

# Relationship Advice: Get the Birthday Gift Right



By Dr. Jane Greer

Birthdays are generally synonymous with hopes, cakes, and, of course, presents, but they can also be tinged with disappointment since there are so many expectations wrapped into this one special day, and emotions can run high. Sometimes the gift is perfect. For example, Priyanka Chopra and Nick Jonas celebrated his 26th birthday together this past week at a baseball game which, according to social media, seemed to be exactly what he wanted. A misstep with the all-important gift, however, can sometimes be the very thing that sinks the ship, and can not only ruin the day, but can also breed resentment for a long time afterward.

**Whether you're dating someone, or you've been married for years, getting the birthday present right can be a challenge. Your partner has wishes you may not be aware of, and you might not be sure what to get. How can you live up to meeting their desires, and where do you start?**

There are a few things that can lead you down the wrong path while you are contemplating that purchase. To begin with, if you have not paid attention to what they have appeared to be interested in over the past few weeks or months, like the scarf she stopped to look at in the store window, or if you have missed their hints, like the massage he always says he would like to get, then you may have no idea where to begin. If that's the case, when they tear away the tissue paper, hoping to find something specific looking back at them but find something out of left field, your gift might be met with disappointment. Along the same lines, it is never a great idea to simply buy what you like or want with no consideration to whether or not your partner might feel the same way. Just because it is your taste does not mean it is theirs. If they say they want a sweater, before choosing the one you would buy for yourself, instead think about their preferences and previous choices. Similarly, you might see this as a good time to get something practical, why not? You really need that better coffee maker or expensive knife. Here is another way you can go awry, though, since your partner might not appreciate that, and may be hoping for something more personal

and indulgent. Finally, while some do like a joint activity to be the gift, as was the case with Nick Jonas, not everyone falls into that camp. Make sure that is okay before you take the plunge, since some might see it as encroaching on their birthday, which they don't want to share, since they want it to be only about them.

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For any and all of these reasons, browsing online or in a store can feel like a minefield that could blow up in your face at any moment. So, what can you do to avoid that? Begin by asking what they want in advance, even going as far as requesting that they make up a birthday list. Think about suggesting that the list have three or four items that fall into different price ranges. That way you can have options, and you will know that whatever you choose will be well received. Another possibility might be to take them to a favorite store and have them try on a few things. You can go back later and choose one or more of those items, and it will still be a surprise, but you know it is something they will enjoy. Finally, you can simply get a gift card to a store or spa you know they like so they can select what they want, going back at a later date either by themselves or together to make an outing out of it.

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Sometimes people are reluctant to make a present list because they think it spoils the surprise of the gift, which can be nice but not necessary. They also may think they are making it too easy for their partner by telling them what they want. But the truth is it is more about the pleasure and the good feelings a great gift will generate over time. By helping your partner out so they know precisely how to please you, you guarantee a happy outcome, which is what matters most. The

goal is to get what you want, it isn't a contest to see if your partner can figure it out.

It is likely that the way you give gifts comes from the way the family you grew up with gave gifts – in other words, that is what you know, and naturally you continue that pattern. The trick is to be open and aware of your partner's ways and preferences, so you can develop your own gift-giving protocol together. It sounds like Priyanka and Nick have been able to do just that.

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## **Relationship Advice: How to Cope with a Loved One Who Is an Addict**





By Dr. Jane Greer

When someone you once loved dies, it can be devastating, even if you haven't been in a relationship with them for a long time. If that person had problems, such as a drug or alcohol addiction, learning about their death can also be confusing and can conjure up all sorts of feelings including guilt. Ariana Grande is heartbroken over her ex Mac Miller's death, according to an inside source. The rapper was found dead last week after what is thought to be an overdose. Some people have lashed out at her, saying she should have done more for him. Others have strongly supported her, saying she did everything she could.

**Either way, it is a hard place to be and it raises the question, when someone is in a difficult relationship with an addict, how**



**much is too much, and when is getting out the right thing to do, even if that person might be in danger? Here is some relationship advice.**

It is never easy to end any relationship with someone you love, and if they are struggling with personal demons it can be even harder. Anyone who has ever been involved with someone who is alcohol or drug dependent knows how hard it is to separate even if it has reached a point in which staying seems just as impossible, and sometimes even harmful to your own well-being. There is a natural amount of guilt that goes along with any breakup, but when there are these added complications the guilt can be overwhelming. When a tragedy occurs after you are no longer together and there is a death or overdose, those feelings can take over, leading you to wonder if you “abandoned” them and could have or should have done more.

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The most important place to begin to reconcile these feelings is to recognize that you did everything you could possibly do when you were in the relationship to help them, and if you had remained it would have been to your own detriment. Acknowledge that leaving it was not easy for you. If you were able to remain friends, there might have been the opportunity to further illuminate that in order to have a better understanding of what happened. So in that case, it might be clearer to you that there was nothing more you could have done, and that you simply couldn't continue to handle the struggle. If you didn't remain friends or stay in touch and an overdose or death comes as a complete surprise, remind

yourself that you chose to end the relationship because it took a heavy toll on you, and recognize that you had no choice in the face of their continuing destructive behavior. Understand that there are limits to what you were able to do to help the other person. Ultimately each person is responsible for him or herself. Accept and respect that you made the decision out of necessity to invest in your own safety and happiness, that it was either sink or swim for you. Being able to see and do that is vital to your healthy self-esteem.

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Keep in mind that what you want to do is remember who the person was to you, what they meant and what you shared together. Ariana paid tribute to her relationship with Mac by posting a picture of her memory of him. Hopefully she has been able to find peace.

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# Dating Advice: Why Do I Attract Men I Don't Want...And Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

## Why Are We Repelling Men We Desire?

**1. Not right for each other:** Us women need to remind ourselves that just because you think you're attracting the wrong ones,



doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

**Related Link:** [How to Be More Desirable](#)

**2. Showing you are available:** This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

**Related Link:** [Fearless Flirting Formula](#)

**3. Send proper signals:** On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

*For more dating advice videos and additional information about the Single in Stiletto's shows, click [here](#).*

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**New            Celebrity            Couple:  
'Bachelorette'            Star            Clay**

# Harbor Is Dating 'Bachelor in Paradise' Star Angela Amezcu



By Ivana Jarmon

In [celebrity news](#), there's a new [celebrity couple](#) in *Bachelor Nation*! According to *UsMagazine.com*, Clay Harbor and Angela Amezcu are dating! Harbor confirmed their relationship via Instagram by posting a photo of the two and including the following caption: "What do the kids call it? Woman crush Wednesday? Well here's mine." The snapshot shows the couple embracing on Wednesday, September 5. He also took to Twitter, included the same photo, and said, "If I had a rose to give she would get it. Every time." Harbor first appeared on Becca Kuftrin's *The Bachelorette* season. Amezcu was first introduced to *Bachelor Nation* on Nick Viall's *The Bachelor* season in 2017

and then starred in season 5 of *Bachelor in Paradise*. Best wishes to the happy couple!

## **There's a new celebrity couple in Bachelor Nation! What are some ways to use your connections to find someone to date?**

### **Cupid's Advice:**

The dating world is tough, and it can be hard to find ideal prospects out there. Cupid has some ways you can use your networking skills to help your cause:

**1. Happy hour at work:** There's nothing like enjoying a cold one with coworkers! Even though it may not be the best idea to date someone from work, you never know who may be there from outside of the workplace. Work friends often ask friends to come and tag along. So, there is every possibility that you might meet someone at a work happy hour. If you get invited, seize the moment and go!

