

Giveaway: Celebrate Breast Cancer Awareness Month with Gaiam!



This post is

sponsored by Gaiam.

By Gabriela Robles

This October, celebrate Breast Cancer Awareness Month with two Gaiam products that are sure to get your blood pumping! The Pink Ribbon II yoga mat and Mari Winsor's Pink Ribbon Pilates DVD are great ways to show your support while taking care of yourself. As you may know, Gaiam is always committed to offering merchandise for those who long for an eco-conscious and healthy lifestyle. Being a big advocate for breast cancer awareness, one dollar from each purchase of these products will be donated to breast cancer research.

The Pink Ribbon II mat is lightweight and durable with high-texture that your fingers and toes will love as you break a sweat. It's soft exterior will cushion your body as you hit each pose throughout your workout. To offer a bit of

motivation, this mat is decorated with inspirational and uplifting words written in white that form a ribbon to express breast cancer awareness.

Another favorite Gaiam product is celebrity trainer Mari Winsor's Pink Ribbon Pilates DVD. Stay fit with this new DVD that has four new 20-minute power Pilates workouts with one session that focuses on recovery. Each workout includes effective programs that will get you into shape in no time! This DVD even comes with a resistance band for quicker, stronger results.

Lucky for you, CupidsPulse.com is giving away Gaiam's Pink Ribbon II mat and Mari Winsor's Pink Ribbon Pilates DVD to one of our readers! To purchase these items, you can find them on Amazon.

~~**GIVEAWAY ALERT: To enter for a chance to win the Gaiam Pink Ribbon II mat and Mari Winsor's Pink Ribbon Pilates DVD, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and what your fitness goals are. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, October 14th. Good luck!**~~

Congratulations to Diana Devlin!

Open to US residents only.

Annette Bening Stars in 'The Face of Love'



By April Littleton

Directed by Arie Posin, *The Face of Love* is about Nikki (played by Annette Bening) who still can't seem to get over the death of her husband. While still mourning the loss of her late spouse, she falls for an art teacher who happens to look exactly like her deceased partner. As Nikki grows increasingly delusional, her new lover Tom (played by Ed Harris) starts on a journey to figure out the mystery behind her loss.

Should you see it:

Even though this movie falls under the romance genre, *The Face of Love* is sure to be filled with unexpected laughs considering the fact that Robin Williams, Amy Brenneman and Jess Weixler are just a few of the A-lists who will be included in this film.

Who to take:

The Face of Love would be great to see with a group of your

closest friends. If your boyfriend/girlfriend doesn't mind a sappy movie here and there, think about taking them along as well.

Related: [Lea Michele Dedicates Teen Choice Awards Glee Win to Cory Monteith](#)

What are some ways to get over the death of a partner?

Cupid's Advice:

Losing someone you love is tough. It's natural to feel as though you'll never be able to share your heart with another person again, but eventually you'll have to move on and start to live your life. Nobody will ever take the place of the love you lost, but maybe you can make room for something completely different than what you had. Cupid is here to help:

1. Take you time: There's no pressure when it comes to how long it takes for you to grieve and get over your tragic loss. Don't rush the process just because you think that's what your late honey would want. He/she would want you to heal on your own time. Dating should be the last thing on your mind while you get yourself back together. If you're looking for a bit of company, spend more time with your family friends.

2. Distract yourself: Instead of letting yourself wallow in sadness, take up some new hobbies to help distract yourself from the pain. Start hiking, take a painting class, join a support group or show some interest in things that you used to before the tragedy happened. Anything you can do to take your mind off of what happened will help you in the long run.

Related: [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

3. Remember the good times: When you find yourself thinking about your late loved one, reminisce on all of the good times instead of the bad. Focusing on the positive of your relationship rather than the negative will help you with any

feelings of guilt or resentment. It'll take some time, but you will get through this.

How did you get over the death of a partner? Share your experience below.

Giveaway: Dazzling Jewelry Pieces from Bijouxx



This post is sponsored by Bijouxx.

By Petra Halbur

It's amazing how one or two pieces of jewelry can impact, not only how others perceive you, but how you perceive yourself. It's no coincidence that in every culture, from ancient Mesopotamia to 21st century New York City, people have adorned themselves with bracelets, rings, and necklaces. To an alien species, it might seem to be a strange practice, but we

understand that there's just something about the mild weight of a pair of dangle earrings or the sparkle of an elegant ring that makes you hold your head higher, stand straighter, and smile more brightly.

It's also a form of self-expression: a daily opportunity to show the world who you are or, perhaps, who you want to be.

The combination of classic and modern designs in your jewelry ensemble imbues you with the appearance and the confidence of one who has timeless taste yet is still up-to-date on all the current trends. Perhaps no brand strikes the balance between old and new more effortlessly than [Bijouxx](#), a new virtual store dedicated to making luxury affordable.

"It's been a dream of mine to open up a retail jewelry business, and after much research, I am excited to be able to bring something unique to the market," states David Ryan Pomije, Chief Executive Officer.

Bijouxx takes pride in blending classic and modern designs into their gorgeous gemstone, diamond, yellow gold, white gold, rose gold, and sterling silver products, all of which is priced under \$1,000.

Their [Macey's Amethyst Drops](#) are a beautiful pair of dangle earrings made of 0.25ct diamond, 8.90ct amethyst, and 14k rose gold. Ancient Egyptians used to wear amethysts to fend off feelings of guilt or fear. Their [Fab Pink Ring](#) is a double checkerboard cut pink sapphire sterling silver ring. Pink sapphires have been traditionally associated with the ability to overcome shyness. So, if you're feeling nervous before a date, the amethyst drops earrings and pink sapphire ring can give you the confidence boost you need – if not for the folklore, then for the stunning addition they will make to your ensemble.

Now, CupidsPulse.com and Bijouxx are teaming up to offer two CupidsPulse.com readers a Fab Pink Ring, valued at \$89.99!

~~GIVEAWAY ALERT: To enter for a chance to win the Fab Pink Ring, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know how you would style the ring. We will contact the winners via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, September 30th. Good luck!~~

Congratulations to Wendy Walts Riding and Lara Thoms!

Open to US residents only.

'Things Never Said' is a Journey of Self Discovery



By April Littleton

Directed by Charles Murray, *Things Never Said* is about an aspiring poet who is still haunted by a past miscarriage and a dangerous marriage. Daphne, Kal's best friend is also dealing

with romantic issues. Her boyfriend, Steve regularly takes advantage of Daphne's kindness. Kal is soon surprised when she begins to develop feelings for Curtis, a man who has a damaged past and an estranged daughter. Together, Kal starts to find her voice and her self worth.

