

What's Your Favorite Love Song?





Christina Milian

"Oh gosh, my favorite love song? I know a lot of heartbreak songs, but I like 'Drunken Love.'" Photo: David Gabber / PR Photos

Single in Stilettos Show: Stop Wasting Time Dating the Wrong Men





In this week's [Single in Stilettos](#) show, Suzanne Oshima and relationship strategist Joa Amoia discuss the signs that tell you if you're dating the wrong type of guy. Three red flags to look out for include: you notice his actions don't back up his words; you always make excuses for his behavior; and you experience negative emotions on a regular basis. Plus, find out why you're wasting time with an "emotionally paralyzing guy" and why you need to move on from the wrong man. Take Joe's straight-forward advice to heart and improve your dating life!

Related Link: [Dating Red Flags](#)

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you know when you're dating the wrong guy? Tell us in the comments below!

‘Never Have I Ever’ Author Katie Heaney Says Love Should Be “a Supplement to a Full Life”



Interview by [Whitney Johnson](#). Transcription by Maria Darbenzio.

Katie Heaney turned her status as “being permanently single” into a funny memoir that sheds light on searching for your soul mate in the 21st century. In her new book *NEVER HAVE I EVER: My Life (So Far) Without a Date*, the 27-year-old shares her dating (or non-dating) experiences as she attempts to find romance on her own terms. We recently caught up with the author to glean a few more words of wisdom on looking for love and spending Valentine’s Day alone.

What do you hope readers gain from your book?

I hope that young women reading it are able to first find it entertaining and relatable but also find comfort in it if they haven't dated a lot or even at all. It's important for them to know they're not the only one. And I also want readers to know dating doesn't have to be their number one priority. Focusing on friendships with each other is equally valuable and a good use of time, especially when you're in high school and college.

Related Link: [Celebrities Who Are Unlucky in Love](#)

Why do you think there's so much focus on women to find The One instead of to embrace being single?

Even though we've made so much progress – it's because we're being educated at higher rates than guys these days and things like that – it's still supposed to be our primary goal to be looking for a husband so that we can start a family. I think that pressure starts incredibly early, and it doesn't really let up.

I think that what I realized in writing this book is the differences between the way the pressure is directed at me or my friends versus the way that guys experience it. Guys just don't have the same pressure to be constantly focused on love. If they want to focus on their career, nobody judges them. But, if a woman says the same thing, people say "Well, aren't you worried about getting too old? What about your biological clock? Don't you think you should at least be putting yourself out there in case you meet him?" We talk about it like it's this job. We should see it as a supplement to a full life that we create for ourselves.

Do you think this pressure causes women to settle for less than they deserve?

I do. I hear a lot of girls talking about dates they have, and they're not looking forward to them. Or a guy that they've been seeing is clearly not the type of guy they want. There's

some weird impotence to kind of keep giving him chances and chances and chances. That's because there's this pressure to find him.

I think that there needs to be more trust in ourselves to know who we're really interested in and who we're not. We need to trust that it's better to be single than to be with someone you aren't interested in. The guy that you *are* interested in will come along.

What's the best dating advice you've ever received from a friend?

The best advice that I've ever been given is just to be comfortable thinking of myself as someone who other people want to date. It's not because I felt bad about myself; I just didn't really see that as a possibility because it wasn't happening. So thinking of yourself as attractive, appealing people who other people want to spend time with kind of affects you in all these tiny ways that impacts the way other people perceive you.

And conversely, what's the best advice you've ever given someone?

I tend to be the friend who tells everyone to break up with their boyfriends because I'm always like, "It's so clear you don't like him."

I think it's important to listen to what the other person is saying and to not be bossy in how you talk to them, helping them to listen to what they're saying and to recognize that if they're not sounding happy or they're complaining more than not, then something is probably wrong. And you need to remind them that it'll always be okay to be single and make them feel that that's true by being there for them.