**Related Link:** [Celebrity Couple News: 'Bachelorette' Becca Kufrin Is Engaged to Garrett](#)

**2. Social media it up:** Check out what's happening on your social media! Try checking out events suggested to you on your Facebook. You can also check out where your friends are going and join them. It's a great way to connect, make new friends and maybe even get yourself a date with a lucky girl or guy.

**Related Link:** [Celebrity News: 'Bachelorette' Becca Kufrin Feels 'Sick' When She Finds Out Colton Underwood Dated Friend Tia Booth](#)

**3. Public transportation:** What better way to make a connection

with someone than on a train or bus that you take every day? The subway or Metra provides a great opportunity to strike up a conversation with someone. There are all kinds of people on the train. Next time you see a person reading a book you like or happen to hear the music they're playing, go talk to them. You never know what may happen!

**What are some other ways to use connections and networking to your advantage when it comes to dating? Share your thoughts below.**

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## **Dating Advice: 3 Things Men Wish You Knew**





By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

## Dating Advice On What Men Wished You Knew!

**Related Link:** [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

**1. Men Don't Like To Date:** According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you



can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

**Related Link:** [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

**2. Food Is The Way To a Man's Heart:** Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, "We need to talk." He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

**Related Link:** [Relationship Advice: How To Build a Lasting Love](#)

**3. Affirming a Man:** This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, "There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated." There are many terms that you can say on daily a basis that will make him feel wanted such as, "I love you" or "You are important." Make sure you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one affirming him, then there will be someone else out there who will.

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# Dating & Technology Q&A: How to Win a First Date After Meeting Online



*Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?*

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

## **Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!**

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be the best version of yourself— both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

**Related Link:** [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online,

I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Relationship Advice: Is It Too Soon to Get Engaged?





By Dr. Jane Greer

When is it too soon to get engaged? There are so many considerations that go into making this decision, from practical issues such as having enough money to finishing a degree to living in the same place, to more philosophical ones like is there a proper timeline for true love? Sometimes people have to first deal with other commitments and responsibilities before taking the plunge. But what if you meet someone and know instantly that person is your soulmate, do you still have to wait? Some think the answer to that is no. Nick Jonas and Priyanka Chopra announced their engagement after dating for only two months.

**Quick engagements can be a sign that one or both parties are ready to settle down and feel the security and stability that comes**



**with marriage. However, there are a number of pieces of [relationship advice](#) to consider before taking this next all-important step.**

One of the biggest questions that comes up is, does it make sense to wait even if all the pieces are in place so that you can have more time to bring each other into the other's respective world? In other words, does having the inside track on your partner's life before you're all in add to the success of a marriage? Some might worry that the intensity of the high one feels when they first fall in love won't last, and therefore won't be enough to sustain you through life's ups and downs. If you do feel, however, it is enough to get you through, and you are seriously considering a quick engagement, it can be helpful to ask yourself why. Is it because you simply want to get married and crave the security that comes with that? Or were you disappointed by a previous relationship and now eager to move forward with someone who's ready to truly commit and get married? Or is it all about the person, that you have fallen so hard for one another, that you have become a part of each other's lives so completely, and there is enough compatibility, that you feel you want to and will be able to continue to make things work between you?

**Related Link:** [Relationship Advice: Tales of the Other Woman](#)

Whatever the case, most people do find that the all-consuming, instant attraction eventually, and really inevitably, wanes. That's why a certain amount of time and effort is generally important to allow the relationship to solidify so you have the chance to really learn how to work things out together, and to see how each of you reacts to different situations. With time, you'll move from that googly-eyed stage where your partner can do no wrong, to eventually "sobering up," so to

speak, and deal with life – sickness, cars that don't work, endless bills, having to work late – as opposed to the euphoria you might be feeling when you first come together. In fact, the “honeymoon phase” can often last longer than most people think, in some cases even up to a year, but by the time you move away from that and into everyday reality where you need to be able to work together as a couple to deal with the nuts and bolts of each day, it takes more than rose-colored glasses to navigate the raging rapids. If you don't manage to build that strong foundation, it will only be a matter of time before your individual needs, as well as all the daily hits of living that create friction and tension, tear you apart.

**Related Link:** [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

If you are in love, and if marriage is on the table, here are a few things you can ask yourself to determine if you are ready. First, do you think you are able to deal with your differences and compromise around them so you end up at a joint decision that feels good for both of you? Are you able to communicate and listen to each other, and ultimately relate to each other's feelings, so that you both feel understood? Can you problem solve, as well as work through and clear up your anger and disappointment so those feelings don't linger and cause trouble between you? Do you have empathy for each other? If you have these skills in place, then you are starting your life together with a full toolbox of important skills.

Nick and Priyanka seem to have found in each other what they are looking for, and have faith that they can continue to keep love alive. If you, too, have that trust in your partner then perhaps a short engagement can work for you as well.

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## Learning From Celebs: Clear Signs You Are In A Toxic Relationship





By James Helliwell

How do you define a toxic relationship?

There are many ways to do this; you can call it a relationship without love, without a future, without peace, without passion or without a number of things. The simplest way to describe it, however, is to call it a relationship where one or both parties is perpetually unhappy. We see this in celebrity relationships all the time on celeb news sites, such as our friends at [Fame Game](#), and *Vanity Fair*. The classic [Kate Moss and Pete Doherty](#) saga is a good example, but it happens to “regular” people as well.

**Recognizing that your relationship is toxic is a very difficult thing, especially to those within it. Here are a few signs to help you**

# identify it.

## **1. You fight so much, you don't even notice it.**

This is an easily recognized sign of a toxic relationship. Oddly, it is a sign often missed by those in the relationship. There comes a time in a relationship when you fight so often that the only fights that register are those loud enough to wake the neighbors. The best way to discover if this sign is in your relationship is to inquire about it from those close to you and your partner.

## **2. Either or both of you are keeping score.**

This is both an extension and a separate entity from the constant fighting. In this case, there might never even be a fight. However, any time an offense is committed by one party, it is immediately followed up by the other party listing all the previous offenses. Here mistakes become weapons that each party must stockpile so that they never lose.

## **3. There has been no sex in a while and neither of you misses it.**

This is a sign that most of us have already learned from watching TV, but it happens all too often in real life. People in this condition are quick to make excuses for why they have not been intimate in some time, most of which are hollow. The simple truth is that if a loving couple is ever together, there's little that can stop their lovemaking. And this is vital to their well-being.

## **4. You stop communicating; casually or intimately.**

There are two major ways every couple communicates; casually and intimately. A casual conversation between a couple is what establishes that they are friends. This is often mindless banter and joking around about any number of subjects.



Intimate conversation is what distinguishes them as a couple. This is when they talk about their emotions, dreams, struggles, and other confidential topics. Both of these forms of conversation are important to maintaining a relationship.

### **5. You find you are never yourself around them.**

It is normal for a person to change in a relationship. Changing allows them to accommodate their partner's quirks and personality. However, not being yourself is different. In this case, you only change when the other person is around or your partner only changes when you are around. Being yourself is a type of honesty and without it a relationship will never advance.

Every relationship will go through a rough patch, this is true. If you have noticed that your relationship identifies with one or more of these signs, you have a chance to work on it before it's too late.

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## **Dating Advice: What To Do When Online Dating Isn't Working For You**





By Lisa Smith

Although online dating is one of the most common ways to meet someone these days, it doesn't work for everyone. There are several [research-based reasons](#) why online dating isn't actually the best way to meet someone.

For some people, online dating is frustrating because it's so easy for prospects to present themselves in a way that is much different from who they are in real life. It's incredibly easy to portray yourself as a great catch and hide your bad qualities in the online world.

