

Celebrity Christmas Weddings



By [Whitney Johnson](#)

The holidays are said to be the most wonderful time of the year, so it's no surprise that so many couples – famous faces and everyday folks alike – choose to walk down the aisle around Christmas. Thanks to lightly falling snow, flickering fireplaces, and cozy color palettes, the wedding practically plans itself. Whether they embraced the cold crispness in the air or escaped the winter wonderland and headed somewhere warm, the celebrity couples below ensured that their holiday seasons were all the more magical because of their plans to say “I do.”

1. Cassandra Jean and Stephen Amell: The handsome star of The CW's hit show *Arrow* married the former *America's Next Top Model* contestant during a small sunset ceremony officiated by a close friend in the Caribbean on Christmas Day in 2012. The couple had a second wedding in New Orleans on May 26, 2013, and welcomed their daughter Mavi Alexandra Jean Amell, in

October.

Related: [Stephen Amell Marries Cassandra Jean for the Second Time](#)

2. Katherine Heigl and Josh Kelley: These two lovebirds exchanged personally-written vows in Park City, Utah, on December 23, 2007. The wedding took place at the Stein Eriksen Lodge, and the tent was decorated with white flowers and white candles, both of which complimented the fresh snow. The actress was decked out in a custom-made Oscar de la Renta gown and walked down the aisle to an acoustic song written by her husband-to-be. Bringing in a bit of Christmas spirit, Heigl's bridesmaids wore red.

3. Danielle Deleasa and Kevin Jonas: The pop star made sure that his "Jersey Girl" had a wedding fit for a princess: The couple tied the knot at Oheksa Castle in Huntington, New York, on December 19, 2009. Jonas even gifted his bride, who wore a strapless tulle and Chantilly lace Vera Wang gown, with a pair of glass slippers on the big day. With the groom's brothers, Nick and Joe, serving as the best men and his father officiating the traditional ceremony, it was a family affair – one that most certainly extended into the holidays.

4. Crystal Harris and Hugh Hefner: A tumultuous courtship preempted this couple's big day: Harris began dating Hefner in January 2009 and initially broke off their engagement in June 2011 – only five days before she was set to walk down the aisle. Nearly a year later, the twosome reunited. They became re-engaged on December 1, 2012 and married in a small ceremony at the Playboy Mansion on New Year's Eve of that year. A perfect way to end the holiday season and ring in the new year!

Related: [Hugh Hefner and Crystal Harris Tie the Knot on NYE](#)

5. Perrie Edwards and Zayn Malik: This musically-talented pair, who only got engaged in August, is hoping to say "I do"

before Christmas of this year. The reason for the rushed wedding is quite practical: Edwards, a member of the British girl group Little Mix, is dreading being away from her fiancé when he departs for One Direction's 2014 tour, and she's hoping it'll be easier if they're hitched. Only time will tell if these plans come to fruition!

Cupid wants to know: Would you ever want a holiday wedding? Why or why not?

Single in Stilettos Show: Why Do Men Disappear?



In this week's [Single in Stilettos](#) show, Suzanne Oshima and dating and relationship strategist Joe Amoia talk about an age-old question: Why do men just disappear? They discuss the

following situations: why men disappear after a few great dates; why men go away for the holidays and never come back; and why men disappear after a traumatic event occurs. Ladies, if you've dealt with a boyfriend who suddenly stops calling or texting, listen up!

Related Link: [Joe Amoia Talks 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 have you handled a man who just disappears? Tell us in the comments below!

How To Plan a Holiday Proposal





By [David Wygant](#)

You're in love. You're thinking, because of all the Zale's diamond commercials on television, that this would be a great time to pop the question to your girl. You're wondering whether you should get her a gift-wrapped Lexus, a red Mercedes, or that sparkly diamond.

Related Link: [The Best Holiday Gift for Your Man](#)

I love how the commercials make you feel like you have to buy her something expensive if you want to be romantic; if you don't spend a fortune on her, she'll reject you. But here's the thing: This time of year is a great time to be engaged, but if you do it wrong, you'll end up looking like a huge cliché.

So if you're planning a holiday proposal, here are a few new ideas to help you blow her away and give her a proposal she'll be telling everyone about for decades!

1. Make sure she's ready. This is the worst time of year to propose if she's not prepared for it. She won't want to break your heart over Christmas, but if she's not ready to say yes, she may end up breaking up with you simply because she doesn't know exactly what to do next.

If you're going to propose over the holidays, be 100 percent sure that your relationship is on solid ground before you ask. Make sure you've both discussed getting married and that you've heard her talk enthusiastically about becoming your wife. Don't propose to her at this time of year because you think it will save a rocky relationship or stop her from leaving you – I can guarantee that it won't work.

2. Wrap the ring imaginatively. I love the whole idea of gift wrapping a ring, but don't wrap it in something predictable. Instead, make the special present part of a fun day. Maybe go ice skating or check out a local Christmas market, and at the end of the date, say, "I have a great gift for you." Instead of handing her a small box, wrap the ring in a child's toy. Put it in a barrel of monkeys or around the collar of a cuddly toy and wait until she discovers it.