Related Link: [Finding Your True Destiny After Losing Love](#)

With Valentine's Day coming up soon, what's your advice for single ladies who let the romantic festivities bring them down?

I hate Valentine's Day, but I think the thing to remember is that couples usually hate it too. I sort of think it's a holiday like New Year's Eve where everyone pretends to be so excited and everyone feels the need to make huge plans, but then everyone is disappointed.

So I would remind yourself that just because someone's a couple doesn't mean they're having a great Valentine's either. That's not to say that you should take delight in other people's misery, but just remember that a lot of people hate it. The best thing you can do is make plans for yourself doing something that you know that you love, even if it's watching *Law & Order* for four hours and ordering in food. Treat it as any other day and know that it doesn't mean anything and that when you're a couple, you're probably going to feel the same way about it.

Heaney has an event at The Strand in New York tonight! For more information, check out her www.facebook.com/KTheaney.

Berenice Electrolisis: Time to Rejuvenate Your Skin





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Berenice S. Rothenberg is a Certified Clinical Electrologist

and an FEDH Licensed Cosmetologist. She has been offering premier electrolysis services, along with skincare and laser treatments, for over 42 years with her current location set in Manhattan.

Blogger Perez Hilton Talks About Being a Single Celebrity Parent, Online Dating, and His Recent Move to New York



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.
At the Match.com Singles in America event, CupidsPulse.com

Executive Editor Lori Bizzoco talked to panelist and blogger Perez Hilton about online dating and life in New York City with his sweet son, Mario.

Celebrity Video Interview with Perez Hilton

As for why he was on the panel at Saturday's event, the celebrity gossip columnist reveals, "I'm here to talk about my experiences – I'm on Match and many other sites. I think it's fun to offer my perspective, which may be different from the other panelists because I'm a gay man and a personality."

Related Link: ['Millionaire Matchmaker' Patti Stanger Talks Online Dating and Finding The One](#)

In our celebrity video interview, the blogger lights up when the subject turned to his son. "He loves New York! We do so much here," he shares. "I think raising a child in New York City is the best because there's so much to do and it's so easy to do so much."

Of course, having a child changed Hilton's dating life, but he doesn't like to use the word "difficult" when it comes to finding love. "It definitely presents challenges that a single person wouldn't face. Like I choose not to bring guys back to my place. You gotta work around it! Do what you got to do."

Right now, though, the single celebrity parent's priority is Mario's first birthday on Feb. 17. He shares that the father-and-son duo will be celebrating with a blessings ceremony. "I'm inviting all my close friends and family to come over and write down little blessings on a sheet of paper," he explains in our celebrity video interview. "I'm trying to get some spiritual folks – maybe a rabbi and a priest, maybe a monk – to share some words and blessings as well."

Visit PerezHilton.com for more from the celebrity gossip

columnist.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What the Stars Are Doing for Valentine's Day





Tatyana Ali

"I might go hang out with my girlfriends. If you have a group of girls and everyone is single, buy champagne and do everything you would do on a date, but do it with your girlfriends who you absolutely love!" Photo: Andrew Evans / PR Photos

Celebrity Video Interview: 'Millionaire Matchmaker' Star Patti Stanger on How a Relationship and Love Changed Her: "I'm Much More Relaxed"





Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.

This past Saturday, CupidsPulse.com Executive Editor Lori Bizzoco and *Millionaire Matchmaker* reality TV star Patti Stanger caught up at Match.com's Singles in America 2014 event where Stanger moderated a panel discussion with four sex and dating experts, including Celebrity Blogger Perez Hilton, Leading Sex Expert Dr. Emily Morse, *Cosmopolitan's* Sex and Relationship Editor Anna Breslaw, and Chief Scientific Advisor for Match.com Dr. Helen Fisher. Prior to the event, we had the opportunity to sit down with the matchmaker, and in our celebrity video interview, we chat with her about online dating, her own personal love story, and her best dating advice for meeting The One.