Others claim the bigger problem is simply that online dating presents them with too much choice which is too overwhelming.

Overall, many of today's singles avoid dating apps and websites because they are a time suck. It requires so much time to sift through the bad matches and find someone worth talking to. A great way to waste your time is by chatting with someone online for ages, only to meet them in person and realize there is no connection.

# Here is some [dating advice](#) if you're single, and online dating just isn't working for you.

## 1. Try Professional Matchmaking.

Working directly with a professional matchmaker is like having a best friend who is on a mission to find your Mr. Right. A matchmaker is a trusted ally who knows exactly what you're looking for in a partner and wants to find that person for you. By choosing to work with a reputable and [elite matchmaking](#) company, you'll experience what it's like to only be presented with desirable and appropriate prospects. A matchmaker will also help to remind you not to commit certain dating mistakes, and will basically give you a much-needed pep talk before your first date.

One of the greatest benefits of working with a matchmaker is the screening process. They sift out the inappropriate candidates for you, and screen everyone to ensure they're only introducing you to someone great. While online dating might overwhelm you with options and present you with an exhausting [paradox of choice](#), matchmakers effectively narrow it down. This saves you time and energy, resulting in a much more positive experience than online dating.

## 2. Get Set Up.

Getting set up by a friend who has a single friend can definitely work. It might not be as effective as using a professional matchmaker, because there is not the same screening process; however, it doesn't hurt to let a friend set you up with their single friend. If nobody is offering to do this for you, try asking a few of your friends if they know someone who is in your age group and single. You might spark the idea that there's someone great they can try setting you

up with.

### **3. Sit At The Bar Alone.**

Although it takes some courage to go to a bar by yourself, sitting at the bar alone is a great way to meet someone. Whether it be your neighborhood sports bar or a more upscale venue, sitting at the bar alone makes you approachable. You'd be surprised at how many people will chat with you, as it's not intimidating for them since you're sitting there by yourself. You might mistakenly assume that this makes you look like a sad person with no friends. However, it actually makes you look confident and esteemed. You aren't afraid to grab a drink by yourself, and that shows a sexy confidence. Patrons won't assume that you have nobody to grab a drink with – they'll simply think that you're comfortable being alone. It's a great quality to be independent and comfortable in your own company.

### **4. Work On Your Confidence.**

How many times have you noticed a beautiful stranger behind you in line at Starbucks, or seen someone who is totally your type in the produce section of the grocery store? By working on your self-confidence and realizing that you have nothing to lose, you might start getting comfortable approaching sexy strangers in real life. With the rise of online dating, fewer people are getting approached or flirted with in real life, and you'll stand out as being confident if you do this. Remember that the worse thing that can happen is a polite decline, which isn't so bad.

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# Celebrity News: Celebrities Knock Millions Off the Asking Prices of Their Homes



When a celebrity sells their home, it typically goes for millions of dollars. However, there's a rising trend in that celebrities are first slashing hundreds of thousands, and in some cases millions, off of the asking price first. Earlier this year, according to [The Observer](#), former One Direction member, Harry Styles, slashed \$500,000 off the asking price of his LA mansion, while actor, Mel Gibson, recently knocked \$2.3 million off his Malibu mansion's listing price. Often, a well-publicized celebrity break-up is the cause for the swift drop in price in order to secure a fast sale, but in other instances celebs just don't seem to want to hang around for a



buyer.

## **In celebrity news, check out more instances where celebs are dropping the prices of their homes.**

### **A quick drop in price**

Since putting their luxury New York City penthouse on the market, Justin Timberlake and Jessica Biel have dropped the asking price by almost \$1.25 million. In fact, the couple seem so eager to shift the property that just a week after taking \$1 million off, they opted to drop the price further by \$245,000. According to The Daily Mail, the penthouse isn't Timberlake and Biel's only property. The pair reportedly spent more than \$20 million on a penthouse in the 443 Greenwich Street building last year. While celebs such as Justin and Jessica sell up because they require larger homes, there are others who stay put and opt to [utilize the money invested in their homes](#) by refinancing their mortgage and expanding their property.

### **Slicing off millions**

Demi Moore is another star who found herself slicing millions off her home in order to attract a buyer. Her New York property which was once home to both her and her ex-husband Bruce Willis, originally hit the market for \$75 million. Realising that the asking price was significantly over-inflated, it dropped to \$59 million. However, after 2 years on the market it was sold for just \$45 million. You might think that Moore would be disheartened at the 40% drop, but considering she picked the property up for a mere \$7 million, she still made a fortune from shifting the penthouse.

### **Asking over the odds**

When Harry Styles's pad hit the market for \$8.45 million, his listing broker justified the price by stating that renovations had taken place and that there was a strong housing market in LA. Despite owning the property for less than a year, it was significantly marked up compared to the \$6.87 million it was originally purchased for. This therefore begs the question whether celeb homes are purposefully overpriced in the hope that the agents selling them will make a bigger commission out of the sale.

Celebrity homes usually sell for a small fortune, however, it's worth remembering that many of them are over priced when they hit the market. Therefore, while, taking off millions might sound extreme, it's usually only done to bring the price back in line with similar properties.

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## **Divorce Coming Your Way: Five Signs Men Need To Watch For**





*Excerpt from NYC-based divorce lawyer Jacqueline Newman's book [Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce](#)*

The signs that a divorce may be on the mind of your spouse has the potential to show itself in different ways, depending on if you are a man or a woman. When it comes to men, signs may present in the form of financial shenanigans.

## **Here are five signs men need to watch out for when it comes an impending divorce:**

**Your partner is no longer Mrs. Chatterbox.**

You need to be aware and realize it is a bad thing if your spouse starts to shut down verbally. Is she beginning to no longer talk to you about her day or what is going on in her life? If she stops complaining, that can also be a bad sign.

**Related Link:** [Should You Date Someone Going Through a Divorce?](#)

### **She is always annoyed.**

Let's face it—you can be annoying (just as she can be). And therefore, she is often irritated with you. However, what is happening now is different. She is annoyed on a whole new level and all the time. This is not the simple “Turn the TV down! Are you deaf?” exasperation; this is the “Do you have to breathe so loudly and so often” line of questioning.

### **She has taken on a great interest in many things—except you.**

There is nothing wrong with someone taking an interest in a new hobby or venture. What is not normal is when one partner seemingly has moved on to finding a new singular interest, hanging out with friends you do not know, traveling solo, or otherwise engaging in hobbies that do not involve you—and furthermore, places no focus on even trying to include you.

**Related Link:** [What Now? Transitioning from Married to Single](#)

### **She suddenly has a new interest in the finances.**

If you have always been the spouse who paid the bills and handled the money and now she has taken a sudden interest in the family finances, it is normal for you to wonder why.

### **Indications point to the cheating component.**

If your spouse becomes really possessive of her electronic devices, is abruptly required to “work late,” suddenly has a ton of business dinners to attend, is more concerned about her appearance, or is even overcompensating when it comes to your relationship, you must pay attention.

Just because your spouse may be doing something on this list does not automatically mean your marriage is over. Try to understand what is causing your spouse's new or strange behavior. Remember to stay alert. It is always a wise strategy to become fully aware about what is going on so you are not shocked when divorce papers suddenly turn up on your dining

room table and your wife's toothbrush is gone

[Jacqueline Newman](#) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce."

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## Dating Advice: Best Movies for Great Date







Let's say you are with someone you're dating at home, you like each other, but you both experience some shyness. In this case, an excellent option is to watch some movies together. The question is, which ones? Let's figure it out. To begin with, set aside vulgarity and rudeness. They don't promote a romantic mood, and instead, they push [single ladies](#) away. Remember one thing: the movie you choose will say a lot about you, and it will either help or hurt your cause when it comes to your love interest.