Tell her it's an early Christmas present. Just imagine her face when she opens a fluffy teddy bear with a ring hidden in its neck fur. She will absolutely melt because you're bringing back the little girl inside her, the girl who always felt protected and cared for.

3. Avoid the Jumbotron. Don't do anything at a sports game. Don't plan a crazy night. I think the most romantic holiday proposal is right under your own Christmas tree. Make her feel beautiful. Have Christmas music playing in the background and a fire burning in the fireplace. Cook her favorite meal and enjoy a holiday cocktail together. Just talk, have fun, hang out. And when it feels right, pop the question. A special night in with just the two of you is a perfect way to propose.

Related Link: [Don't Settle: Get Him to Commit](#)

4. Ask Santa. If you're really daring, here's a great idea. Plan a trip to visit Santa together. Have a quiet word with the man in the red suit beforehand and ask him to give your girlfriend the ring. When you get there, make her sit on his

lap. Get down on one knee and ask, "Santa, can I marry her for Christmas?"

Santa, of course, will say yes and hand her the ring. Then, ask her to marry you. People will be taking photos. It's original, it's cute, and it's memorable. Hopefully, this will be the first and last time you get married, so you want to make the proposal special.

Best of luck! Happy holidays!

For more information on David Wygant, click [here](#).

NoGamesLove Video Dating Tips: When and How to End It



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

Getting dumped is never easy, but sometimes, it's even harder when you have to break up with your significant other, when you love someone but know it won't work, or when you have to break your own heart. So how do you make that decision to finally get out of an unhappy relationship and find the love you deserve? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for knowing when and how to end things. One way to know: "You're lonelier with them than when you are alone."

Dating Advice from E!'s *Famously Single* Laurel House on How to Break-Up

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

If you do everything you can to fix the issues in your relationship and still don't see a future, it's time to say goodbye. House warns that it will be heart-wrenching – "I've been there," the dating expert candidly shares – but also assures you that you will find more happiness.

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

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

How did you know when it was time to end a bad relationship? Share your story in the comments below.

HGTV Designer Sabrina Soto Shares Her Party Planning Secrets in Celebrity Video Interview



Interview by [Whitney Johnson](#).

Celebrity Video Interview with Sabrina Soto

The holiday season is in full swing, and for many people, that means the next few weeks will be filled with parties to plan. With that thought in mind, we enlisted the help of style expert and author Sabrina Soto. In our [celebrity video interview](#), the host of reality TV show *The Great Christmas Light Fight* shares her top tips for hosting a stylish and

affordable party.

Related Link: [Kathy Hilton's Advice for Holiday Entertaining](#)

Plus, she let us in on her holiday plans: "I have been engulfed in Christmas décor for the past two months, so this year, I'm going to Europe for Christmas just to get away and not have to worry about it!" the HGTV designer reveals.

Be sure to check out Sabrina Soto on *The Great Christmas Light Fight*, which premieres tonight at 9/8c on ABC.

For more great holiday party ideas, visit www.target.com/.

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

Single in Stilettos Show: How to Flirt with a Man





Are you wondering how to flirt with your cute co-worker at your company's holiday party? If so, look no further than this week's [Single in Stilettos](#) show! Suzanne Oshima talks with Patty Contenta, sensuality expert and founder of Sensuality Secrets. Learn how to attract a man through natural confidence with these great flirting tips.

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

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

What is your go-to flirting move? Tell us in the comments below!

How to Listen to Your Heart and Take Back Control of Your

Love Life



By [Marni Battista](#)

It may sound cheesy, but listening to your heart is essential when navigating the path to a happy ending. And as important as this may be, doing so can be especially difficult with input from loved ones clouding your true feelings. Be it a long-term boyfriend, a new prospect, or a re-ignited flame, here is a simple, step-by-step guide to drown out other's opinions on your love life and follow your intuition.

Related Link: [‘Tough Love: Co-Ed’ Star Kyle Keller Says, “Listen to Your Heart”](#)

1. Take Time to Think: Before you completely shut out your loved ones, make sure you take some time alone to sort through your thoughts on your current romantic situation. And I mean *alone* time; even just talking it through one-on-one with a trusted friend can invite a trickle of unsolicited advice that leads to confusion and self-doubt. Sometimes, quieting your

surroundings, making a cup of tea, and cracking open your journal are all you need to allow the truth to softly float to the surface. Whether your “thing” is to go for a run in nature, collect your thoughts in a long, hot bath, or write until your hand hurts, the truth *will* bubble up when you take time to listen carefully.

2. Trust Your Gut: Once you’ve had time to develop a solid stance, you’ve likely also developed a nagging voice in the back of your head that’s constantly urging you toward a particular decision. If you’ve made your list of pros and cons about staying with a long-time boyfriend and you know deep down the right move is to end it, let that nagging voice drown out that of your mother trying to convince you he will provide you the stability you need. Choices like these are not always so cut and dry, but the more time you allow yourself to process the relationship, the more strongly your gut will lead you in the right direction.