Related Link: [Patti Stanger on Celebrity Relationships and Love in NYC](#)

Celebrity Video Interview with Patti Stanger

"I love Match.com! I'm the girl who dates online," the reality TV star candidly shares. "This is the way to meet singles. 18 or 80, it doesn't matter. We just need the tools and the ammunition to do it."

As for how finding love with fiancé David Krause has changed her? “I’m much more relaxed. I love nesting; I love staying home.”

Watch our celebrity video interview above for more information.

Tune in for The Millionaire Matchmaker on Bravo on Thursdays at 9/8c, and check out Stanger’s line of jewelry at Shop by Bravo!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Single in Stilettos Show: Signs He Likes You



In honor of Valentine's Day, we thought it'd be fun to dig a little deeper and look at some signs that he likes you. This week's [Single in Stilettos](#) show features Suzanne Oshima talking to Real Online Game founder Joshua Pompey. He answers questions like: What's a guy thinking about before a first date? How can a woman tell if a guy's interested in her? What body language should she look for? What turns a guy off on a date? Should a woman call or text a guy afterwards? Listen up for the answers to these questions and more!

Related Link: [Is He In It For the Long Haul?](#)

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Cupid wants to know: How do you know when a guy likes you?

NoGamesLove Video Dating Tips: How to Get a Guy to Commit





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House talks about getting a guy to be in a dedicated relationship – much like the girls on *The Bachelor* hope to do when it comes to the handsome Juan Pablo. First, she encourages viewers to see the popular reality show as a real-life scenario: “He’s dating multiple people...just like you might be casually dating a couple of people until you decide to be in a serious, monogamous relationship.”

Dating Advice from E!'s *Famously Single* Laurel House on How to Get a Guy to Commit

Related Link: [The No Games Love Guide to True Love](#)

Then, the dating expert shares her dating tips for getting that special guy to commit to you. Most importantly, be in the moment, be uplifting, and be vulnerable. “Become your best self!” Watch the video above for the rest of Laurel’s advice and discover what else you can learn from this season of *The*

Bachelor!

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What do you do when you're ready to be in a committed relationship with someone? Share your tips in the comments below!

How to Get Through a Breakup and Heal Your Heart



We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author

of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – “the hardest stage of all.” Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

“We can get stuck in stages for years and not even know it,” she reveals. “It can block our ability to love again, to attract love again, to be happy in love again.”

For more videos from *CupidsPulse.com*, check out our [YouTube channel](#).

How did you move on after a devastating breakup? Share your story in the comments below!

Celebrity Video Interview: ‘Single Ladies’ Star Denise Vasi Shares Her Valentine’s Day Plans





Interview by Shannah Henderson.

Denise Vasi Opens Up About Her Celebrity Wedding

Thanks to VH1's hit show *Single Ladies*, we get to see actress Denise Vasi light up the screen every Monday night. At last weekend's OK! magazine pre-Grammys party, the star chatted with us about the songs that played at her celebrity wedding – Jennifer Hudson sang as she walked down the aisle! – and her plans for Valentine's Day with husband Anthony Mandler. "We might do Mexico," she reveals in our [celebrity video interview](#). "That place was our first going-away as a couple, but we weren't exactly a couple yet. We might go out there, reminisce and remember what those days were like."

Related Link: [Jennifer Hudson's Fiance is Adjusting to Her New Body](#)

Be sure to catch tonight's episode of Single Ladies on VH1 at 9 p.m. ET!

For more celebrity video interviews from CupidsPulse.com, check out our [YouTube channel](#).

Celebrity Interview: Kelly Hansen Talks About His “Crazy, Wild Mr. Toad’s Ride” With Foreigner



Interview by [Lori](#)

[Bizzoco](#). Written by Elizabeth Kim.