## **Here is some dating advice around each genre of movie to consider when it comes to dating:**

### **Drama**

One of the biggest mistakes you can make when it comes to movie suggestions is choosing a heavy drama. These types of movies can lead to tears and depression, which isn't exactly the vibe you want to put out in front of your crush. If you choose to watch *Titanic*, you may be in for a teary night.

## **Comedy**

When choosing a comedy, make sure to keep in mind a few things. First of all, check out the film's rating. You don't want to end up accidentally watching a movie with stupid jokes, obscene language, drugs, and murder. It 's definitely best to check into the humor of a movie in advance. The bottom line is that comedies don't promote feelings except happiness, which is great for a date.

## **Horror**

They say that horror and fear strengthen your sex drive. It's difficult to answer whether this is true or not, but the fact that scary movies typically bring couples together indisputable. Generally speaking, when choosing a horror movie, make sure to ask your partner first. It may be that your crush hates them, no mater how interesting the movie is or who she's with, so be careful!

## **Thriller**

Thrillers, like horror movies, can be called frightening. There's typically less blood and murder scenes in thrillers, but there lies suspenseful secrets and mystery. Make sure your partner is okay with those types of things before selecting a thriller to watch. In thrillers, there are no clear boundaries and they create intense emotions of excitement.

## **Adventure**

One of the best options if to watch an adventure movie with your love interest. Adventure movies debuted in 1981 when *Indiana Jones: Raiders of the Lost Ark* hit the theaters, directed by Steven Spielberg. In adventure films, attention is focused not on the use of force and violence against heroes of a film, but on the ingenuity of heroes and travel. In adventure films, heroes often have to find an extraordinary way out of difficult situations.

## **Melodrama**

You'll have the largest selection of movies to pick from if

you watch a romantic movie, also called a melodrama. What else does she need to feel happy? A good, bright, kind movie about love a happy ending is a sure thing. A melodrama reveals the spiritual and sensual world of heroes in emotional circumstances on the basis of well-known contrasts: good and evil, love and hate, or joy and sorrow.

**Be sure you choose the right genre for you, as people are all different. What are some other things to consider when it comes to choosing a date movie?**

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## **Dating Advice: Most Common Dating Mistakes**





While some of us are great when it comes to dating, others may fall into the “beginner” category. Either way, each and every one of us has had to deal with dating and the issues that come along with it at some point. Just as with anything, the ins and outs of dating and relationships have evolved throughout the years. There’s no doubt that there are some drawbacks to dating, but in the end, imperfections can be beautiful.

**To get the most out of your dating game, it’s best think about possible pitfalls in advance. Here is some dating advice:**

**1. Poor communication:** In an era where messengers and ridiculously fast transportation are ubiquitous, for some unknown reason, people tend to forget how to communicate. It’s not enough to just have sex and spend a few hours a week going out or eating somewhere. Deeper conversations and even small talk still matter. Ask how she feels today, what she is up to,

or what she dreams about. If things work out, you may end up in a serious relationship or married. Can you be happy with a person you know nothing about? No!

**2. Online dating problems:** Let's be honest: issues with online dating are infinite and we could devote an entire book to it. But to name a few, there are online dating scammers, addictions to sexting and frequent rotation of partners. You can easily become picky and fastidious, changing partners like underwear. It's totally not okay, as you never build an emotional bond, which makes your relationship real and authentic.

**3. Rushing into things:** "Think fast" is really great for work, but when it comes to relationships, rushing into decisions makes very little sense. Predicting how people are going to act is virtually impossible, so take some time to understand your own feelings and whether or not your partner and you truly click. Many people make this mistake while still being in the initial stage of a romantic relationship when everything seems sweet and fine.

**4. Over-analyzing everything:** This is pretty common. People tend to pay way too much attention to that which does not really matter. Overall, "actions speak louder than words," as they say. The fact is, we're human, so at times we can be distracted, depressed, moody or just detached. Of course, you want to avoid putting all of the burdens of your emotional state on your partner's shoulders. If she doesn't answer your message within 30 minutes, it does not necessarily mean you're getting the cold shoulder.

**5. Not paying enough attention to sex:** This one may sound odd, but it actually happens (often times with men especially). They tend to believe that they have natural skills in bed, and there's no need for training and looking for better approaches. Moreover, there's a right and wrong for each individual. Sometimes, the simplest things in life are the



most complicated.

What are some other potential pitfalls when it comes to dating? Share your thoughts below.

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## Dating Advice: 4 Signs Your Partner Is the Right One for You



A lot of us get into a relationship only to eventually breakup. This typically happens because we end up picking the wrong partner simply because we are not aware of what we want

from life or we are not able to catch the signs.

**To help you make the right decision, our dating advice below includes four signs that indicate your partner is the right one for you:**

**1. You can talk for hours:**

It is important for partners to communicate with each other and talk about everything. If you struggle to come up with a topic to talk about with your significant other, then it is a sign that you are probably not compatible. However, if you can talk at a stretch without struggling to find things to say, then you more than likely have a sustainable connection.

Many couples just sit together, at a restaurant for example, but have nothing to say to each other. Such couples are typically unhappy, and it's not something you'd want to aspire to in your relationship. If you find it difficult to open up in front of your partner and your conversations are not a two-way street, then it may be time to call it quits.

**2. You love doing things together:**

If you love your partner's company and enjoy doing things with them, then they may be the right pick for you.

This could involve everything from dining together to watching movies together to going on trips. Remember that you do not need to share the same tastes to be able to enjoy things together. You might like action movies and your partner might like romantic comedies. There is nothing wrong with that, and sometimes opposites can actually attract one another. But, if

these differences begin to cause you to fight, then it's a sign of concern.

### **3. He or she makes you happy:**

Physical attraction aside, you get into a relationship because it makes you happy, but sadly not every relationship involves two happy people. Some can be toxic.

If your relationship only makes you unhappy, then it is not the right one for you. However, before you make a decision, find out what really causes you to be unhappy. It can be due to several reasons. For example, if you're married, think about putting together a list entitled "[thankful for my husband](#)" and bring to light what qualities your husband has that you are thankful for. You can do the same thing with your partner, and this will help you gauge if the fault is within your partner or because of you.

### **4. You fight, but then grow closer:**

It's okay and normal for couples to fight. Just because you have arguments, it doesn't mean you're wrong for one another. Remember that all couples argue. In fact, many experts believe that fights can help two people come closer, but this only happens when you avoid letting arguments change your relationship.

If you stop talking to each other for days after a fight, then it is a sign that you're not right for each other. However, if you can get along despite arguments and not carry forward the hatred, then it is a sign that you can work through things together long-term. Couples that forget about the negative things in life and concentrate only on the positives stay together for a long period of time, because they do not let the hardships of life affect who they are.

Consider these four signs when you're trying to figure out if your partner is "the one". The key lies in not being overly

critical and seeing how things really are. If the partner you're with makes you happy and you think you can be with them in the long-run, then it's time to give it a real shot.

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## Relationship Advice: Tales of the Other Woman



By Dr. Jane Greer

Everyone feels they were scourged in the aftermath of betrayal, and in an effort to work through that and regain their equilibrium they like to talk about what happened, often to anyone who will listen. Sometimes, though, while that can

make someone feel better in the moment, it can cause greater trouble down the line and further delay the journey back to personal peace and happiness. Whether you are in the public eye or not, speaking out about the person who hurt you can be tempting. For example, Evan Felker's ex-wife Staci Nelson reacted recently to claims that he cheated on her with country superstar Miranda Lambert. Doing this can feel like your chance to set the record straight by telling your side of the story, and it can feel like a way to fight back. You've been wronged, so this is your way to make it right.