Should you see it:

If you're interested in dramas, think about checking this movie out when it opens in theaters. Fans of the hit television show, *Shameless* will see a familiar face. Shanola Hampton plays one of the lead roles. Michael Beach, Tamala Jones and Omari Hardwick will also appear on the big screen.

Who to take:

If you get bored on a Saturday night and you haven't seen your girls in awhile, think about going on a dinner and movie date with a group of them. This film definitely isn't the best for a first date because of its intense, emotional content, but if you've been in a relationship for quite awhile, go ahead and take your honey to see this movie. The two of you might learn a thing or two.

Related: [Making Sure You Do What's Best for the Kids](#)

How do you support a partner whose had a miscarriage?

After losing a child, it might be difficult to know how to help someone who is in so much pain. How do you show your support, but still allow your partner (and yourself) some space to grieve? Cupid has some advice:

1. Offer an ear: Every couple is different, but if your significant other is the type who likes to talk about the situation at hand (whether it be good or bad), then take the time to listen. If they want to talk about the loss of their baby, then let them. Let your partner know you're there for them, but don't force any sudden conversations. Let your

companion come to you first and then take the lead from there.

2. Give them space: When your honey is ready to spend some time alone, don't push the issue. Instead, pick up some of the slack around the house. Cook all of the meals, do the laundry and clean up any messes you see laying around. This would also be a good time for you to grieve properly. Go over to a loved one's house. If you don't feel like talking, fine, but just being around someone who cares about what you're going through will make you feel better.

Related: [What Does Unconditional Love Look Like?](#)

3. Say goodbye: When you and your boo are ready, commemorate your baby's memory. Hold a memorial service or funeral. If preparing for this becomes too difficult, start a journal or write a letter to let out all of your feelings. Acknowledging your loss and providing yourself with some closure will help you come to terms with what happened.

Have you been through a miscarriage? How did you support your partner? Share your experience below.

Giveaway: Start Your Fall With Taylor by Taylor Swift





This post is

sponsored by Elizabeth Arden.

By Sarah Ribeiro

Sometimes you need – or maybe want – something new. Summer's coming to a close, and fall is rolling in quickly – why not embrace the changing seasons with a new fragrance? Taylor Swift is doing just that. After being honored with the Fragrance Celebrity of the Year Award this June at the 41st Annual Fragrance Foundation Awards, she's been hard at work launching her newest fragrance, *Taylor by Taylor Swift*. Third in her line (after *Wonderstruck* and *Wonderstruck Enchanted*), this new perfume takes a personal turn for the songstress.

Unlike *Wonderstruck* and *Wonderstruck Enchanted*, which were based on fairy tales, *Taylor by Taylor Swift* is all about the country singer herself. This fragrance reflects the artist's personality and style. The poppy bottle takes on a youthful look, just like the singer's personal style. Its bold, colorful print is modern and young, while the bottle's pearl ring and crystal stopper have a subtle nostalgia that perfectly represents Swift's everyday look. Plus, the fragrance is light and fresh with floral and fruity notes of lychee, tangerine, peony, hydrangea, and vanilla orchid and a base of sandalwood, apricot nectar, cashmere musk and soft woods.

Swift wants *Taylor by Taylor Swift* to be a moment she can

share with her fans. It's an attempt to connect with her fans by reflecting on those authentic, real-life moments she has spent with her friends and family. This is, of course, why she won the Fragrance Celebrity of the Year Award – for her accessibility to her listeners and genuine connection with them.

Now, we want to help *you* stay connected to Swift. Two lucky readers will have the opportunity to each win a bottle of *Taylor by Taylor Swift* and experience an authentic connection to the star. Take the chance to embrace the fall with a new, personal fragrance that will have everyone asking, "What are you wearing!?"

~~**GIVEAWAY ALERT: To enter for a chance to win Taylor Swift's Taylor fragrance, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest. We will contact the winners via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 p.m. EST on Monday, September 16th. Good luck!**~~

Congratulations to Anna Tegarden and Ashley Gehm!

Open to US residents only.

Giveaway: Get Your Diva on With 'Mariah Carey Dreams'



This post is

sponsored by Elizabeth Arden.

By Sarah Ribeiro

Mariah Carey is, without a doubt, one of the biggest pop stars of the past two decades. The songstress and actress has redefined what it means to be a diva, and now, she wants to share her dreams with her fans. Carey's newest fragrance, *Mariah Carey Dreams*, reflects the goals she's fulfilled in her career: she's the best-selling female artist of all time with 18 number one hits and over 200 million records sold worldwide, she's won multiple Grammy awards, along with being a wonderful wife and a mother.

Dreams is an exhilarating perfume that celebrates the intimate moments in life that help you achieve your dreams. With aromas of warm patchouli, Tonka bean, and Madagascar vanilla to form the fragrance's base, Carey tops off her creation with hints of honeysuckle, freesia, lily of the valley, salted caramel apple, star anise, bergamot, and toasted almonds. This combination creates a scent that's entrancing and delicious – almost dreamlike.

Plus, Carey takes her creative process one step further by designing the bottle to represent a champagne flute, with its

curves and slim packaging. Its decorative butterflies – a symbol so very often associated with the singer/songwriter – wrap around the bottle to represent what matters most to Carey.

Want a chance to experience Carey's new fragrance? Two CupidsPulse.com readers have the opportunity to each win a bottle of *Mariah Carey Dreams* and feel like a diva. Wear this light perfume to experience the down-to-earth life moments Carey wants to share with her fans.

~~**GIVEAWAY ALERT: To enter for a chance to win a bottle of Mariah Carey Dreams, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest. We will contact the winners via Facebook when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 p.m. EST on Monday, September 9th. Good luck!**~~

Congratulations to Annette Prejean and Cherie Montorio!

Open to US residents only.

'Austenland': Whimsical World of Fantasy Shows the Beginnings of Love





By April Littleton

A 30-something-year-old woman's lifelong obsession with Jane Austen leads her to a theme park based on the writer's stories and there she meets a handsome suitor. Although she is unable to enjoy the same luxury perks as the wealthier bachelorettes who are currently staying at Austenland, she decides to make the most of the trip anyway. During her stay, she falls in love with a servant and all of her dreams begin to come true.

Should you see it:

Keri Russell, Jane Seymour and Jennifer Coolidge are just a few of the A-list stars who are signed up to play a part in this film. If you're a fan of rom-com movies, *Austenland* will be the perfect flick for you to see before summer ends.

Who to take:

This movie would be great to see with a bunch of friends or if you know someone who is interested in any of Jane Austen's works, they might find *Austenland* interesting as well. It is a romantic film, so taking a date who doesn't mind your choice of genre wouldn't be a bad idea either.