The Super Bowl halftime show is often just as exciting as the actual game. With the big event between the Denver Broncos and the Seattle Seahawks right around the corner, Pepsi got in on the action to get fans hyped for this year’s Bruno Mars performance. On Sunday, Jan. 19, diners at Buffalo Wild Wings in Seacaucus, New Jersey, were surprised with their very own halftime show. Fronted by lead singer Kelly Hansen, ’80s British-American rock band Foreigner delighted fans with

“Feels Like Halftime,” a remixed version of their 1977 smash hit “Feels Like the First Time.”

Celebrity Interview with Kelly Hansen

Foreigner formed in 1976, and since then, they’ve sold more than 80 million albums. Over three decades later, hits like “I Want to Know What Love Is” and “Cold as Ice” continue to make waves. After multiple lineup changes, Hansen joined the band as their vocalist in 2005. Although he’s been in the music industry since 1985, he feels that Foreigner has given him the kickstart he needed to do what he loves: sing.

It was serendipity that brought Hansen and Foreigner together. “I was in a place where I’d spent a few years doing things in the business, but I wasn’t singing as much. One day, I said to myself, ‘Geez, I’m not really doing the thing that I do best,’ and I wasn’t really happy with where my career was,” he shares in our [celebrity interview](#). “Previously, gigs had always just kind of fallen into my lap, and I realized sometimes you need to change course on how you do things.”

Related Link: [Ivanka Trump Discusses Career and Family](#)

He found an online article about a charity show where original Foreigner front man Mick Jones was performing. The piece also alluded to problems within the band. “I wasn’t aware of the status of Foreigner at the time; it was in limbo,” Hansen says. “So I got in touch with management. We went back and forth, and we ended up putting my voice on some Foreigner tracks.” The rest is history.

When you become the new voice of a band as world-renowned as Foreigner, the immense pressure to live up to the expectations of loyal fans can be intimidating to say the least. But Hansen has a different perspective. “For many reasons, there’s

pressure when you do this kind of thing,” he explains. “People liked to say I was filling Mick’s shoes, but I like to say I brought my own shoes.”

The lead singer believes that Foreigner isn’t trying to be a copy of what it used to be, saying, “My biggest thing is that I want to do the songs justice and deliver them sincerely.” To Hansen, upholding the proud history, reputation, and standard of Foreigner is more important than trying to duplicate Jones’s signature wail.

Foreigner Singer Talks About Maintaining a Relationship and Love While Touring

After his entrance into Foreigner in 2005, he describes the journey as a “crazy, wild Mr. Toad’s ride.” However, even he admits that when you live most of your life on the road, your family can fall by the wayside. The most important step in keeping a relationship and love alive is to remind yourself that your life does not begin or end on the road.

“You can’t wait to go home to live your life. That means incorporating your loved ones into the process,” he reveals in our celebrity interview. Whether it’s through scheduling Skype video chats and daily phone calls or even bringing your significant other with you, allowing the important people in your life to be a part of your world prevents emotional distance no matter how far apart you may be. “That’s helped me a lot because, while I was out on the road, I kind of held my breath, waiting to live my life once I got home. This is a much better way to do it,” he says.

Related Link: [10 Ways to Make Long Distance Love Work](#)

With stops in Paris, Belgium, and Israel – just to name a few – Hansen will have to stock up on calling cards as Foreigner

embarks on a mega world tour this year. "We'll come back and do a big summer tour in America and then go to Germany in the fall and do an acoustic tour, so that will be very cool," he shares.

As Foreigner preps for their global tour and their very first acoustic-only show, there is little time to partake in the Super Bowl festivities. "I'm going to be on a plane, so I think I'm going to miss most of the game." He remains tight-lipped on what team he's cheering for: "As long as everyone has a good time and no one is freezing to death, I think it's going to have a good outcome."

Regardless, Hansen believes that fans shouldn't have to wait for halftime to celebrate. He describes Foreigner's surprise performance as a way to help people not only celebrate the upcoming halftime show but also celebrate life. "You can have halftime in unusual places and during unusual things; it doesn't just have to be football," he divulges.