Related Link: [Should You Listen When Your Parents Advise You to Break Up?](#)

3. Be Open: Keep in mind as you dissect your thoughts that even the most unsolicited or inaccurate advice about your personal life from loved ones stems from the best of intentions. Remember that your parents, girlfriends, and siblings are giving advice based on *their* experiences, not yours. While they just want the best for you and to see you with someone who makes you happy, find a sensitive way to explain to them that, though you appreciate their concern, you have a handle on how you feel and what to do. Thank them for their support and remind them that you will certainly come to them for advice when you truly need it. Not only will this open communication show your appreciation for those you care about, but it will hopefully quiet some of those real-life opposing opinions as well!

[Marni Battista](#), founder of *Dating with Dignity*, is an expert

dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Exclusive Celebrity Interview: 'Food Network' Host Claire Robinson Says, "Food Is the Key to Passion"



Interview by Priyanka Singh.

Chef Claire Robinson is perhaps best known for her Food Network show *5 Ingredient Fix*. But does she use only five ingredients when cooking at home? “I’m all about few

ingredient cooking, which really focuses on the quality of the ingredient and the balance within each recipe,” the reality TV host explains in our [exclusive celebrity interview](#). “I’m looking for power-packed punches of flavor!”

Related Link: [‘The Chew’ Host Carla Hall Talks Winter Dinner Date Ideas](#)

Reality TV Chef Claire Robinson Shares Recipe

Plus, she reveals how the Flavor Forecast by McCormick helps her overcome “writer’s block” when she’s developing new recipes. Celebrating the Chilies Obsession of 2014, she teaches us how to make the Three-Chile Mole Fondue. She also encourages viewers to introduce fun and exciting recipes to their partners – and she’s got just the way to do it. “Try some of these new flavors!”

And, of course, we had to ask if food is truly the key to a man’s heart: “Food is the key to memories; food is the key to passion,” she candidly shares in our exclusive celebrity interview. “It’s the one language we all speak.”

For more information on McCormick’s Flavor Forecast, visit <http://www.mccormick.com/Flavor-Forecast>.

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

Attitude is Key



By Janeen Diamond

for [Hope After Divorce](#)

“...laughing is one of my absolute favorite things.”

My husband and I have gone through about a half dozen extremely stressful events this past year. Looking back, it seems amazing we still find the energy to laugh on occasion. But that's the way life is! And the older we get, the more responsibility we take on, the more children we have, the more complicated our lives become – the more stress we are going to have to deal with.

My kids and I have always tried to find something to laugh about when serious things happen. It's not always easy, but at least we feel relief a lot more of the time. And hopefully, that's affecting our health in a positive way.

One of the biggest stressors in our society is the breakup of

families. We live in a world where divorce has become the norm, and it's refreshing when I notice couples getting along after a divorce. I was thrilled to see that Ashlee Simpson and Pete Wentz reunited (along with their new love interests) to celebrate their son's fifth birthday. I can tell you from experience that keeping a friendship with your ex post-divorce is the only way to go. Everyone involved will be happier in the long run.

Related Link: [Exes Ashlee Simpson and Pete Wentz Reunite for Son Bronx's Birthday](#)

And, just a side note, if your new significant other doesn't agree with that logic, it may be time to get a new significant other!

I think we all believe our trials make us better. They build our character; they solidify who we are as individuals; and they give us perspective. We can all learn to be grateful for those tough times. The key to me is allowing our heartache to strengthen us rather than overtake us and beat us down. Ashlee and Pete seem to have this figured out.

Keep these three little tricks in mind the next time you've lost all hope:

Do one thing you love to do every single day. This doesn't have to be extravagant or complicated. Sure, I'd love to go out and buy a new outfit everyday, but that's simply not going to happen. Simple things that we love make us happy. I might bake chocolate chip cookies one day, or sit by the fire and read a book the next. Sitting in the hot tub before bed makes me happy, and it helps me sleep better. Call a good friend and chat, or meet up with your daughter for lunch. Figure out what you love and do just one of those things every single day.

Make a list of all the things that are creating the stress and see if you can do something to change it. This is a brilliant plan! When we write things down, it's easier to tackle what

we're dealing with. We will be able to see what we can't change, and hopefully, we'll be able to accept those challenges for what they are at that point. Making a list of possible solutions could change your life. Just don't overwhelm yourself with trying to do everything at once.

Call the one person who makes you laugh every time you talk to them. For me, this is my big brother. No matter what either one of us is going through at the time, it is absolutely certain that, before we hang up the phone, we will both be rolling in laughter, sometimes with tears streaming down our cheeks. We share a similar sense of humor, and laughing is one of my absolute favorite things. Just writing this paragraph is reminding me to find more opportunity to laugh every day from here on out!

Related Link: [Lessons from Jennifer Garner and Ben Affleck: Don't Take Things Too Seriously](#)

Attitude is everything. I tell my kids that all the time, but sometimes, I have to remind myself as well. How we choose to deal with the stressful times in our lives is up to us. We have to decide how much happiness we want to experience amongst all the grief and upset we sometimes are forced to live with.