Related: ['Girl Most Likely' Shows the Ups and Downs of the Healing Process](#)

How do you know when someone is "The One?"

Cupid's Advice:

You might be in love for the first time or you've simply just never had strong feelings for anyone before until you met your current partner. Either way, you're wondering if he/she may be the love of your life. Nowadays, it's hard to peg out the sincere boyfriends/girlfriends from the illegitimate ones. Don't worry, Cupid has your back:

1. Communication: How well do the two of you communicate with each other? Is your significant other a good listener? If the answer is yes, your partner may be thinking about a long-term [relationship](#). Only those who are really invested in a solid relationship will be attentive, so keep that in mind the next time you start to notice your love dozing off in the middle of your conversation.

2. Respect: If your honey really is The One, he/she will treat you like a queen. Does your partner cater to your every want and need? Are you able to fully express your opinions and thoughts? Does your love keep all promises? You should be able to say yes to all of these questions without hesitation. You might have a keeper on your hands, but if you have any doubts about his/her feelings for you, you need to rethink the status of your relationship.

Related: [‘Between Us’ Tests the Boundaries of Old Relationships](#)

3. Family and friends: What do your family and friends think about your significant other? Good or bad, your loved ones may be able to see things in your boo that you wouldn't be able to see because of your romantic feelings. If there's any concern coming from your family or friends, take it into consideration before you make any solid commitments.

How did you know your partner was “The One?” Comment below.

Thanks to Gaiam, Get You and Your Man Fit this Fall with Yoga!



This post is

sponsored by Gaiam.

By Kristin Mattern

August has arrived, and with those summer sunsets dwindling and the chill of autumn entering the air, you realize that you and your significant other never got around to achieving that fitness routine you both set out to do at the start of summer. There were too many barbecues, beach days and cocktail-filled evenings out to really get into the groove of a workout regimen. Now that fall is around the corner, this is the perfect time for you and your man to revamp your exercise goals and get into shape with Gaiam yoga products.

Gaiam, pronounced "guy-um," is a company committed to

ergonomical and green products that will make you and your sweetie feel good about getting back into your sexiest shapes. They have a ton of amazing products from all things yoga and workout clothes to home goods and more! Plus, they have products specially made for men, so your honey will have no excuse to say that he won't do yoga because it's too girly.

Grab your guy and ease him into yoga by working out at home with some of the Gaiam DVDs and yoga mats. Once he is comfortable working up a sweat with you at home, progress to classes at your gym or even join a dedicated yoga studio. When the two of you head to class, bring your Gaiam yoga mat and block with you in one of their many classy yoga bags. You and your cutie will bond over the progress each of you make and connect over a new activity you both enjoy.

At CupidsPulse.com, we love all of Gaiam's innovative products, but we currently have an obsession with Gaiam's Paisley Flower Yoga Mat and Flower of Life Yoga Block. The Paisley Flower Yoga Mat has a gorgeous pattern that is reminiscent of natural beauty and recalls the worldly connectivity practicing yoga provides. The bright and lively colors radiate an energetic feeling that makes your workout even more delightful. Additionally, it delivers just the right mixture of padded comfort, grippy surface and lightweight portability – everything you could want in a mat!

You and your man will love the extra challenge the Flower of Life Yoga Block provides for more advanced moves, and you can continue your study by trying more poses than ever before. Both of these items will be on sale this fall on Amazon.com, but right now, CupidsPulse.com is giving ONE lucky reader the chance to win the Gaiam Paisley Flower Yoga Mat and the Flower of Life Yoga Block!

~~**GIVEAWAY ALERT: To enter for a chance to win the Gaiam Paisley Flower Yoga Mat and Flower of Life Yoga Block, go to our [Facebook](#) page and click "like." Leave a comment under our**~~

~~giveaway post letting us know you want to enter the contest and what your fitness goals are for you and your guy. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, September 2nd. Good luck!~~

Congratulations to Tracey Morris-Downing!

Find and Keep Your Prince Charming with “Enchant Men”



This post is

sponsored by EnchantHim.

By Kristin Mattern

As most women know, it's not easy to find a good man. It doesn't matter how pretty you are, how successful your business is, or that you went to an Ivy League school. No matter what your situation, the odds state that, at some point, we will be rejected by a man and drive him far, far away without even knowing it. When you're over 35, it becomes even harder to hold on to someone because each of you are more set in your ways. For example, you usually have your own place to live, a set routine and

interests and hobbies that you enjoy. Little things that never mattered when you were younger now irritate you, and you have less flexibility and patience. Of course, this isn't true for everyone, but typically, it makes sense. So how do you surmount the obstacles time itself is putting in your way and open yourself to love? Perhaps with sound dating advice that *works* from an innovative self-help program like *Enchant Men*.

This proven system, created by Carrie Engel with the help of her friend and relationship coach Nick Bastion, aims to help women overcome the issues that prevent them from meeting – and keeping – their Prince Charming. Carrie had some of the same issues with dating as most women do today. She created the system so that you could learn how to interact with men in order to make them fall in love with you and never want to leave your side. With this self-help system, you will learn how to love and speak to men the way they want, how to interpret men's behaviors, how to motivate men to love you, and much more. Plus, if you visit the website, you will learn the three female behaviors that make men lose interest immediately.

Engel used this self-help system to find her husband, a self-professed perpetual bachelor. No matter who you are, whether you're an average lady or a super model, *Enchant Men* could lead you to meeting more eligible men. The love advice is practical, easy to use, and doesn't require any weird dating rituals. Even better, *Enchant Men* is being offered right now for a discounted rate! Also, when you purchase the program, you will receive two free bonus books to help you crack your man's code and get him to open up to you emotionally. Additionally, you will receive tips e-mailed to you from Bastion so that you are always improving your relationship and love. To top it off, there is a 100 percent satisfaction guarantee. If you try *Enchant Men* for 60 days and find it doesn't work, Engel will refund all of your money, no questions asked. Take control of your love life and find Mr. Right!

So what are you waiting for? Use *Enchant Men*, the guaranteed dating guide to help you find and keep the man of your dreams! What woman wouldn't want to learn the three female behaviors that make men lose interest immediately?



**SnoozeShade Deluxe and
BubbleBum Makes Being a Mom
Easier!**



This post is sponsored by SnoozeShade Deluxe and BubbleBum.

By Gabriela Robles

Being out and about with your child can be tricky when it comes to keeping them comfortable and happy. If you've had this problem over the summer, look no further than SnoozeShade Deluxe and BubbleBum!

SnoozeShade Deluxe sun and sleep shades were made for strollers and car seats to guard your child from pests, weather conditions and the sun. It features smooth, silver exterior fabric and safety-certified snaps. Additionally, the "snooze mode" screen along with a "lookout mode" window filters 97.5 percent of UV rays but allows your child to see outside of their stroller or car seat. SnoozeShade Deluxe is one of 27 finalists in the Red Tricycle Awards' for "Most Awesome Stroller Accessories."