For more information on Foreigner's 2014 tour dates, visit their website at foreigneronline.com.

'Millionaire Matchmaker' Reality TV Star Marisa Saks Says Listening Is Key





Interview by Shannah Henderson.

Celebrity Video Interview with Marisa Saks

We love watching Marisa Saks on Bravo's hit reality TV show *Millionaire Matchmaker*, so we were excited to speak to the sassy matchmaker at OK! magazine's pre-Grammys party last weekend. In our celebrity video interview, she shares, "The best part about being on the show, I would have to say, is that we have our own little-big family."

Related Link: [Patti Stanger Has Three Tips for Making Up After a Breakup](#)

Plus, the reality TV star shares her number one tip when it comes to a successful [relationship and love](#) life "Don't have loose lips. Listen, listen, listen!"

For more videos from *CupidsPulse.com*, check out our [YouTube channel](#).

Celebrity Interview: Lance Bass Gives Relationship Advice and Says, “It’s All About Communication in a Relationship”



Interview by Shannah Henderson.

In our celebrity video interview with *NYSYNC member Lance Bass at the OK! magazine pre-Grammys party, we chatted with the singer about his Valentine’s Day plans and best [relationship advice](#).

Related Link: [Lance Bass is Engaged to Michael Turchin](#)

Lance Bass on His Upcoming Celebrity Wedding

“We haven’t started planning it yet,” he says of his upcoming celebrity wedding to fiancé Michael Turchin. “We keep saying that so we need to start. We are guys. We need to hire a wedding planner...that is our next step.”

For more celebrity video interviews from CupidsPulse.com, check out our [YouTube channel](#).

Single in Stilettos Show: Why The “Perfect Marriage” Isn’t Always So Perfect



On this week's show, [Single in Stilettos](#) founder Suzanne Oshima talks with transformational coach Jennifer Daure about why the "perfect marriage" isn't always so perfect. Daure knows the truth in that statement from firsthand experience: She met and married her dream guy at 23 years old but realized that happiness was missing from her so-called perfect life. Here, she shares her story and her advice for other women in a similar situations.

Related Link: [Jennifer Daure Discusses Why Self-Confidence Is So Important When Dating](#)

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What is your number one tip for self-love? Tell us in the comments below!

New Years: Changing Your Life in Those Quiet Moments





By Sharon M. Rivkin,

M.A., M.F.T. for [Hope After Divorce](#)

Enjoying the fire blazing with my cup of coffee on New Year's morning, I took a big sip and a deep breath and thought to myself..."I need more moments like this." Then, I realized that if more of us, including myself, paid closer attention to those particular moments in our lives, we might hear the quiet message that alone time brings.

Related Link: ['Get Some Headspace' Author Andy Puddicombe Shares Ingredients for Perfect Relationship](#)

What did I conclude from how I felt on New Year's morning? That I needed to slow down and take more time for myself. That was a powerful moment because it made me realize that, by doing those two things, I would be a more balanced and less stressed person. Plus, those around me would also benefit from this change.

This experience made me reflect on the whole concept of creating New Year's resolutions and how most resolutions are task-oriented rather than internally driven. For example, resolutions often include losing weight, lowering blood pressure, exercising more, and quitting smoking or drinking. These are all tasks that don't cause you to think or reflect;

you just do. But internally driven goals come from a more quiet state where important messages come out of the stillness. And these are the messages that are full of information about you and quite possibly about what you should be doing to have a better life. And, if you think about it, having a better life will create more peace within yourself.

So here are five ways to create stillness among the madness and busyness of our daily lives:

Related Link: [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

1. Walking to reflect. Most of us walk to lose weight and get our heart rate up. But did you ever think to walk mindfully? This means noticing the flowers, the trees, the sound of water, the beautiful architecture, and the birds. By experiencing the beauty and feeling of the outdoors, you'll glide into a more reflective state where your problems take a back seat and out-of-the-blue thoughts come to the forefront.

