

Ask the Experts: Height is Just a Number



We spoke with Stef Safran about height issues when it comes to the opposite sex!

A woman yearns for her waistlines to deteriorate just as much as a man wishes to stand a few inches taller. Yet, height is an uncontrollable trait that women seem to punish men for.

Most women won't look twice at a shorter man simply because he doesn't "reach" her standards.

But how tall does a woman really need her man to be? If the average woman stands at 5'4" and the average man is 5'9", then why do shorter women demand a man at least 6"?

There are plenty of Hollywood hunks below the 6-foot range: George Clooney (5'10"), Nick Lachey (5'9"), Mark Walberg (5'7"), Usher (5'7"), and Bruno Mars (5'5"). Even Brad Pitt, doesn't fit the 6'0" quota that many women say they need to feel attracted.

The issue behind this matter is the psychology women inherit about taller men. According to psychologytoday.com, women desire taller men because they seem stronger and protective. A woman able to physically look up at a man gives them a subconscious feeling that he's superior.

We as women should long for equality, not superiority. And, just because a man is tall doesn't mean he is necessarily more protective, stronger, or superior, than his shorter component. Women's one-track minds are leaving them to make insensible and naïve decisions regarding their taste in men.

Let's put things into perspective ladies, just because a guy is tall, doesn't mean he's your Prince Charming. Of course a tall glass of water is desirable, but a man who is crazy in love with you stands taller than anyone else in my book.

If you are a single woman, who was once height-hungry, throw it out of the equation and give a man who you see "eye to eye" a chance- both physically and mentally speaking!

Some Facts to Consider When it Comes to Height

- Ben Stiller (5'7") and wife Christine Taylor stand an inch apart and have been married for almost 13 years!
- Former Victoria Secret model and actress, Rosie Huntington-Whiteley (5'9") is madly in love with her boyfriend, actor, Jason Statham (5'10"). These two love birds are only an inch apart, but that doesn't keep Rosie from standing next to her man on the red carpet wearing her stilettos!
- Although the marriage didn't work out with either Katie Holmes or Nicole Kidman, they were both two-three inches taller than Tom Cruise (5'7").
- Kim Kardashian's (5'2") famous 72-day marriage to NBA player Kris Humphries (6'9") didn't work out. Most recently, she just welcomed her first child into the world with boyfriend, Kanye West (5'8"), who she refers to as her soul mate.

Next time you spend a Saturday night alone, consider looking at the shorter suitors. Height shouldn't be what is most important about giving a guy a chance, his character, long term goals and his treatment of you should. After all, if you ask many divorced women about their tall ex-husbands, I'm sure you've find out that height for them, was just a number and not a factor in the long term success of a marriage.

About Stef Safran



Stef Safran, "Chicago's Introductionista," and owner of Stef and the City, has been in the matchmaking industry for over ten years. Getting her start as a Contestant Coordinator on "The Dating Game," Stef learned up close and personal what it takes to find people for both romantic and television pursuits.

Revitalizing the social lives of Chicago's singles, Stef Safran is celebrated as "Chicago's Introductionista" across the city and suburbs of Chicago. Stef has been featured in ABC7 News, NBC5 News, WCIU's You and Me This Morning, WGN, and more!

For more information on Stef and the City, check out the Stef and the City website: stefandthecity.com