Another great product for young kids is the BubbleBum. Created for children ages four to eleven, this inflatable booster seat weighs less than one pound, inflates quickly and fits comfortably in the back seat of any car. The best part is, when you're not using it, you can just deflate it, pack it up and save it for next time. Offered in black and purple, this

seat is sure to keep your children contented. BubbleBum has also been chosen as one of 16 finalists in the 2013 Red Tricycle Awards' for "Most Awesome Car Seats."

Be sure to check out SnoozeShade Deluxe on their website www.snoozeshade.com/, www.facebook.com/SnoozeShade, and Twitter @SnoozeShade. For more information about BubbleBum inflatable carseat, visit their website www.bubblebum.co/us/. You can vote for SnoozeShade Deluxe and BubbleBum for the Red Tricycle 2013 Totally Awesome Awards on their website until August 15th!

Find Your True Weight with the Incredible Dukan Diet



This post is sponsored by Dukan Diet.

By [Lori Bizzoco](#), [Whitney Johnson](#) and Kristin Mattern

If you're ready for a diet that works, a diet celebrities use, a diet that will put you at your True Weight *for life*, then you're ready for the Dukan Diet! During this Four-Phase [Weight Loss Plan](#), you'll lose those pesky pounds and settle into a slimmer weight.

Before starting the diet program, you answer a questionnaire calculate your True Weight, a realistic, healthy weight that can be reached and maintained for life. Additionally, you'll be able to speak with an individualized [Weight Loss Coach](#) who will work with you along the way to keep you on the right track. No coach ever gives up on a client, and their approach is tailored to each individual's Dukan Diet profile and lifestyle. The best part? At less than 1 dollar per day, this is the cheapest online diet out there! We at CupidsPulse.com have taken the plunge ourselves and experienced the Dukan Diet firsthand.

During phase one – the Attack phase – you'll eat Pure Protein foods in *unlimited quantities* for up to a week. During this time, you'll lose three to seven pounds. Our reviewers had mixed feelings about this phase. Although it was difficult to stick with an only-protein diet for this time, one reviewer had a positive experience and ultimately did lose the promised pounds when she stuck to this plan. The other reviewer, however, began to feel sick after four days and did not lose any weight. With these thoughts in mind, this diet may not be for everyone, but if you do complete the Attack phase, you can continue to drop the pounds by moving on to phase two.

In phase two – the Cruise phase – you'll see a weight loss of one to three pounds daily while gradually adding vegetables into your diet until your body finds its True Weight. In phase three – the Consolidation phase, which is the most crucial step of this [Low Carb Diet](#) – you'll prevent rebound weight gain. Carbohydrates will be slowly reincorporated, and you're allowed two Celebration Meals a week! Finally, you move into

phase four – the Stabilization phase – in which you *maintain* your True Weight *for life*. No foods are restricted, but you follow three rules: eat three tablespoons of [Oat Bran](#) daily, observe Protein Thursday and incorporate daily walking. During this diet, you'll feel satiated, lose weight easily and *maintain* that weight because your body has settled into its True Weight.



HOW IT WORKS:

4 phases to reach and keep your True Weight for life!

- **Phase 1 – Attack:** The first phase kick-starts the diet and results in immediate weight loss, typically 3 to 7 pounds. The Attack phase lasts just 2 to 7 days, during which members may eat 68 Pure Protein foods in unlimited quantities.



- **Phase 2 – Cruise:** Members reach their True Weight during this phase, with typical weight loss being one pound every 3 days. Thirty-two vegetables are added in the Cruise phase and gradual but steady weight loss is achieved by alternating days of Pure Protein with Protein + Vegetable days.

- **Phase 3 – Consolidation:** The Consolidation phase is the most crucial of the program as it helps **prevent the rebound weight gain** that the body will naturally aim to achieve. This phase lasts five days for each pound lost. During Consolidation, **fruit, cheese, bread and starches are reintroduced** to allow the body to adjust to the previously forbidden foods without gaining weight. Additionally, members are allowed **2 Celebration Meals each week**, which consist of an appetizer, entrée, dessert and wine. The introduction of new foods is balanced by Protein Thursday – one day of Pure Protein each week.



- **Phase 4 – Stabilization:** Maintain True Weight for life. No foods are restricted, though eating as in the Consolidation phase should be the base, along with 3 simple rules:
 - Eat 3 tablespoons of oat bran per day;
 - Observe Protein Thursday as in the Consolidation phase;
 - Take the stairs and incorporate daily walking whenever possible.

The Dukan Diet is a physician-formulated lifestyle weight-loss program consisting of four phases to reach and keep your True Weight for life. The diet discards counting calories and instead emphasizes lean protein, plentiful amounts of water and daily walking. Plus, it allows unrestricted amounts of 100 healthy foods, ensuring that the dieter enjoys a variety of meals and snacks and never gets bored. The Dukan Diet is designed to help its members overcome common pitfalls and achieve healthy, lifelong weight management. Experience the amazing Dukan Diet and find your True Weight at DukanDiet.com!

Sign up now and save 25% off Dukan Diet Coaching using the code F13BG25.

Lindsay Lohan Shows a Different Side in 'The Canyons'



By April Littleton

Directed by Paul Schrader, *The Canyons* is a story about a young couple trying to work through a past infidelity. Christian (played by James Deen) is a movie producer who works to maintain his trust fund by creating films. When he becomes aware that his actress girlfriend, Tara (played by Lindsay Lohan) is hiding an affair with another actor from him, his life takes a violent turn, filled with twists and unexpected misfortunes.

Should you see it:

Lindsay Lohan has been out of the game for awhile. Fans of hers will more than likely rush to local theaters to see this

film. *The Canyons* falls under the mystery and suspense category, so if you like to be kept guessing until the very end of a movie, this would be the one for you.

Who to take:

Unfortunately, this movie is unrated, but rumors have been swirling around about sexually explicit scenes and plenty of nude flashes from *The Parent Trap* actress herself. So, naturally, it's not recommended to take young children to this movie. Would a movie about infidelity make a good date movie? Probably not. If you're still heartbroken over a breakup yourself, take a few of your close friends to see this movie. The destructive love story portrayed in the film might make you feel better about your own situation.

Related: [When Can You Trust Him?](#)

What do you do when your partner has cheated on you?