2. Journaling. The purpose of journaling is to write about your inner thoughts, uncensored, which help you uncover and release feelings that you may have not let surface because you've been so busy. Once you write down what you're feeling, you may acknowledge what's *really* going on under the surface. It'll grab your attention, leading you to make changes in your life, whatever they might be.

3. Meditating. The point of meditation is to quiet your mind from its constant chatter. The chatter makes things bigger and insurmountable, which causes more stress and anxiety. By quieting your mind on a consistent basis, it creates a cumulative, calming effect in your daily life which, in turn, gives you more opportunities to reflect. And it's in those moments of reflection where you gain clarity and perspective.

Related Link: [Four Tips for Stress-Free Dating](#)

4. Listening to music. Music that touches the heart instantaneously calms you and smoothes out the daily turmoil. In fact, you almost forget that you have any problems when beautiful music touches your soul. We've all experienced the power of music, so we need to make listening to it more of a priority in our daily lives.

5. Sharing with your partner. Sharing is different than talking. It's part of that reflective process where you feel safe enough to reveal your thoughts and dreams to your partner. By doing so, communication gets more intimate, and you feel closer with one another. In contrast to quieting your mind, this mutual feedback reflects the information back to you in a different way.

Just as I experienced a message in the stillness of my New Year's morning, by using these five ways to create calm and quiet within, you, too, have the ability to hear your inner voice above the daily noise and make significant changes in your life.

For more information about Hope After Divorce, click [here](#).



Also known as the "last ditch effort therapist," Sharon M. Rivkin, therapist and conflict resolution/affairs expert, is the author of Breaking the Argument Cycle: How to Stop Fighting Without Therapy and developer of the First Argument Technique, a 3-step system that helps couples fix their relationships and understand why they fight. Her work has been featured in O Magazine, O Newsletter, Redbook, Reader's Digest, Time.com, CNN.com, Prevention.com, and WebMD.com. Sharon's appeared on Martha Stewart Whole Living Radio and makes regular radio appearances nationwide. Sharon is also a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Celebrity Video Interview: Singer Mike Posner Talks About New Album and Valentine's Day



Interview by Shannah Henderson.

Celebrity Video Interview with Mike Posner

Singer Mike Posner first caught our attention in 2010 with his catchy song "Cooler Than Me." In our [celebrity video interview](#) at OK! magazine's pre-Grammys party, he talks about

his album *Pages*, which features collaborations with Big Sean and Justin Bieber (he first met the pop star when they co-wrote the hit “Boyfriend”). Plus, he reveals where he’ll be spending his Valentine’s Day.

For more celebrity video interviews from CupidsPulse.com, check out our [YouTube channel](#).

Reality TV Star Farrah Abraham Talks Next Career Move



Interview by Shannah Henderson.

Exclusive Celebrity Interview with Farrah Abraham

We recognize Farrah Abraham from *Teen Mom* and *Couple's Therapy*, and we'll get to know the reality TV star even better when her special *Being Farrah* airs on MTV later this year. In our [exclusive celebrity interview](#), we chatted with the single celebrity mom about her Valentine's Day plans and upcoming projects.

Related Link: [Farrah Abraham Discusses Her Life as a 'Teen Mom'](#)

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars





Interview by [Whitney Johnson](#).

In our celebrity video interview, we talked to fashion stylist Brad Goreski about the fashion at Sunday night's Grammys as well as his tips for [date night](#) looks. "The number one trend that I loved was the metallics," the reality TV star says, citing Taylor Swift, Chrissy Tiegen ("the golden goddess of the evening"), and Rita Ora as gorgeous examples. Plus, he reveals his predictions for the upcoming Oscars: "I think we're going to see an explosion of glamour."