Life should be joyful. Make your list right now, and find one thing you can do today that will make a difference in the way you are feeling about your stress. I know I'm going to.

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



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Single in Stilettos Show: Dating Red Flags





This week, [Single in Stilettos](#) founder Suzanne Oshima talks with relationship strategist Joe Amoia about dating red flags. They address the following questions: Why are you missing the red flags in the first place? What are your essential needs from a man? What if he isn't giving you what you need? What kind of men should you avoid? What's a tell-tale sign you need to get out of a relationship? Listen up if you're trying to figure out if the man in your life is worth your time!

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

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

What dating red flags have you missed in the past? Tell us in the comments below!

NoGamesLove Video Dating Tips: 10 Places to Meet Your Soul Mate by New Year's Eve



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

Dating Advice from E!'s *Famously Single* Laurel House on Where to Meet Your Soul Mate

Are you hoping to find a guy before New Year's Eve rolls around? If so, you're in luck! With a little strategic dating, it is possible to meet your soul mate – or even just Mr. Right Now – before the clock strikes midnight and a new year begins. First, you must do something different. "You want to expose

yourself to new people and set-up an opportunity for chemistry,” says Laurel House, dating expert and E!’s *Famously Single* dating coach in this week’s [dating advice](#) video. “You do that by going places you normally would *never* go.”

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

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

What are you going to do to meet a man by NYE? Share your tips in the comments below.

Celebrity Couple Predictions: Jessica Biel, Faith Hill and Kerry Washington





By [Shoshi](#)

For today's column, I want to look at three celebrity couples that tend to keep their relationship out of the spotlight but are faced with tabloid rumors nonetheless:

Jessica Biel and Justin Timberlake: This A-list pair recently celebrated a year of marriage – which means that this union has already lasted longer than many predicted. Every few months, there's a story about Timberlake cheating with a hot blonde or mystery brunette; it's a shame, but there may be something to it. When I look at their energy, the actress seems to be 100 percent into the marriage, while her husband isn't as present. That's not to say he doesn't love his wife; it's just to note that there is a piece of himself that isn't completely committed to their relationship. His energy appears to be up and down, which could be trouble in the long run.

Biel is a beautiful woman who seems quite lovely as a person, but she's rather boring. It can be argued that maybe that is why the marriage works. A part of the sexy singer wants stability, which his wife gives him, but there's also a side of him that craves something else.

I do see baby energy circling the couple, so expect a pregnancy announcement really soon. Wishing them the best on

the pitter-patter of little feet!

Related Link: [Tim McGraw and Faith Hill Deny Divorce Rumors](#)

Faith Hill and Tim McGraw: Country music's most beautiful couple is rumored to be getting a divorce (yet again). Don't hold your breath on this one, ladies. Hill isn't going anywhere, and there won't be a breakup (at least for now). Rumors are swirling about McGraw having an affair with Taylor Swift and having bisexual relations with men. Normally, within any set of rumors, there are some truths. Even so, Hill knows who her man is, which is the only important thing.

The rumors are, however, taking a toll on their relationship. My spiritual sources tell me that these two have an understanding: What happens on the road, stays on the road. Still, it's hard to not bring some of it home. They are working through all of it as they have worked out other issues in the past. Sometimes, McGraw may sleep on the couch, but if you're waiting for divorce papers between these two, you'll be waiting a long time. It's not even a consideration for this power duo.

Related Link: [Kerry Washington Weds Nnamdi Asomugha](#)

Kerry Washington and Nnamdi Asomugha: There are plenty of Hollywood couples that have drama around them, so I decided to take a look at a very happy pair: Kerry Washington and her new hubby Nnamdi Asomugha. Their wedding came as quite a surprise to most people because the actress doesn't like to talk about her personal life in interviews. There is even a rumor circulating that this private pair are *not* married – which is a prime example of why she kept her relationship a secret, even from her friends. Let's keep it real: Some friends cannot keep their mouths shut.

Not long ago, Washington announced that a baby was on board, and two weeks before she confirmed her pregnancy, I saw baby energy circling her when she was on a talk show. She is quite

literally glowing. What could be better than a hit show, handsome husband, and baby on the way?

The only issue this couple has right now is that Asomugha, a football player, recently got cut from the San Francisco 49ers. The good news is he made some decent money from his contract, so even though he's unemployed, there's no need to worry about them being broke when the baby arrives. Other than that, these two are doing great; they are well matched and support one another.

For more information on Shoshi, click [here](#).

Dating with Dogs: When Your Pet Is a Deal Breaker



By Eric Bittman,

CEO/President of [Warren London](#)

For my first expert post, I want to consider a common question: What do you do if your pet is a deal breaker? Let's say you have a two-year-old puppy, and you meet the person of your dreams – and they aren't a dog person. Do you choose your dog, or do you pursue a relationship with your soul mate? Big dilemma!

Related Link: [Must Love Dogs: More Singles Getting Pets](#)

Being a dog owner has changed for the current generation. Keeping your dog outside and tied up to a tree is no longer an option. Now, our dogs sleep next to us in our bed, and some of us spoil them so rotten that they even have their own pillow and blanket. For many pet owners, having a dog can be similar to having a child: You drop them off at daycare; you bathe them regularly; and you take them to the vet for regular checkups.