Cupid's Advice:

Knowing that you've been cheated on is probably one of the worst feelings in the world. You end up blaming yourself for your partner's actions and for everything that went wrong in the relationship. You're not sure if you want to forgive your significant other for his/her infidelities, or move on with your life and find someone who would treat you with the upmost respect. Cupid has some advice:

- 1. Confront them:** In order for you to make a clear decision about your relationship, you need to confront your partner about their wrongdoings. If you have solid proof, show them. Ask them why they did what they did. Be prepared for whatever answers they may give you. Your love may lie to you or he/she may admit to having cheated on you in the past. In any case, make sure you are mentally ready for the discussion before you go through with it.

2. Think about it: It's easy to cause on a scene the instant you find out your boo is cheating. Before you make any mistakes you'll regret, think about what you've just found out. Take a couple of days to let the information sink in before you bring it up. You might even want to share the bad news with some close friends you trust. They might have been through a similar situation and will have plenty of advice for you.

Related: [Your Partner Has Cheated. Should You Reconcile?](#)

3. Let go: Do you think your relationship is worth saving? Can you see yourself mending a relationship with someone who has cheated? You need to decide if you're willing to forgive or if you want to move on. Trust will always be an issue once infidelity becomes a problem in a relationship. If you can't trust who you love, what kind of future will you have with them?

Have you had a loved one cheat on you? How did you deal with it? Share your experience below.

Giveaway: Pull Off Summer Looks Without Baring It All, Thanks to Second Base





This post is

sponsored by Second Base.

By Kristin Mattern

When dressing for a night on the town in the middle of summer, every fashionista has run into the same dilemma: it's too hot to cover everything up, but you don't want to reveal too much skin either. You've sweated through it and bared it all enough times, and you're done with the summer-time dress code blues. Luckily, you don't have to decide between leaving nothing to the imagination or feeling like you're wearing a parka in the middle of a steamy Arabian night. Introducing Second Base, the trendy wardrobe solution every woman has been searching for. These stylish, lightweight camisoles keep you covered up without sacrificing your fashion sense. Plus, you can look sexy and impress your guy without sending the wrong signals.

Inspired by the sheer trends of the summer 2013 runway, Second Base sells camisoles in three different lengths: a short Demi, a mid-length Midi and a longer Maxi. These camis are perfect to slip under that dress that's just a bit too see-through, the shirt with the *plunging* neckline and those backless tops. Sport the latest styles on your next date with confidence and class thanks to these versatile camis.

Here at CupidsPulse.com, we adore Second Base's Celeste line of camisoles that are made of gorgeous lace with adjustable straps. They're so soft, you can even sleep in them! These garments are perfect for any time of day but are essentials

for a romantic evening. Grab a nude Celeste Demi for some foxy flare under a sheer blouse. For a layered look, the Celeste Midi in white is an easy way to give a feminine touch to a camo-tank – you can rock the rebel trend while still feeling girly. Maxi dresses are always in vogue for the summer and perfect for a casual dinner with your honey. To make this trend really sizzle, layer the black Celeste Maxi underneath to turn any normal maxi dress into a glamorous ensemble. Your babe is sure to go ga-ga over the little peeks of skin these sexy camisoles provide.

Second Base's trend-inspired and stylish tops are made to satisfy even the pickiest fashionista. **Lucky for you, CupidsPulse.com is giving one reader all three of these beautiful Celeste camisoles.** Don't miss this opportunity to stun your sweetie with how stylish and classy you can be!

~~**GIVEAWAY ALERT: To enter for a chance to win three Celeste camisoles (demi, midi and maxi) from Second Base, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and how you'll style your new tanks. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, August 19th. Good luck!**~~

Congratulations to Erika Anderson Williams!

'Girl Most Likely' Shows the

Ups and Downs of the Healing Process



By April Littleton

Kristen Wiig plays Imogen, a failed New York playwright who has lost her self-confidence after a horrible breakup. After a fake suicide attempt performed on stage to try to win back the affections of her former flame, Imogen is forced to live with her estranged mother, Zelda (Annette Bening). Desperate to get back to the glitz and glam she once knew so well, Imogen realizes she must come to terms with her family, including her brother (Christopher Fitzgerald), her mother's new boyfriend (Matt Damon) and a random stranger who just happens to have taken over her room (Darren Criss).

Should you see it:

Fans of the comedy genre will find plenty of laughs in this film. Lead performances by Kristen Wiig, Matt Damon and Annette Bening will not go unnoticed by the audience either. Once fellow Gleekers realize Darren Criss (who plays Blaine Anderson on *Glee*) has a predominant role in this film, they

will fall in love with the star all over again.

Who to take:

This film falls into the PG-13 category for sexual content and language, so it's safe to say that the movie may not be entirely kid-friendly. *Girl Most Likely* would be best to see with a group of friends, some older family members or a potential love interest. If you already have a significant other, drag them to the movies on your special date night together.

Related: [‘Between Us’ Tests the Boundaries of Old Relationships](#)

How do you regain your confidence after a bad breakup?

Cupid's Advice:

Enduring a bad breakup can put a big damper on your self-confidence. Dealing with the pain of rejection and heartache can have a negative impact on the way you see yourself. If you let these feelings fester for too long, you'll never get back to your fabulous self. It's time to move on from the guilt you feel over your breakup and get your life back. Cupid has some advice:

1. Stop blaming yourself: After the end of a relationship, it's perfectly natural for you to blame yourself for what happened, especially if you were the one who was dumped. However, you need to realize the entire breakup doesn't just fall on you. Your ex has a part in what happened as well. It takes two people to make a relationship work. The relationship didn't fail because of one person. Beating yourself up over something you have no control over will only make you feel worse about yourself.

2. Get a makeover: You've probably let yourself go a little bit while grieving over your former boo. Now it's time to show

them what they've been missing! Clean yourself up, buy a whole new wardrobe and put on a brave, new smile. A smile is the most attractive attribute on a person's body, so give it your best shot. Once you get all dolled up, all eyes will be on you in a positive light and you'll feel like a million bucks.

Related: [Kat Von D and Deadmau5 Call It Quits](#)

3. Remind yourself of the good: Every time you start to feel down, keep in mind all of the positive traits you possess. Are you good at making people laugh? Do your friends say you're the best cook in town? Can people come to you for non-judgemental advice? Remind yourself of all of the great things about you and if it's hard for you to see yourself in such a positive light, your friends and loved ones will be more than happy to help.

How did you regain your confidence after a breakup? Share your experience below.

Giveaway: Become Your Crush's Dream with Someday by Justin Bieber





This post is

sponsored by Elizabeth Arden.

By Gabriela Robles

The way you smell can leave a lasting impression on a man. You want to make sure that your scent is attractive and can turn on a man the minute you get close to him. After all, you want to be the girl that he's remembering for the rest of the night. Lucky for you, we've taken the guesswork out of finding a new fragrance: Justin Bieber's *Someday* perfume is exactly what you need to leave an imprint on that special guy.