Related Link: [Celeb Stylist Rachel Zoe and Brad Goreski Split](#)

Celebrity Stylist Talks Date Night Looks

When it comes to a date night, Goreski encourages women to look beyond what they're wearing. "Starting off with really good hair, makeup, and skin is super duper important," he explains. "Your skin should definitely be glowing on Valentine's Day!" He also says that you should invest in a show-stopping coat to amp up your look this winter. Watch the celebrity video interview above for more!

For more videos from CupidsPulse.com, check out our [YouTube](#)

[channel](#).

Giveaway: Give Your Feet the Attention They Deserve with Foot Cardigan



This post is

sponsored by Foot Cardigan.

By Leslie Chavez

Sometimes, socks get treated like the younger, less impressive sibling to lingerie in the undergarment family. We all have our share of boring, white or grey mismatched socks – perhaps with holes in the toes. It's far too rare that we treat ourselves to a new pair. Months go by, and we continue to

neglect our feet's need to be accessorized, while our derriÃ"re gets all the attention. But socks can be just as fun and flirty as silky slips! With Foot Cardigan's monthly subscription, you'll be receiving creative, exciting socks throughout the year. Your socks will never be overshadowed by another undergarment again.

Foot Cardigan is a monthly sock subscription service that guarantees a new pair of unpredictably funky and unique socks every thirty days. That's right: Each month, they deliver a pair of zany socks to your mailbox, and you won't know what the design is until you open up the package.

What if you don't like the socks you get, you ask? Well, the creators of Foot Cardigan say that this is simply impossible because "you will love them, wear them, and your life will be better because of them." To see some designs they've sent to their subscribers, check out the #sockstagram feed on Instagram.

The folks at Foot Cardigan say that their socks are made out of "a heartfelt desire to improve the world one foot at a time," along with 75 percent cotton, 20 percent polyester, and 5 percent spandex. Plus, they include the secret ingredients of "1.7 percent laughter, and the last twinkle of a distant dying star."

Put an end to wearing those colorless socks and embellish your arches in Foot Cardigan's outrageously fabulous accessories. It'll be a fun new adventure for your previously neglected feet. And the ongoing anticipation to see which interesting pair you'll get next will no doubt keep you on your toes. Your feet will be delightfully surprised all year round!

~~GIVEAWAY ALERT: To enter for a chance to win a one-year subscription to Foot Cardigan (valued at \$121), go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to win 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 5pm EST on Monday, February 10th. Good luck!~~

Congrats to Sandy Green!

Open to US residents only.

Single in Stilettos Show: He Can't Love You If You Don't Love You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana

Antholis about learning to love yourself. Antholis explains why self-love, self-confidence, and self-esteem are all important when it comes to falling in love with a man.

Related Link: [Find Out What Makes a Man Fall in Love](#)

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What is your number one tip for self-love? Tell us in the comments below!

NoGamesLove Video Dating Tips: I Miss Your Smile...But I Miss Mine More





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Toxic Relationships

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for recognizing when it's time to end a toxic relationship and honor yourself and your intuition. "Sometimes the hardest breakup is when you have to do the breaking up," the dating expert explains. "You have to finally admit that this relationship isn't working."

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you know when it's time to end a toxic relationship? Tell us in the comments below!

10 Celebrity Couples That Would Make the Cutest Babies





Jessica Biel and Justin Timberlake

With the actress's luscious lips and the sexy singer's sultry eyes, there's no way their kid would fall short of beautiful. Hopefully, JT's dance moves can carry over to the next generation too! Photo: GG/FameFlyNet

Avril Carruthers Reveals How to Maintain 'Freedom from Toxic Relationships'





By Leslie Chavez

When it comes to our romantic lives, so many of us have been stuck in a toxic environment, trying desperately to escape without success. Enough is enough! Life is way too short to be entangled in poisonous partnerships. Author Avril Carruthers paves the way for lasting love in her new book, *Freedom From Toxic Relationships: Moving on from the Family, Work and Relationship Issues that Bring You Down*, a guide that explains where these toxic relationships begin and what kind of psychological pain they entail. She teaches her readers how to observe these patterns, making it possible to truly move on. It's time to leave those destructive relationships behind and start creating more loving and meaningful connections.