**Sometimes speaking out about the one who wronged you can be helpful, while other times it can cause more negativity. So how can you balance it? This relationship advice comes down to what you say, and whom you say it to.**

The obvious place to go to vent your anger and frustration is to friends and family, since they are the people who know you and support you. They may encourage you by asking you to tell them what happened, or they may be more provoking by launching a missile and speaking badly about your ex-partner, thus throwing logs on the already flaming fire. Try to be careful, however, about what you share with them for a few reasons. While the initial reaction is to look to end the connection, sometimes cheating can actually help people reevaluate and overhaul their relationship to make it stronger and more resilient than it was before. There are enough times that people get back together. If in fact you and your ex do reconcile one day you don't want your friends and family members to have turned so completely against him or her and



become so alienated that it makes it difficult for you to reconnect. Also, there is always the matter of the people you shared while you were together. What if, during your relationship, your cousin became good friends with your ex-husband, or your college best friend's wife is now best friends with your ex-wife? These are hard connections to break, and it helps to be aware of the tricky position that putting down your ex, who may still be an important factor in their lives, can put the people you love in. While oftentimes there is a strong pull to rally as many people as possible to your camp, drawing these lines can sometimes be very divisive and you risk creating more losses for you with your existing relationships if people feel they have to choose a side.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

Being able to vent and say bad things about your ex can be an important initial step, but you want to continue to take subsequent steps and have that not be where you remain. Instead of only demeaning them and looking to do a character assassination, start to shift what you are expressing to focus on the impact their betrayal had on you and how you are dealing with it. To begin the real healing, it is important to be in touch with all of your feelings, not just your anger. This way it can eventually become less about stirring the brew of your rage and more about developing your self-awareness. In my book *How Could You Do This to Me?: Learning to Trust After Betrayal*, I speak about blind trust. Was this going on for you? Were you too trusting, did you see signs and ignore them, or did you miss them completely? It is this reflection and understanding that will enable you to learn how to trust your own judgement so that you feel better equipped to protect yourself in the future and keep this from happening again. By doing this it helps you to stop perpetuating the negative by keeping yourself in the role of victim, and instead shift to moving forward and away from your ex and the fallout of the

betrayal.

**Related Link:** [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

Being deceived is devastating at best, at worst, if not dealt with, it delivers a blow that can keep you feeling low for a long time and can derail you from living your best life. For that reason, doing all this is your emotional health insurance as you go forward. Hopefully, Staci will be able to get back on track and become stronger as she carries on.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## Relationship Advice: The Pitfalls of Dating While Divorcing





By Dr. Jane Greer

Dating someone new is exciting but often challenging, and adding the complications of a divorce that's not officially finalized yet, as well as kids from the fractured marriage, into the mix can create a whirlwind of possible pitfalls and new challenges. Waiting for a divorce to become official, though, can take some time, and it is often difficult to put the entire future of one's love life on hold until it is all said and done. Actor [Brad Pitt](#), for example, has been seeing MIT professor Neri Oxman in the midst of ending his marriage to [Angelina Jolie](#). Dating while being separated from your ex-spouse can often feel like a no man's land of uncharted territory with no clear rules. There may be concerns about how quickly to move things along, or a newfound fear of commitment because the most recent union failed.

**While you may be eager to move forward and find new love, it can**

**feel like a slippery slope where you can get in too deep quickly, sometimes without even meaning to. With that in mind, there are certain pieces of relationship advice to consider as you navigate this sometimes lawless territory.**

The first obvious question is how soon is too soon? It is a very personal journey in terms of how each person manages the sadness of saying good-bye to someone they loved and shared a life with. Some people have no immediate desire to meet someone new, and instead withdraw and go into emotional hibernation, unwilling to put themselves out there for a while and risk being hurt again or diving into another unsuccessful relationship. Others take the opposite approach and seek out a new romance because that is what they believe they need to survive the turmoil they are facing. Taking your personal inventory of what works for you, figuring out your own rhythm of moving faster or slower, can be helpful in gauging the best way for you to proceed. If you do decide to jump back in to the pond of love, try to consider what didn't work in your marriage and attempt to avoid those behaviors in this new partnership.

**Related Link:** [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

Along those same lines, how do you balance the responsibilities and devotion you have to your children, as well as all the things that go along with taking apart your old life, with this new person? Consider how much energy you realistically have to give to your new identity as a single

person and to your new relationship. If you have met someone you really like and want to get involved, that is fine, but keep your kids in mind and pace yourself with how you introduce them, possibly saying your new love interest is simply a friend at first so as not to confuse them. On the flip side, you might find you are not ready to invest a lot of time into a new romance. He or she might want to jump right in, planning dates and weekend brunches, but you are juggling time with your kids and don't want to miss a soccer game or a dance performance which often conflicts with the proposed plans. Think about and prioritize what is most important to you, and be completely honest about what you are willing and able to put into this new situation. Be clear about your time and what you need to keep it balanced. It can be helpful to convey this upfront so that they can keep their expectations of you realistic and not bombard you with demands for getting together. By doing this it will help make the new relationship stay light and be a relief for you, instead of becoming another emotional burden and a new source of guilt.

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

Finally, is it okay to talk about your ex and the details of your divorce with your new dates? There is no question that you have gone through a difficult time as you and your ex-spouse untangle the life you shared together. It has probably been the focal point of everything for you, all that you can think about. It is natural, then, that it is what you are used to talking about, and very likely what you want to talk about. That is understandable, but when it comes to the people you are just meeting and getting to know, the less you say about the nitty-gritty of your ex and your divorce, the better. Try to keep the conversation focused on fun topics such as activities you enjoy doing as well as those you would like to pursue in the future. Instead of making this new person your support system while you go through the divorce, allow your connection to be about what is ahead of you and think about it



as an opportunity to explore who you are now and who you are becoming.

While it is a lot to contend with, it appears Brad is handling these possible roadblocks and choices with aplomb. Neri seems to be taking everything in stride, and perhaps she and Brad can continue on this path to happiness together.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## **Relationship Advice: 8 Ways to Tell If Your Online Date is a Cheater**





Online dating is a fairly new phenomenon, but one that is here to stay. For some, it's a great way to meet like-minded people who share your interests, activities, and hobbies. But, how can you tell if their online persona is accurate and truthful? Are they really single and ready to mingle, or is your online suitor married with children? Several studies have concluded that up to 30% of those men using an online dating service are already married. The online dating site eHarmony states that 53% of online users lie on their dating profile, mostly about age, height and weight, and job/income.

## **Here are some signs to watch for so that you don't fall in love with a serial cheater.**

**1. He's on all of the online dating sites:** Online dating apps like Tinder and OKCupid make it easy to keep a lot of irons in the fire. Someone who maintains profiles on ALL these sites are probably not interested in monogamy; if something doesn't come from one contact, he is right back there working on his

next one. Be sure and check to see if his user ID is active on multiple dating sites before getting too involved with your selection.

**2. He refuses to meet you in real life (IRL):** Some men enjoy the online attention and have no intention of ever meeting you IRL. If you've communicated frequently and are ready for a face to face in a public location, ask for it and gauge his reaction. You will find out how serious he really is about pursuing a relationship by how easily he makes it to connect with him IRL.