Someday's aroma is fruity and light yet smooth and enticing, which makes it perfect for both day and night. The notes of juicy pear and wild berries mix alongside the creamy florals and vanilla to create a sweet but deliciously velvet scent. The mandarin, jasmine and soft musks set a tone of flirtatiousness that will keep this fragrance anchored for hours to come. The pop star stated that *Someday* "explains a dream" and that it's all about what the woman wants. If you want to live your fantasy, *Someday* is perfect for you.

This fragrance is kept in an extraordinary lavender glass bottle that will immediately catch your eye. The head of the bottle holds a playful flow of a red and pink blossoming rose in the shape of a heart. There's even a detachable lock-and-key in the form of a silver crystalized heart, which can be used as a keychain if so desired.

CupidsPulse.com is giving away a bottle of *Someday* to one reader. Grab this opportunity to show your crush just how playful you can be!

~~**GIVEAWAY ALERT: To enter for a chance to win Justin Bieber's *Someday* fragrance, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, July 22nd. Good luck!**~~

~~**UPDATE: We've extended this giveaway until Monday, July 29th at 5 pm EST! Head over to our [Facebook](#) page and enter now!**~~

~~**Congratulations to Amy Heffernan and Melissa Green Hartley!**~~

Help Pick the New Face of Hawaiian Tropic®





This post is

sponsored by Hawaiian Tropic®.

By Kerri Sheehan

Summer is heating up and so is Hawaiian Tropic's New Face contest. Earlier this year Hawaiian Tropic® announced that they are retiring their Miss Hawaiian Tropic Bikini Contest, and instead launching an online search for the New Face of Hawaiian Tropic. The brand, which introduced new, premium formulas and updated packaging in recent years, invited women to enter their nationwide Facebook contest to become the brand's news spokesperson. Since then five finalists have been chosen and have a chance to appear in Hawaiian Tropic advertising, receive an all-expense-paid tropical vacation and serve as an official brand spokesperson. Now it's up to you to decide whom you want to win. Vote for the woman who you think best embodies everything Hawaiian Tropic now stands for – beauty, confidence, style, enjoying the sun *and* keeping skin healthy.

“The modern Hawaiian Tropic woman still loves to spend time in the sun, but also understands the importance of sun care in helping to keep her skin healthy,” said Danielle Duncan, Brand Manager of Hawaiian Tropic. “We’re looking for a new face of the brand who captures that sensibility, and shares the Hawaiian Tropic philosophy that broad-spectrum sun protection can be as luxurious and pampering as any other beauty product.”

Hawaiian Tropic has always been at the forefront of innovation, creating luxurious sun care that pampers and protects the skin. The brand introduced the first SPF 70 in 2000 and launched Silk Hydration sunscreen in 2012, the first sun care to combine ribbons of moisturizer and sun protection. The brand has evolved as consumers' expectations of sun protection have changed, but at its core Hawaiian Tropic has remained committed to offering premium, indulgent sun care products infused with exotic flora and fauna extracts and a signature tropical fragrance.

You can vote for the woman you believe best embodies the modern Hawaiian Tropic woman by visiting the brand's **Contest Page** page. The finalist with the most votes will be unveiled as the New Face of Hawaiian Tropic on July 31, 2013. Throughout the contest, woman can also enter to win weekly prizes including designer sunglasses, beach towels and Hawaiian Tropic products. For more information about Hawaiian Tropic brand sun care products, please visit www.hawaiiantropic.com. Now what are you waiting for? Get online and vote so you can go back outside and enjoy the sun!

'Grown Ups 2' Stirs Up More Trouble





By April Littleton

The big kids are back in this sequel to the box office hit *Grown Ups*. Lenny (played by Adam Sandler) moves his family back to his hometown where he grew up. Once he returns home, Lenny, along with his old school friends, are forced to deal with the past they thought they left behind – old and new bullies, party crashers and crazy bus drivers. Surprisingly, the old gang learn a valuable lesson from their own children on a day full of twists and turns – the last day of school.

Should you see it:

If you love to laugh and watch family-related comedies, this is the movie for you. The all-star comedy cast is back in this film, including the faces of Adam Sandler, David Spade, Kevin James and Chris Rock. Besides, if you already have the first installment stored away somewhere in your DVD collection, why wouldn't you see the sequel?

Who to take:

For a film like this, you should think about taking someone with a good sense of humor. Take a date or tag along with a couple of your best friends for a fun night out. If you know someone who is a fan of *Saturday Night Live*, they'll find some satisfaction in this movie – *SNL* alum Maya Rudolph is a part of the cast.

Related: [Rom-Com 'Finding Joy' Is a Journey](#)

When is it time to relocate your family?

Cupid's Advice:

Moving is never an easy thing to do, especially when it's not just your things you're packing up. Certain circumstances need to be taken into consideration when a family is added into the equation. Do you have children? Does your spouse have a job they can't bare to leave? Is the rest of your family even in agreement with the move? You may be ready for a drastic change, but you have to put your family first. Cupid has some advice:

1. School's out: If you're going to go through with this move, it's best you wait until after your children are done with the school year. Wait until the summer before you pack up your family and move across town. Moving during a school year can have a negative impact on your child. His/her grades may suffer and they may feel left out around other kids their age. If you give your kid the summer to get used to a new environment, they'll be able to feel everything out and might even make a few friends along the way.

2. Short on time: If you're moving because of a change in career, your new job might not give you enough time to get settled in before expecting you to return to work in your business suit. Moving at such a quick haste will disrupt your family's daily routine, but if you've already talked about it with your partner and they support your decision, the move should run fairly smoothly.

Related: [Making Sure You Do What's Best for the Kids](#)

3. You're feeling cramped: Sometimes a house just gets too small. Your family may have grown over the past few years and you no longer have any extra space for yourself. If this is your reason for moving, wait until the rest of your family is free of responsibilities. You'll have some extra hands to help you pack up those boxes in the moving van.

When did you know it was time to relocate? Share your experience below.

Giveaway: Get Entranced With Taylor Swift's 'Wonderstruck' and 'Wonderstruck Enchanted'



This post is sponsored by Elizabeth Arden.

By Gabriela Robles and Petra Halbur

Finding the perfect fragrance can be tricky. Every woman wants a scent that smells feminine but strong and still makes heads turn, a scent that lasts all day without being overpowering. Fragrance Celebrity of The Year 2013 winner Taylor Swift has created *Wonderstruck* and *Wonderstruck Enchanted*, two perfumes that embody everything you want in your signature smell.