You say that our love lives can become toxic without us being aware of it. How can a relationship that began with true love end up filled with anger, fear, and resentment?

Relationships go through phases. We might be aware that the initial "honeymoon" stage is called that for a reason. As the relationship deepens, we trust that our beloved will be kind, but at the same time, we fear that they will see something in us that we don't like about ourselves. We then project our fear of rejection and make assumptions based on the inevitable baggage we've brought with us from previous relationships. We

might react with anger or resentment based on what we imagine our partner is thinking or saying. Many relationships flounder at this point, when we cannot perceive past our projected insecurities.

Related Link: [How to Kick That Bad Relationship to the Curb](#)

What are some signs that we can look for in order to avoid this from happening? How do we maintain an awareness surrounding any negativity we may be giving off?

A major red flag is whenever we find ourselves having a strong emotional reaction. At that point, we need to take a step back and ask ourselves: Where is this reaction coming from? When might we have felt this before? Sometimes, we can see that our reaction is similar to a time when we were younger. What wisdom and resources do we have now that we had no access to then? How would we prefer to behave instead?

If your partner seems to be the cause of the toxicity – they might be inconsiderate, unreasonable, demanding, or cruel – we need to see how and in what way we might be inadvertently hooked into the dysfunctional dynamic and change what we can. If communicating with them doesn't work, the best way to handle this situation is to move away, just as you would from a dangerous creature.

Shifting gears, the book explores the concept of “energetic psychic cords.” Can you explain this idea to our readers? How do the cords develop in our relationships? At what point do we need to “clear the cord”?

An energetic tie or psychic cord is a transference of emotion or thoughts that appears to have a life of its own; they occur between people who are in or have been in an intense relationship. We *feel* the effects of this cord when we find ourselves behaving in ways we wish we'd rather not or getting lost in the other's emotions or projections.

They sometimes develop to the degree in which we become needy and insecure and have low self-esteem and hold unrealistic expectations based on fantasies. The process of clearing a cord starts with awareness of the dynamic: How does this attachment control or affect us? If we can differentiate between what is the other person's "stuff" and what is our's, we may not need a cord clearing. But if it's an old, engrained cord that's hard to disentangle, we might need the help of the structured process that culminates in the ritual of a formal cord clearing.

You say that energetic cords can form instantly when people fall in love at first sight. So tell us: Do you believe that love at first sight exists? How can someone distinguish the difference between love and lust in the early stages of a relationship?

In my experience, instant attractions are likely to be chemistry based on physical or emotional appeal. It's not always lust because we can have a crush on someone when we are six years old with the same intensity as when we fall for that stranger across the room when we are in our twenties. Whether these instant attractions ever develop into something more lasting depends on whether we appreciate them as they truly are or have projected something unrealistic onto them.

If you find it difficult to distinguish between love and lust, try keeping sex out of the equation for a period. Can the relationship be sustained with conversation alone?

Related Link: [Five Ways to Stop Sabotaging Your Relationship](#)

And finally, what advice can you give to singles in order to attract a healthy, loving, and positively transforming relationship?

Be in the present; be genuine; appreciate the best in people; and respect yourself as well as others. This is difficult when a relationship represents comfort and familiarity – it's too

easy to do what we've always done and not question whether we are being authentic to ourselves and to our partner.

It also helps to know what you want. Work to improve those things in yourself that you believe you want in your partner. This way, you will attract and recognize that person as the one you are looking for. But be discerning and remember that the universe doesn't only send us what we really want; it tests us to act in our own best interests.

For more information on Carruthers and her new book, click [here](#).