Trading your puppy love for a new relationship will certainly be difficult, and it's an issue that you need to clearly communicate to your partner. They need to understand how important your pet is to you and that giving your dog up is not a decision that you take lightly. If you truly want a future together, you *both* must be willing to compromise.

This question affects everyone differently. Luckily, my wife is a huge dog lover, and we'll always have multiple dogs in our household. Our two Boston Terriers have been a huge part of our lives for the eight years we've been together, and we couldn't imagine not having them.

Related Link: [Amanda Seyfried and Justin Long Bond Over Her Dog](#)

This month, I caught up with Jayde Nicole, former Playmate of the Year and star of *The Hills* and *Holly's World*, to ask her

some questions about dating with dogs:

Q: You meet someone who says “I’m not a dog person” or “I don’t like dogs.” Is it over right there?

A: Yes, definitely!

Q: Do you ever feel jealous of your significant other when they’re more into their dog than you? Or is it attractive?

A: Never happened to me before!

Q: Let’s say your dog eats your partner’s new wallet. What do you do?

A: My dogs would never do anything like that – they’re very well-behaved.

Q: How do you handle it if your dog doesn’t like your new significant other?

A: Most of my dogs hate everyone at first, but they always warm up to people eventually, so I would just give it some time.

Q: You meet someone that insists that his or her dog sleeps in the bed with you. Is that the end of the relationship?

A: All four of my dogs sleep in my bed with me no matter who else is there!

Q: And lastly, Your significant other says hi to the dog before they say hi to you after a long day of work. Do you see it as sweet or just plain rude?

A: Pretty standard – my dogs are so darn cute!

For more information about Eric Bittman, click [here](#). Stay tuned for next month’s Dating with Dogs column!

5 Tips for Enjoying the Holiday Season



By Dr. Tranquility

– [Lydia Belton](#), PhD, Ct. H.A.

As someone who's dating and marriage history would make the United Nations proud, I am all too aware that the holidays can add additional stressors to one's search for love. You have to consider the integration of cultural differences as well as contrasting religious belief systems and traditions. After all, Christmas, Chanukah (Hanukkah), Kwanzaa, and many more important days overlap. It's no surprise, then, that "the most wonderful time" is a great opportunity to create new memories and do some good for others. Whether you're single, dating, or happily married, here are some basic tips for a happy holiday season:

Related Link: [10 Holiday Gift Ideas for That Special Someone](#)

1. Don't sweat the small stuff: This time of year means that your friends and family (in-laws included) often want to visit. If you're single, it's a great time to travel and enjoy new cultural experiences. Or perhaps you want stay home and host your own celebration instead. No matter how you decide to spend the holidays, remember that we always stress less when we enjoy each other's company.

2. Get ready for family time: As noted above, the holidays mean traveling for many people (celebrities included – Jessica Simpson and Eric Johnson will be splitting their time between Dallas and Boston this year), which allows for extra bonding time. Know that there will most likely be holiday traffic, so don't forget to load up your computer or tablet with your favorite books, games, and movies. Family gatherings are also a great time to learn more about your partner. Relatives won't shy away from telling stories about your significant other's childhood, even those that they would prefer be forgotten. Utilize your finely-honed listening skills and fall even more love with your beau.

3. Enjoy the ride: Do your holiday shopping together and take in the holiday decorations of your city. For a more charitable approach, volunteer at a local soup kitchen and drop-off toys for patients in a pediatric ward. Giving back always feels good, and what you receive in return just might surprise you.

4. Take advantage of being single: Now is the opportunity to *enjoy* being single! You can experience the usual party circuit or step out of your comfort zone and volunteer at a homeless shelter; either way, you'll have the chance to bond with old friends and meet new people. Plus, the start of another year is a great time to meet someone special, so keep an open mind and an open heart.

Related Link: [Three Tips to Stress-Free Holiday Dating](#)

5. Give thanks: As the year draws to a close, take a moment to appreciate your life and prepare for a wonderful year ahead. Have fun with your loved ones, old and new. Set your desires and intentions for the next twelve months, and visualize what you want. When we least worry about things, they tend to fall into place.

Follow these tips, and you are on your way to a stress-free holiday. Happy holidays to all of you from Dr. Tranquility!

For more information about Dr. Tranquility, click [here](#).

Single in Stilettos Show: Why Self-Confidence is So Important in Dating





On this week's [Single in Stilettos](#) show, Jennifer Daure, transformational coach at Timeless Living, talks about the importance of self-confidence when dating. She reveals why self-assurance is so important when you're looking for love and what men really think about a woman with confidence. Plus, she shares her top three tips for ensuring that you possess poise before your next night out.

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

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

How do you build up self-confidence in moments of doubt? Tell us in the comments below!