Fruity and airy, *Wonderstruck* includes notes of apple blossom, raspberry and dewberry to give you a warm, harmonious glow and a definite confidence boost for your next date. The hints of green tea and freesia in this fragrance blend to make a luscious, fresh scent against your skin that will last long into the night.

Wonderstruck Enchanted contains an irresistible blend of luscious wild berries and sugar-glazed petals, wrapped in a touch of sensuality for a captivating signature. It has an addictive balance of creamy flowers and sensual woods which blend harmoniously and add an alluring quality to the fragrance. Either of these fragrances could make the man you've had your eye on feel...well, wonderstruck!

It's not only their smells that make *Wonderstruck* and *Wonderstruck Enchanted* such special fragrances; both bottle designs live up to their names as well. *Wonderstruck* is held in a royal purple bottle with a majestic golden cap and embellished with a Moravian star, a dove in flight and a vacant birdcage. Similarly, *Wonderstruck Enchanted's* bold crimson bottle is bejeweled with a cluster of antiqued gold charms hand-selected by Swift, giving the bottle a vintage feel.

When accepting this year's fragrance award, the country songstress revealed that *Wonderstruck* was "all about a day dream, a fantasy, this romantic ideal that we all have." We couldn't agree more. If you seek the awe, admiration and delight that comes with being wonderstruck, then these scents are the ones for you!

To add some enchantment to your life, two CupidsPulse.com visitors will have the opportunity to win Taylor Swift's fragrances. We will be giving away one bottle of Taylor Swift's *Wonderstruck* and one bottle of *Wonderstruck Enchanted*. You'll want to grab this opportunity to charm your significant other on your next night out!

~~GIVEAWAY ALERT: To enter for a chance to win Taylor Swift's *Wonderstruck* or *Wonderstruck Enchanted* fragrance, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest. We will contact the winners via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 p.m. EST on Monday, July 15th. Good luck!~~

Congratulations to Kerry Clayton and Eleanor Cooper!

Cool Off This Summer With Red Mango's Frozen Yogurt Smoothies



This post is

sponsored by Red Mango.

By Petra Halbur and [Whitney Johnson](#)

If you're hoping to cool off this summer with a tasty treat that won't compromise that glorious beach body you've spent months sculpting, look no further than Red Mango, one of the fastest-growing retailers of all-natural frozen yogurt and fresh fruit smoothies in the country. Red Mango prides itself on its award-winning yogurt, which has no preservatives, no artificial flavors and no artificial colors. It contains important nutrients like calcium and protein as well as live and active cultures. Furthermore, Red Mango's frozen yogurt contains SuperBiotics, an active and proven natural probiotic that has been shown to support a healthy immune and digestive system when consumed as part of a balanced diet and healthy lifestyle.

Most recently, Red Mango launched 22 brand new Super Biotic summer smoothies in four lifestyle-centered categories. Especially health conscious fro yo fans might be interested in *Body Balance* smoothies, which are formulated with beneficial boosts. For those who are lactose intolerant, there are dairy and soy-free *All Fruit Harmony* smoothies, made only with fruit, juice and ice. *Twisted Fruits* smoothies are fun twists on signature yogurt smoothies offered in new and innovative fruit-forward flavors, while *Just Kiddin'* are snack-sized fruit and yogurt smoothies made just for the kids.

Additionally, the company just introduced a line of smoothie boosts, perfect for customers who value nutrition and want to embrace a well-balanced and wholesome diet. In addition to the protein, energy, immunity and multivitamin boosts currently available, Red Mango has added four new boosts. *Metabolic Fit 360™* is a blend of protein, calcium and African Mango that supports metabolic balance and promotes healthy weight management. Perfect for chocolate lovers, *Dark Chocolate Mate* is finely ground, Brazilian-roasted mate and dark chocolate, resulting in a deliciously rich and low-calorie dose of antioxidants. If you're looking for a taste of summertime, look no further than *Tropical Hibiscus*: hibiscus blossoms are

infused with natural pineapple and lychee, resulting in a bright and tropical flavor. And lastly, *Green Tea Acai* is a mixture of premium green tea with açaí berries, the Amazonian superfruit.

Here at CupidsPulse.com, we especially enjoyed the Mango Super Biotic Smoothie for its refreshing, tangy and fruit-filled flavor. We enjoyed this tasty treat guilt-free, knowing that we were supplying our bodies with the energy needed to tackle a busy summer day. As avid Red Mango lovers, we are so excited about this new line of products from our favorite yogurt place! Yum!

DISCOUNT OFFER: July 8-12, 2013: *BOGO (Buy One Get One) Super Biotic Smoothies!* Buy a Super Biotic smoothie of any size and get another Super Biotic smoothie of equal or lesser value FREE. ONLY Poppin' Boba smoothies are eligible for this offer. No coupon necessary to redeem.

#PerfectBachelor Contest Winners!





We're excited to share the winners of our [#PerfectBachelor](#) contest with brilliance.com Diamonds! Congratulations to Georgia Beckman (@georgiabeckman1) – we hope you love your new earrings!

Additionally, the ten winners of \$25 gift cards from Restaurants.com are as follows:

- Joanna Smith (@joannaonthelake)
- Megan Serna (@megcharleston)
- Taylor (@Banina9)
- Shawna (@LuckySweeper)
- Susan (@fdp4life)
- Ethel Solinski (@etheldaylily)
- Kristine Photo (@KristinePhoto)
- Patti (@InventingMyself)
- Elle B. (@FashionistaDET)
- Granny Hoff (@grannyhoff)

To claim your prize, please send a direct message (DM) to @brilliancecorp.

Feel Beautiful and Flawless in Voda Swim – As Seen on 'Bachelorette' Desiree Hartsock!



This post is

sponsored by Voda Swim.

By Sarah Ribeiro

Summer's here! It's time for some fun in the sun and sand with your friends, family and maybe that special someone. Your beach trip won't be perfect without the right swimsuit though. Take a cue from *Bachelorette* Desiree Hartsock and starlet AnnaLynne McCord: they're showing off their hot bikini bodies in Voda Swim. These bathing suits are sure to make you feel great and to catch your man's (or crush's) attention.

Voda Swim is a line created by designer and international print model Yulia Drummond. Her model body may have given her success, but she found herself self-conscious of her small bust when wearing a swimsuit. Yulia and her husband Dustin created Voda Swim for women like her who want to make the most of what they have. With a swimsuit from Voda, you can stop focusing on your insecurities and be a sexy, confident vixen at the beach, in the pool or even at that upcoming Fourth of July lake party.

Voda swimsuits like the Envy Push Up provide the perfect soft, flexible padding to enhance the breast and visually increase the bust by one to two cup sizes. It will give you maximum cleavage, lift and support while looking like a regular bikini.