**3. He may be unavailable and vague when asked direct personal questions:** For someone looking for love on a dating website or app, ambiguous responses to basic questions like where they live or what they do for a living are a huge red flag. You want someone who is willing to reveal himself to you on a personal level, even if it's just meeting for a cup of coffee. Serial cheaters stay intentionally vague so that you can't pursue them; they can only pursue you on their terms, which don't typically include living happily ever after.

**4. He's only willing to meet at odd times of the day or is unavailable for regular "date" activities:** Someone who talks all night but gets off the phone hurriedly at 7am may have something (or someone) to hide. This may not apply to those guys who work a second or third shift, but if they are a 9-to-5er then watch their behavior carefully. Don't accept rushed, last-minute invitations or booty calls!

**5. He doesn't appear confident in who he is and needs a lot of attention:** Often serial cheaters are men who don't like being alone or are very insecure. They use online dating to prop up their fragile egos by trolling for compliments, strokes, and contact with multiple women. You don't want to waste your time on a dud who only wants to get something from you and not give anything in return.

**6. He doesn't want to change his relationship status:** If you've already met in person and it seems to be getting serious, check out his reaction when you ask or tell him that you are ready to change your relationship status online. If he balks, he may want to continue appearing to be single so he can play the field. If you can have a conversation about it and mutually decide on this issue, he may indeed be serious.

**7. He avoids talk of the future:** If your guy likes to only discuss things in the here and now and isn't willing to talk about the future, that may be another red flag. Every couple needs to have hopes and dreams that they share about their future together; if your guy changes the subject when you bring up your upcoming summer vacation plans, you might want to ask what his true intentions are for your future. Men who are in it for the short term or until someone better comes along will not want to make future plans together.

**8. Sex is his primary objective:** If someone initiates sexual conversation, flirting, or asking for naked pictures too soon, then that may be all that they are down for! It is always a good idea to have your own intimacy rules in place before ever pursuing online dating so that you know where the boundaries are upfront. Be honest with the guys too – if they are legit looking for love, they will totally appreciate knowing what the rules are.

Like anything online these days, do your homework before committing to anyone or anything. Always meet in a public place until you know the person better and don't be afraid to hire a professional if you are truly serious about a guy and don't know if he is or not. Reputable [private investigators](#) such as North American Investigations can ease your fears about your online romance or perhaps dig up enough information to know that he's not a good fit for you.

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# Relationship Advice: 5 Signs You Want Your Ex Back



Does absence really make the heart grow fonder or is it just loneliness talking? After breaking up with someone, especially someone you've had a long, meaningful relationship with, you may start questioning if it was the right thing to do. While breaking up because they cheated on you or abused you is never wrong, if there wasn't that type of strife, then you may question why you parted.



# Here are five signs that you regret the breakup and want your ex back.

## 1. Keep Tabs on Social Media

One sign that someone wants their ex back is that they're keeping up with their life via social media. If you find yourself stalking his Facebook or Instagram to see who he is dating or where he is going on vacation, then it is obvious that you miss him. Instead of stalking him online, build up the courage to leave a nice direct message or text him. If he is interested in hearing from you, he will text or message you back. If you don't receive any return messages, that should be a loud and clear sign that your feelings are one-sided.

## 2. You Regret Your Decision to Break Up

After breaking up with someone you've been in a long-term relationship with, you may immediately begin to regret it. Just because a relationship has become stale, doesn't mean you should give up on it. Successful relationships require hard work from both partners. Consider going to couples therapy to learn how to better communicate with each other, especially when things do seem stale or when you're in a rut. Good communication is a key component of a lasting relationship.

## 3. You Talk About Your Ex A Lot

Your friends will probably be the first to mention that you're always talking about your ex. They may be tired of hearing about your exploits with him or how much you miss him. You may not even notice that he seems to come up every time you hang out with your best friends, but they will.

## 4. You Keep In Touch With His Family

If you and your ex had a serious relationship, then you may have gotten to know his family very well. If you keep in touch

with them, it may be a sign you miss and want him back. You don't necessarily need to part with the family after a break-up, but it is unusual to frequently reach out to them. If you regret the break-up, stop talking to his family and talk to him. Find out if he is interested in seeing you again by using these tips to [get your ex back permanently](#).

## 5. You've Forgiven Him for His Wrongdoings

If he wronged you in some way, then you will need to forgive him before you can consider getting back together with your ex. Resentment will eat away at you and the relationship if you haven't been able to forgive him for what happened. If you have forgiven him, don't use what happened to hurt him, but move on and rebuild the trust between you to create a better relationship.

If you recognize some of these signs within yourself, then start exploring opportunities to reconnect with your ex and build a stronger relationship with him or her.

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# Relationship Advice: Working Through Your Heartbreak





By Dr. Jane Greer

Getting over a heartbreak is never easy, and there is no simple answer to how to recover from it. What does it mean when relationships don't work out? Is it you choosing a bad partner, or is it something out of your control? Dealing with the loss of love is often a challenge. Some people throw themselves back into the mix immediately, jumping in to a new relationship, while others take themselves out of the dating game for a while. The question is, how do you hold on to hope, and is there a way to try to ensure success on take two so that you don't continue to repeat the same wrong moves in the love game? It's rumored that The Weeknd's new EP is about his exes [Selena Gomez](#) and Bella Hadid. Perhaps his approach to dealing with his breakups is through his music.

**Here is some expert [relationship advice](#) on navigating heartbreak**

## post break-up and when entering a new, rushed relationship:

Many who dive right back into the fire may find that their new love connection isn't going as well as they had hoped and wonder why. There are several reasons this can occur, and it is helpful to understand them. For some, the pain of the split is too immense to handle because of how personally rejected they feel. As a result, their self-esteem may take a big hit, and they may go along in a relationship that they know isn't a good fit simply because having a new person in their life helps buffer the intense pain they are feeling. In that case, their thought might be that at least somebody wants to be with them. Another reason is that sometimes the loss of a significant other in their life and everything that goes along with that – doing things together, planning for two, looking toward the future, and having some security as to how they spend their weekends and evenings – is so hard to take that being with anyone might seem better than being alone. Therefore, they will quickly seek out a new partner regardless of how bad a fit that person might be. When that happens, simply having that person in their life trumps how compatible they are. If either of these reasons are in play, it can be the equivalent of taking an aspirin for a headache. It is a quick antidote to buffer the pain, but it may not deal with the contributing issues that brought about the heartbreak in the first place. Consequently, if you are looking to “lose” yourself in a new relationship, be it a rebound or an escape from the past, while it might ease the heartache in the moment it can sometimes lead to more loss in the future.

**Related Link:** [Relationship Advice: Say 'Yes' to Terms of Endearment](#)

In this whole mix one of the questions is, have you gotten over your ex at all? If not, you might find yourself comparing

your new person to your old significant other, and if you are still in love with the former, your current companion may pale in comparison. While the relationship itself might make you feel better about yourself temporarily, your new partner may not ever replace your old one. In addition, there may be unresolved problems still lingering from your old relationship that you now find squarely present in your new romance. You may even realize, surprisingly, that you have taken on the role of your old partner with your new one, and are now doing what your ex did to you, anything from calling too often to acting jealous. If you find this happening it can be a red flag that all is not well.