How to Help Your Partner Through A Crisis



By [Melanie Mar](#)

During any long-term relationship, it's inevitable that you will eventually experience some form of crisis together. Whether it's a loss of a job leading to financial difficulties, the passing of a loved one causing immense sadness, or some form of addiction that is creating friction, life is challenging, and the stresses that occur can certainly take a toll. During these times, the only choice you have is to pull together or fall apart. So how can you ensure that, while enduring a conflict, your partnership remains resilient and you strengthen your love as a couple? Below are my top recommendations for supporting your partner through a crisis:

1. Communicate. Communicate. Communicate: I cannot stress enough how important it is to communicate. The art of verbally expressing one's thoughts and feelings is becoming less frequent as texting and emailing is becoming rampant – to the point of compulsion. This way of relating is not an adequate way of articulating your needs and wants, so keep your “conversations” via typing to an absolute minimum when

handling important matters within your relationship.

Related Link: [How to Communicate to Get What You Need](#)

2. Pay Attention to Body Language: With 85 percent of communication being non-verbal, it's important to be aware of your facial expressions, posturing, and gesturing when expressing yourself in conflict. Understanding how the brain works with verbal communication will help you stay focused on the issues you're trying to resolve. Always talk to your partner from your left lobe, which is used for thinking, acting, and doing. Recognize that your right lobe is responsible for being sensitive and emotional, and know that feelings are non-negotiable and will not assist you in solving your issues in a logical manner.

3. Make Your Commitment Clear: It's easy to love someone when everything is easy; the true test of strength in your relationship is when times are tough. It's paramount to let your partner know that you will not abandon them during these rough patches. Understanding your significant other's needs is crucial when being supportive. When in a crisis, ask them specifically, "What can I do to help us do better?" and determine if there are solutions within your capabilities or if you need to accompany them to see a specialist.

Related Link: [Melanie Mar Offer Tips for Today's Relationships](#)

4. Give Each Other Space: In your efforts to assist your loved one, there may be a period when things become too overwhelming, and both parties agree to take a little time out for the greater good of the relationship. While you're giving each other space, it's very important to keep all points of contact open and available. Often times, after having a little solitude, each person can replenish their body and mind to a healthier place and resume communication with a positive attitude.

When a crisis strikes, there is little ability to predict the

outcome or prevent the emotional chaos that may ensue. While it's easier to walk away, ultimately, it's better to face the problem as a team. Arising from the current conflict provides you with a new sense of love and support that will fortify your relationship, give you a positive outlook, and show you that you can conquer any future issues.

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker, and life coach.

Reinventing Home for the Holidays



By Joanne Pittman

for [Hope After Divorce](#)

Home for the holidays for a divorced family doesn't often fit

into the Norman Rockwell picture-perfect moment mold. I recall my first Christmas as a divorced parent. First, there was the Christmas card photos – do we or don't we? Then, there was seeing the photos and knowing that the smiles just don't look the same, fumbling for what "tidings of joy" I could muster up to include while writing the annual Christmas card "catch-everyone-up-who-we-don't-see-very-often" letter.

One unexpectedly – or perhaps reluctantly – finds themselves embarking on an entire reinvention of what home for the holidays will look like, feel like, and be like. Regardless of whether you have the most optimal circumstances or the messiest of divorces, the reality that some things will never be the same was, in my experience, the most poignant and tangible during this special time of the year. In years past, Bruce Willis and Demi Moore have been a good example of a divorced couple who have still been able to keep life consistent and peaceful for their children, even during the holiday season.

Related Link: [Celebrity Couples Who Function as Families After Divorce](#)

Here are a few simple ideas that may help bring some cheer and light to the holidays and begin the process of building new memories, embracing old traditions, and setting the stage for a beautiful season.

1. Sit down and write a positive message of what the holiday spirit means to you. What is so special about the holiday season, and why does this matter to you and your family?
2. Create something visual to display in your home that reflects this true meaning. Involve your children. Keep your focus on the present, positive opportunities. Make or purchase something cheerful that exemplifies hope for a bright future.
3. Begin a new tradition, something that is visual and

incorporates your holiday spirit message. It could be a new take on Christmas pajamas or a holiday sweater, how you present your holiday dinner, or an inspired way to decorate your home.

4. Take care of your personal image. Be sure to treat yourself to a nice haircut, holiday bobble, anything festive that reminds you of your positive holiday spirit message. You need not spend a lot of money.

5. Remove things from the “holiday bin” that may hold unpleasant memories and replace them with things that offer new hope.

6. Allow yourself to let go of the sadness and be grateful for what was good. Look forward to what will be even better in your future. Keeping a positive outlook and a soul filled with gratitude will allow your true self to shine. Nothing warms the heart and builds happy memories more than seeing someone’s eyes sparkling with happiness during the holidays.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

Reinvention of hope is the basis for reinvention of one’s image. My occupation as an image consultant and stylist is often viewed by the outside world as materialistic and shallow. However, if one begins to build their image on the foundation of hope, character, and integrity with the objective to present the authentic self in order to live a more congruent life, the building of one’s personal image and self-esteem becomes a powerful and deeply meaningful tool.

What a glorious time to start to understand, reinvent, and rebuild who you are! My truest wishes to you for the most joyous and beautiful of holiday seasons.