Now, one lucky CupidsPulse.com reader will win one of these Voda Swim bathing suits as seen on Hartsock and McCord above!

~~**GIVEAWAY ALERT:** To enter for a chance to win a Voda Swim bathing suit, go to Voda Swim's Facebook page and click "like." Then, head to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know that you liked Voda Swim and which swimsuit you'd prefer — AnnaLynne's or Desiree's. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, July 8th. Good luck!~~

Congratulations to Lauren Migdon!

'Between Us' Tests the Boundaries of Old Relationships



By April Littleton

In this comedy drama directed by Dan Mirvish, two couples reunite over two evenings. Grace and Carlo (played by Julia Stiles and Taye Diggs) are newlywed New Yorkers who decide to visit their old friends Sharyl and Joel (played by Melissa George and David Harbour) in their Midwestern home. Behind closed doors, the hosts are in a disastrous marriage, but an unlikely meeting between the couples years later, shows the roles have reversed.

Should you see it:

If you're a fan of Hollywood actresses like Julia Stiles and Melissa George, then this is the movie for you. Let's not forget to mention the eye candy that comes in the form of Taye Diggs. If you're familiar with David Harbour and some of his previous roles in films such as *W.E.* and *Kinsey*, you won't

be disappointed with his performance in *Between Us*.

Who to take:

This film will be perfect to see with a best friend, family member or spouse. Don't feel left out if you're in the early stages of a new relationship, you and your new boo will be able to relate to some aspects of this movie as well. *Between Us* isn't just your typical "chick flick." Considered a dark comedy, this film is sure to have intense moments and plenty of comedic scenes, so the fellas won't be sitting in the back of the movie theater bored out of their minds.

Related: [Katy Perry and John Mayer Hang with Friends](#)

How do you turn a failing marriage around?

Cupid's Advice:

Marriages begin to self-destruct for many reasons – whether it be from lack of trust, intimacy or communication. When your marriage reaches a certain point, it's time for you to decide whether you're going to fight to save the relationship or let it go. If you choose to take the steps toward reconciliation, you have to know where to start first. Cupid has some advice:

1. No fighting: When you and your partner have an issue to address, don't resort to verbal abuse. Think about what you say before you say it, no matter how emotional you may be feeling at the time. If you feel yourself reaching your boiling point, take a step back and cool off. Don't let your rash decisions and emotions ruin a relationship you considered perfection not so long ago.

2. Get to know each other: Sometimes you have to start all over to get back to the relationship you used to have with someone. You've probably been out of touch with your partner for so long that you don't even remember the little things that make him or her smile. Start from scratch. Let go of all

the bad memories and try to rebuild from the good ones. Talking to each other again – even if it's just about the basics (like your spouse's new favorite song) is taking a step in the right direction.

Related: [Second \(and Third\) Marriages: Destined For Divorce?](#)

3. Be patient: Don't assume your marriage will be fixed overnight and don't give up at the first sign of struggle. It's going to take some time to gain back the love and trust the two of you once had in each other. When you do finally bounce back, the two of you, as a couple, will be stronger than ever.

Are you in a marriage that almost didn't last? How did you turn the failing relationship around? Share your experience below.

**Giveaway: School of Wash
Makes Your Date Night Fresh
and Fabulous**





This post is sponsored by School of Wash.

By Sarah Ribeiro

When you're getting ready for a date, you always want to look and feel your best. You spend hours styling your hair, doing your makeup and staring into your closet as you pick the perfect outfit. But what most women forget is that what you do *before* you get dressed is just as important for your night out as that cute little black dress. School of Wash's handmade bath and beauty products are what you need to start the night off great. Their products are fresh and fabulous – guaranteed to make you feel pampered as you prep for your hot date!

School of Wash is all about making sure you're ready for whatever comes your way. With lines For Kids, For Her, For Him and even For Pets as well as over 175 different scents, it's easy to find the items that fit your lifestyle. Bath goodies like handmade body wash or shampoo and conditioner help you stay clean, look great and smell even better. Plus, School of Wash offers beauty products like perfumes, body spritzes, lotions and dry oils to make sure you have that final "added touch" before you head out the door. After using these items from School of Wash, your man won't be able to keep his hands off of you!

These unique products were created by a mother for her daughter, so you know they're tested and approved for high and

gentle quality. School of Wash makes their products fresh to order, and all of their items are paraben-free, talc-free, SLS-free, sulfate-free, sodium chloride-free and dye-free.

To keep you feeling fresh and fabulous, CupidsPulse.com is giving one lucky reader a bundle of School of Wash products! The bundle, **valued at over \$40**, includes body wash, spritz, shampoo, conditioner, lotion and dry oil – everything you need to impress your man.

~~**GIVEAWAY ALERT: To enter for a chance to win a bundle of School of Wash products, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know why you want to enter the contest. We will contact the winner via Facebook when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, July 1st. Good luck!**~~

Congratulations to Lynette Barbieri!

**Giveaway: Enticing New
Fragrance Collection by
Crabtree & Evelyn**





This post is

sponsored by Crabtree & Evelyn.

By Petra Halbur

Fragrance is the key to making a long-lasting impression. It really is that simple. Our brains are programmed to associate scent with memory, so even the faintest aroma can evoke a recollective wave of emotion. Crabtree & Evelyn understands this. Drawing inspiration from the quintessential English garden, they have been dedicated to creating original fragrances and luxurious bath and body products that “transform everyday rituals into extraordinarily pleasurable experiences” since 1972.

If you’re hoping to make a positive impression on a certain someone, or just want to brighten up the day for those around you, try their beautiful new fragrance collection, Somerset Meadow.

The meadows of Somerset are among England’s most revered natural beauties and this new collection successfully captures the scent of nature at its most spectacular.

Notes of sparkling bergamot and dew-kissed blackberry are perfectly balanced with the bitter greens of ivy and fern. A heart of white blossoms, water lily and earthy geranium flourishes as if warmed by the morning sun, whilst creamy musk, willow and moss bring a soft, sensuous touch.

Now, one lucky CupidsPulse.com reader will win the full Somerset Meadow collection. Valued at \$123, this collection includes Somerset Meadow Bath & Shower Gel, Somerset Meadow Body Lotion, Somerset Meadow Eau de Toilette, Somerset Meadow Perfume Gel and Somerset Meadow Hand Therapy. Each product is imbued with the light, fruity-floral scent of an idyllic English landscape. Don't miss this opportunity to pamper yourself and make an impression on your first date!

~~**GIVEAWAY ALERT: To enter for a chance to win The Somerset Meadow collection, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know why you want to enter the contest. We will contact the winner via Facebook when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, June 24th. Good luck!**~~

Congratulations to Lynette Barbieri!