**Related Link:** [Relationship Advice: Tips to Inject More Romance to Your Relationship](#)

If you have gone through a heartbreak and are looking to start a new relationship that is successful, it is important to take an honest look at what didn't work in your romantic past. Shine a light on what went wrong. Were you unhappy or did you do something to make your partner unhappy? Were they turned off by some of your behaviors and quirks, or you by theirs? Was it you or them who was not willing to step up to the plate in terms of making necessary compromises? This will help you develop self-awareness and give you some understanding of what might be at play with your new partner. This will also enable you to view the past as a stepping stone to the future, not wasted or lost time, but important information that you can learn from and take with you. It can also give you more realistic expectations going into the next relationship so you can hopefully make a better choice that will lead to a more positive connection. Along the same lines, if you find yourself going from one relationship to the next so you are not alone, but you keep choosing people who are not right for you or you lose interest in them quickly, then now is a good time to learn how to be on your own so you can develop inner security and grow stronger before doing a cannon ball back in



to that pool of love. Once you have given yourself a chance to do that, you might be better able to choose a new partner based not only on how they make you feel about yourself, but also on how you feel about them and what you are able to share together.

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It seems that The Weeknd is working through his heartache with music. [Taylor Swift](#) has been known to do the same. You don't have to write music to be able to do this. Instead, write a letter of the things you wish to say or wish you said, that you don't have to send. You can also listen to sad songs, but remember to balance that with a few love songs so that you are able to have faith that there will be a new beginning around the corner for you.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit [www.drjanegreer.com](http://www.drjanegreer.com).*

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**Relationship Advice: Say**

# 'Yes' to Terms of Endearment



By Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance, and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos recently revealed they share some naughty pet names for each other.

**By choosing a nickname you use only**

**for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:**

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you

Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

**Related Link:** [Relationship Advice: The Baby Predicament](#)

The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later. With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other, you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## 5 Things We Can Learn from Justin Bieber & Selena Gomez's Rocky Relationship







By Ashton Dixey

There are a lot of beautiful [celebrity couples](#) out there, but there is one in particular that we've all come to admire and treasure: [Justin Bieber](#) and [Selena Gomez](#). Society has perhaps learned more from observing their dating story than we could from reading a [relationship book](#)! Although they're currently on a break right now, that doesn't mean that we can't learn from this super cute couple.

## **Read on to learn more about the five things that celebrity couple Justin Bieber and Selena Gomez taught us about relationships:**

**1. First loves are the hardest to get over:** Justin Bieber was only 16 and Selena Gomez was 18 when they both started dating each other. Fresh faced and in love, these two went everywhere together and were spotted packing on the PDA in full swing.

Fast forward eight years later (past all of the drama) and these two are still in touch trying to make things work. It seemed like Bieber never fully recovered once Gomez and him broke-up. Gomez even wrote a song about it called "The Heart Wants What It Wants." Be careful who you fall in love with for the first time because that first break-up is the toughest to recover from.

**2. Learn to be okay alone:** It seemed as if these two kind-of lost their balance when they had their [celebrity break-up](#). One ended up in rehab and the other was caught peeing in random wash buckets in California. Be sure you are okay with who you are as a person inside so you can move on without racking up 20 tattoos on your neck to try and burn away the pain. One month shortly after the break-up, Justin ended up driving drunk without a license, running from the cops, and even egging his neighbor's house. When you go through a break-up, don't lose touch with yourself. Now is the perfect time to rediscover the greatness within you. Stay in touch with friends and family that truly support you so you can talk through your emotions instead of acting impulsively.

**Related Link:** [Celebrity Break-Ups: Find Out Why Justin Bieber & Selena Gomez Are Taking a Break](#)

**3. Keep a cool head after a break-up:** Sometimes it feels really good to go on social media and unfollow your ex-boyfriend or girlfriend. Or, it might be fun to go out with a random person for the night and post pictures of yourself and them kissing. Although this may relieve the pain for a bit, it is not the best idea. Bieber put fuel on the Jelena rumor fires when he unfollowed Gomez and started posting steamy pictures of himself and other girls on Instagram. There was somewhat of an Instagram war occurring between the two. Try your best to keep a cool head after you break-up and don't do anything you'll regret. If you do end up back together at some point, you don't want to do anything that might spoil the relationship for the future. Collect yourself, you got this!

**4. Rebounds don't work:** If you're trying to get over an ex, it can be tempting to find someone that's available and willing to jump into a relationship with you. But when your heart is still reeling from wanting to be with your ex-lover, this can be a very bad decision. Instead of facing the pain, you're pouring it into a new relationship and settling to boot. Gomez ended up dating The Weeknd for about eight months before she ended up back in Bieber's arms after a sweet bicycle trip that turned out to be an awesome [date idea](#). As much as you try to forget that person that you're still in love with, it won't be easy, and it certainly won't be fair for the person who's serving as your rebound.

**Related Link:** [Celebrity News: Has Justin Bieber Moved On from Selena Gomez With Baskin Champion?](#)

**5. If at first you don't succeed, try try again:** Throughout Bieber and Gomez's rocky relationship, it seems that Bieber had tried to win Gomez back many times. From serenading her at a hotel in Beverly Hills, to posting photos complimenting Gomez on his Instagram, he tried and tried again to win her back. After several years of trying, it worked! They got officially back together and even made it Instagram official this month. If there's anything to learn here it's that true love never dies and that if there's someone you know you're supposed to be with, it makes sense to fight for their love. Bieber did it for Gomez and even though they are on a break right now, true love is always worth fighting for.

*Ashton Dixey is a recent graduate of UVU and an avid reader of romance novels. When not spending time with her family, you can find her working on her website, [Awesome Date Ideas](#), and taking writing workshops.*

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# Expert Marriage Advice: Your Choice of Mate Can Make or Break Your Career



By Rachel Pace

Choosing a mate is one of the biggest choices you'll ever make. When you decided to marry your partner you probably never thought that this choice could make or break your career. It may sound extreme, but studies from Washington University in St. Louis show that your spouse's personality, namely a conscientious mate, may have a direct influence on how successful your career is. The same traits that you love in your marriage may help you professionally down the line. Choosing a wife who is supportive or a husband who encourages you to do your best can make all the difference in your

success. So, choose carefully!

**Here is some of the best [marriage advice](#) for your professional and romantic future. These are the top personality traits to look out for when picking your life partner:**

**1. LOOK FOR... A Supportive Spouse:** When choosing a mate, you weren't likely thinking about how their personality might affect your future career. After all, getting married is all about the initial physical attraction, following emotional attraction, and a strong love.

If you want someone who will be good for your career, follow this marriage advice: create a support system. This means you and your partner listen to one another, offer help, pay attention to your spouse's needs, laugh together, show love, patience, and always as a team. If you have a healthy support system at home you know that your partner will always be rooting for you through the good times and is ready to be your shoulder to lean on during the hard days.

**2. AVOID... Jealousy:** Marriage advice regarding jealousy usually goes a little something like this: "Jealousy is damaging to your marriage on a good day." A level of healthy jealousy regarding someone moving in on your spouse is normal. It is when jealousy moves into the realms of anxiety and control that it becomes damaging.

Telltale signs that your spouse is jealous of your career include the following: speaking negatively about your job, trying to hold you back from advancing in work, and not showing any interest in your day. Career jealousy can happen for all sorts of reasons. Perhaps your spouse feels stuck in



their own profession or wishes they had more time with you. Regardless of their reasoning, a jealous spouse can hold you back from advancing in your professional life.

**Related Link:** [Expert Marriage Advice: What I Learned About Business After Getting Married](#)

**3. LOOK FOR... A Conscientious Mate:** A conscientious mate is someone who takes great care and puts effort in whatever they do and are guided by a strong sense of right and wrong. A conscientious mate, for example, would tidy up the house without being asked. These scrupulous partners are great for both your marriage, your career, and your health. In fact, a 2009 study by the University of Illinois suggests that women who are paired with a conscientious husband experience added benefits to their health. In the 2014 study “The Role of Active Assortment in Spousal Similarity” research found that women typically listed traits such as conscientiousness and agreeableness higher in the desired partner than men did. The statistic mentioned at the onset, researched by Washington University in St. Louis, followed 5,000 married couples and looked at their measures of income, job satisfaction, and the likelihood of getting promoted.

