANADA, August 18, 2026 /EINPresswire.com/ -- After nearly two decades helping people make some of life's biggest decisions—from choosing engagement rings to taking the next step toward marriage—author and decision-making educator Suman Smith discovered a surprising truth: people don't stay stuck because they can't find the right person. They stay stuck because they can't see the unconscious patterns shaping their choices.

That realization inspired Stop Cock-Blocking Your Dating Life, a personal development book that challenges readers to recognize the unconscious patterns, stories, and assumptions quietly influencing their relationships.

"I always believed in love. I just couldn't see the patterns getting in my own way," says Smith. "The greatest obstacle to love isn't finding the right person. It's recognizing the patterns that keep pushing the right people away."

For years, Smith believed the challenge was simply finding the right partner. Through personal reflection and a deeper curiosity about human behavior, she realized that the biggest barriers were not external, but internal patterns she had not yet learned to recognize.

Through nearly 20 years in the engagement ring industry, Smith spent thousands of hours listening to people's stories about dating, proposals, marriage, heartbreak, commitment, and the decisions that shape their lives. She began noticing the same human patterns appearing again and again. After finding love and getting married for the first time at 54, she realized those weren't just patterns she had witnessed in others—they were the same patterns she had spent years uncovering in herself.

Unlike traditional dating books focused on finding the perfect partner, Stop Cock-Blocking Your Dating Life encourages readers to look inward and understand the unconscious patterns that may be keeping them stuck.

"Most people don't suffer from their feelings. They suffer from the stories they attach to them,"

explains Smith.

Through relatable examples and personal insights, Smith explores why smart, successful people can still struggle in relationships, why people repeat the same dating patterns, and how greater self-awareness can create healthier choices.

Topics Explored in Stop Cock-Blocking Your Dating Life Include:

Why finding the right person may not be the real problem
The unconscious patterns that influence relationships
Why people repeat the same mistakes despite wanting different results
The difference between feelings and the stories created around them

Before becoming an author and speaker, Smith founded Lux Jewels in 2007, building her career around helping people make informed decisions about engagement rings and diamonds.

Earlier experience in the diamond industry taught Smith that people's biggest decisions are rarely just about the purchase—they're about trust, fear, commitment, and the meaning people attach to those decisions.

Today, Smith is an author, speaker, and decision-making educator who helps people uncover the blind spots behind their biggest decisions before they cost them love, money, or opportunity.

Through Stop Cock-Blocking Your Dating Life, speaking engagements, workshops, and one-on-one clarity conversations, Smith's mission is to help people move from confusion to awareness and from repeating patterns to making conscious choices.

"The goal isn't just to help people find love," says Smith. "It's to help them understand themselves. Because people can't change what they can't see. When you can recognize the blind spots shaping your decisions, you finally have the power to choose differently."

For more information about Stop Cock-Blocking Your Dating Life, interview requests, speaking opportunities, or media inquiries, visit:

https://stan.store/luxjewels

About Suman Smith
Suman Smith is the author of Stop Cock-Blocking Your Dating Life, entrepreneur, speaker, and founder of Lux Jewels. With nearly two decades of experience helping people navigate engagement, marriage, and major life decisions, Smith combines personal experience with years of observing human behavior to explore the patterns that influence relationships.

Suman Smith

Lux Jewels
email us here

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