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



As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticityâ„¢ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries.

Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.

10 Blind Date Etiquette Rules





By [Whitney Johnson](#)

As tricky as it is to navigate the dating world, a new type of pressure is added to the meet-up when it's a blind date. It may be the first step to finding lasting love, or it may be the worst date of your life. Even so, everyone should experience a blind date at least once. You're sure to learn something about yourself and what you want in a mate. Read on for 10 blind date etiquette rules to keep in mind before getting together with your mystery man:

1. Don't drag your feet. Rather than postponing the date or holding off on meeting for a few weeks, schedule a get-together as close to the initial fix-up as possible. "The longer you have to exchange digital communication, the longer you'll have to create a fantasy that this date will be the perfect mate," says author and relationship expert Dr. Wendy Walsh.

2. Keep your expectations in check. It's natural to have some hopes or doubts about the date, but keep an open mind. Even if you have an instant connection, there's bound to be an awkward moment or two. Dr. Walsh adds, "Creating a build-up, site unseen, can set you up for a big crash."

Related Link: [How to Ease Your Nerves Before a Blind Date](#)

3. Ask your matchmaker for details. Don't hesitate to ask the friend who set you up for intel about your date. If you're lucky, you can get an idea of what type of guy he is and what type of girls he's dated in the past. Plus, you can identify a few common interests to keep in mind when conversation grows quiet.

4. Dress like a lady. Since a blind date eliminates the usual pre-dating process, it's particularly imperative that you make a great first impression. When he first lays eyes on you, he won't be seeing your charming personality or quick wit. He'll only be noticing what you're wearing, so keep it classy. Save your distress (but very trendy) jean jacket or fanciful headband for next time.

5. Come prepared. As Dr. Walsh explains, "In these days of gender equality, it's perfectly acceptable to bring your own car and your own money to a blind date." It's also the best way to keep yourself safe, as you want to have an easy exit strategy in case you feel threatened or in danger.

6. Be your best self. "You could be auditioning for the most important role of your life: being the companion to an incredible person," reminds online dating expert Julie Spira. If you're the right match for your date, you won't need to lie about who you are or even try to impress him. He'll like you for you.

7. Don't expect immediate chemistry. "It takes time to get to know someone, and relationships need to go through all seasons before you sign up for the long-term," says Spira. Also remember that your date may be nervous, so "if you aren't feeling it right away, give him a second chance."

Related Link: [Why a Blind Date Might Be Good for You](#)

8. Keep the conversation light. "Just because you know someone in common doesn't mean you need to kiss-and-tell or spend the entire date talking about your past history," cautions Spira.

“Ration your information flow.” Sticking to surface-level topics will also keep him wanting more – you can tackle the heavier stuff on a fourth or fifth date.

9. Never walk away. No matter how poorly the date is going, it's never an excuse to be rude. Even if you see no future with this man, you can survive a few hours of harmless chit-chat. Plus, as Spira points out, “Even if there's no chemistry, your date might have a friend to introduce you to, know of a business opportunity for you, or just be a great guy to have in your life.”

10. Be honest. At the end of the date, tell the truth when it comes to your feelings. There's no reason to string someone along if you have no interest in seeing him again. If you'd love to get together again, don't be shy! No matter what, be gracious as you say goodbye and know that there's someone out there for you, even if this guy's not The One.

For more information on Dr. Wendy Walsh and Julie Spira, please visit DatingAdvice.com.

Tell us: What's your number one rule for a blind date?

Single in Stilettos Show: What Attracts a Man When You're Out





Thomas Edwards, founder of The Professional Wingman, answers an age-old question in this video interview with [Single in Stilettos](#) founder Suzanne Oshima: What are men attracted to when you're out? The dating expert reveals how to give men signals that you're interested; what men are looking for; why men aren't approaching you; how to give a guy your number without seeming desperate; how to tell a man you're not interested; and more. Listen up before your next night out! For more information about Single in Stilettos shows, click [here](#).

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

Tell us: What do you think guys are attracted to when you're out?

When Are You Ready To Be a

Dad?



By [David Wygant](#)

One of my subscribers sent me a fantastic question the other day: When are you ready to be a dad? I'm a dad. I never thought I would be one. And now, not only am I a father, but I love it. For me, there's no greater feeling in the world. There's nothing better than walking across the street holding my daughter's little hand. There's nothing better than sitting on my sofa while she climbs and crawls all over me – except when she bounces on my stomach after a big meal!

Related Link: [Brad Pitt Says Fatherhood Has Made Him a Better Man](#)

My daughter's still very young; she's only three years old. But the love she gives me is a love I've never experienced in my life. It's so fulfilling. And you know what? I wasn't ready to be a dad. It's like the old saying says: "You're never ready to be a father...until the kids arrive." Even then, you

might not be ready, as the changes in your life are so sudden and drastic.

Remember that your wife becomes a mother; it's a completely new experience for her too. She has a little human being entirely dependent on her 24 hours a day, 7 days a week. You're no longer going to feel like her number one priority, but she's going to need you more than ever.