The research found that those with conscientious spouses increased their chances of higher pay, increased job satisfaction, and were more likely to be promoted. Why? A conscientious mate knows how to take care of things. They do what needs to be done to care for your children, your home, and their own professional pursuits. They do this without being asked and likely without complaint. This personality trait allows you to focus your energy and attention on work pursuits. It also allows you to recharge and relax in your downtime. This is beneficial since the more you’re able to wind-down at home, the happier you will be. This good attitude then positively affects both your work capabilities and your marriage.

**4. AVOID... Narcissism:** You've likely met a few narcissists in your life. Hopefully, you aren't married to one. Named for Narcissus, a man who fell in love with himself and drowned in a pool of water trying to catch his own reflection, narcissism is not a quality you want in your mate. Especially if you want them to support your career goals.

Narcissism is marked by a person lacking empathy, quick to jealousy, a strong sense of entitlement, preoccupied with one's self and also their appearance, and a strong need for excessive admiration. This person believes they are special and deserve to be the center of attention. Research from the National Center for Biotechnology Information suggests that those married to a narcissistic partner will experience a decline in relationship satisfaction over time. Needless to say, a person with a narcissistic personality will not be interested in showing you and your career moves a wide array of support.

**Related Link:** [Expert Dating Advice: How to Handle Heartbreak](#)

**5. AIM FOR... A balance in your Work-Life:** Striking that perfect work-life balance is essential for maintaining a happy home while you pursue your career goals. When you come home, remember to leave work at the office. Your time at home is meant to be spent with your spouse, connecting, talking, and enjoying one another's company. Not answering work emails.

It's also important for you to show your partner that they are your number one priority. Even the most conscientious husband or wife can still feel left out if you've been focusing too heavily on your work. One way you can do this is by unplugging from your smart devices when you are home with your spouse. Listen when they speak, and make an effort to have a regular date night with one another. Taking care of your own needs and desires is also important for a healthy work-life balance.

Choosing a mate is important. If you want to be successful in

your career and in your marriage, choose your partner carefully. Look for a partner who is not jealous, who shows patience, empathy, and is conscientious. In return, make sure you are doing your best to create a work-life balance that contributes to a happy marriage.

*Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. She is a featured writer for [Marriage.com](http://Marriage.com), a reliable resource to support healthy happy marriages.*

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## **Expert Marriage Advice: What I Learned About Business After Getting Married**





By Rachel Pace

Would it surprise you to know that all the times your wife asked you to put the dishes away or your husband asking you to hear him out before interrupting can actually make a difference in your professional life? Business and marriage can teach you a lot about yourself and about your work ethic. Following great [marriage advice](#) about communication and loyalty can teach you practical lessons in business. In fact, a five-year study from Washington University in St. Louis shows that your spouse's personality can have a direct influence on your career success. Your marriage teaches you to be selfless, to take responsibility, and to roll with the figurative punches. All of these qualities are great for a thriving business and a happy, healthy marriage.

**Marriage and the life of an entrepreneur have much in common.**

# Here is some marriage advice along with the six lessons I learned about business after getting married:

**1. Success Starts at Home:** Remember that when it comes to entrepreneur couples, business, and marriage – success starts at home. Here is a lesson I learned about business from my marriage. When you and your partner work hard to make one another happy, you'll have higher relationship satisfaction and have less relationship problems. The same goes for your professional life.

Studies show that happy people have better social relationships, and that includes both your marriage and your work-relationships with colleagues and clients. When you take care of yourself by spending time with your spouse, taking care of your kids, and focusing on your hobbies, you'll be happier at work. This happiness doesn't go unnoticed by your clients, and this happy attitude can actually make them more likely to work with you over your competitors.

**Related Link:** [Marriage Advice from Celebrity Couples Who Stay Together](#)

**2. Listening is a Powerful Tool:** When your partner feels like you listen to them, they are more likely to communicate their thoughts and feelings to you. This can help you strengthen your marriage, encourage fun bonding conversations, and teaches you how to talk to one another when things get rough. Communication at home = great customer service at work. Listening is a powerful tool in your marriage and in your business.

The better your communication with your spouse is, the easier



it will be for you to communicate with customers. When you learn to communicate with your spouse, you'll be able to listen patiently and stay calm when dealing with uncomfortable or tense situations at work.

**3. Never Go to Bed Angry:** When it comes to marriage advice, this is a big one: never ever, go to bed angry. Hitting the hay with unresolved conflict causes sleep-loss and creates an unhealthy atmosphere that your mind will associate with your bedroom. This can impede sexual intimacy, and needless to say, you won't feel refreshed about your relationship come sunrise. One study from Nature Communications reveals the danger of going to bed angry, citing that the brain holds onto negative experiences stronger during sleep. Therefore, it's best to resolve your conflicts before they become a permanent memory.

Similar to resolving conflicts with your spouse, if there is any bad blood happening between you and a client, it's best to get it out as soon as possible. Letting problems fester will only cause your relationship to deteriorate. Treat your client like your partner and let them know how important it is for you to make them happy and resolve your differences as soon as they happen. This strengthens your communication, lowers stress and anxiety, and help you start fresh the next time you speak.

**Related Link:** [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

**4. Do you want to be Right or Happy?:** There is an old saying about marriage that goes: "Do you want to be happy or do you want to be right?" Basically, arguing about the little things isn't worth disrupting your happy relationship. If it's possible, let it go. And if you are right (or think that you are) in a certain situation, that doesn't mean you always have to shout it from the rooftops or even make note of it at all.

This marriage advice applies to your business life as well. Be flexible when it comes to making decisions and going the extra mile for your clients. Focus on making them happy, not reminding them who the boss is or arguing with them about why you are right about X, Y, and Z. Arguing with business partners or clients is a surefire way to make them look elsewhere for their needs.

**5. Realize What's Important:** Sometimes your spouse can get upset about topics that make you scratch your head in confusion. Why is that important? Why are they getting so upset about this? The concerns of your spouse aren't always as important to you as they are to them. But that doesn't mean they aren't important.

Similarly, the needs and issues that your client finds important may not also resonate with you, but that doesn't mean you shouldn't treat them with the utmost care.

**6. Life Isn't Always About You:** Another piece of marriage advice that applies to both business and marriage is that life isn't always about you. Being selfish in marriage will only push your partner away, and only after you've made them feel unimportant to you.

Being giving with your partner will remind them that they are your number one priority and that you will go out of your way to make them happy.

Imagine your client can only get together for a meeting after you're already off the clock. Obviously, you'd much rather be spending time with your spouse or focusing on your hobbies after work. But being unselfish with your clients sometimes means being flexible, even when it isn't convenient for you to do so. Your clients will appreciate your unselfish nature. Being unselfish also means letting your clients speak and showing a general interest in what they have to say. The better you understand their needs, the easier it will be for you to make them happy.

If you're looking for marriage advice regarding your professional life, know this: business and marriage have a direct effect on one another. Communicate with your spouse regularly and take what you learn from your marriage, such as listening, never going to bed angry, and being generous, and make it your new business approach.

*Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. Her mission is to provide inspiration, support, and empowerment to everyone on their journey to a great marriage. She is a featured writer for [marriage.com](http://marriage.com), a reliable resource to support healthy, happy marriages.*

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## **Relationship Advice: Tips to Inject More Romance to Your Relationship**





Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

**What can you do to restore the magic? Check out this expert relationship advice:**

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However,

you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

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Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

**Related Link:** [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more



personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.