You need to understand it's only a temporary feeling of displacement. Once you start bonding with your child, you'll start to feel a lot more involved again. Don't worry if it takes a bit of time to get to know your little one. Some guys don't feel like they bond with their kids until they hit two-years-old – it's easier to connect with their children when they're walking and talking. There's nothing wrong with that.

You need to ask yourself a different question: Is being a father something I want to do? The changes are so major that you have to *really* want it. The sleeping in on the weekends is over. The late nights over at your friend's house are done. Coming in after work and just putting on the television is no more! When you're a dad, you have to be on when you get home. You must spend time loving and connecting with your child. You need to be the role model your dad may or may not have been for you. You have to open your mind and open your heart.

Related Link: [Celeb Dads Who Are Doing It Right](#)

You have to step outside your comfort zone and live for someone else. Is that something you can do? Is that something you desire from life? If the answers to these questions are yes, then don't worry about being ready and don't think you need to know everything. There's no guidebook. We all learned on the fly!

If you truly want to embrace the good and bad experiences that fatherhood brings, then you're as ready as you'll ever be.

Nothing will prepare you for it, and it won't be anything

like you imagine. But honestly, it's the most beautiful, rewarding, and humbling experience any man can have.

For more information on David Wygant, click [here](#).

NoGamesLove Video Dating Tips: Heartbroken? Heal and Move On...Like I Did



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

Dating Advice from E!'s *Famously*

Single Laurel House on How to Move On

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses a tough question: How can you heal and move on after a broken heart? The dating expert reveals two heartbreaks of her own and uses her experiences to encourage others to pick up the pieces and focus on the future. "I found myself again. I realized I had lost myself in a lot of ways," she candidly says. "I was so concerned with making him happy that I forgot how to make myself happy." If you're struggling with heartache, listen up for more great tips!

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

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

How did you heal and move on after a broken heart? Share your story in the comments below.

Single in Stilettos Show: What to Do When He Doesn't Call





On today's [Single in Stilettos](#) show, founder Suzanne Oshima speaks with Diana Antholis, a life stylist and mind body coach. After years spent battling with body issues, she finally found a way to cleanse her mind and soul of negative thoughts and self-sabotaging actions, ultimately discovering a healthier and happier life. In this video interview, Antholis shares her top three tips for what to do when a guy doesn't call you back.

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: What do you do when a guy doesn't call you back?

Q&A: How Can I Ask My Friend to Stop Being Dramatic on Twitter?



Question from Emma

P.: My best friend is a Twitter addict, and although I find her tweets hilarious, whenever her and her boyfriend are having issues, my timeline turns into a soap opera. How can I get my friend to stop the dramatics?

Answer from Our Love Experts:

[Suzanne Oshima, Matchmaker](#): When it comes to social media, you're always going to have a friend or two who are complete drama queens and feel the need to publicly vent about their love life for the whole world to see. While you can tell your best friend to stop being dramatic with the public soap opera, I have to warn you that you run the risk of it negatively affecting your friendship. She probably won't want to hear it

from you, even though you may be right.

If you really enjoy her humorous tweets when she's not having issues with her boyfriend, then I highly recommend you accept what you can't control...which is her life and how she chooses to tweet. And if you just can't accept it, then you should stop following her on Twitter because that's something you *can* control!

[Robert Manni, Guy's Guy](#): One of the challenges we face with so much technology at our disposal is that people no longer confront their problems face-to-face or even by phone. Texting, e-mail, Facebook, and Twitter are great ways of conveying digestible snippets of information, but using these mediums to deal with emotional issues can be problematic. After all, it's hard to make an emotional connection in 140 characters or less. Your friend's tweeting as a way of dealing with her boyfriend is, ironically, probably exasperating what's wrong with her relationship. Instead of tweeting it out, she'd be better off talking things over with her boyfriend.

You can't address your timeline issue by tweeting back. Instead, reach out to her by phone or meet up in person to make a real connection where you can tell her how you feel. If she thinks that your getting together is "interrupting" her life, you might ask yourself is she really worth having as a friend.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

Have you dealt with a friend who shared her relationship drama on Twitter? Share your story below!

How to Cooperatively Co-Parent After Separation or Divorce



By Rosalind Sedacca, CCT for [Hope After Divorce](#)

Since they're parents of a two-year-old son, Orlando Bloom and Miranda Kerr's separation is more than just celebrity news. They have become role models for how to handle divorce. At the Child-Centered Divorce Network, we watch celebrity divorces carefully, honoring them when they do things right – and admonishing them if they're doing things wrong.

So far, we're hearing the right messages that every couple facing separation or divorce should heed. I value what Bloom

said recently on a TV interview: “We love each other. We’re a family. We’re going to be in each other’s lives for the rest of our lives.” That, in essence, is the reality divorcing parents face. Why not approach it cooperatively for the well-being of your children? Bloom added, “For the sake of our son and everything else, we’re going to support one another and love each other as parents to Flynn. Life sometimes doesn’t work out exactly as we plan or hope for. But fortunately, we’re both adults, and we love and care about each other. And we, most of all, love our son.”

Related Link: [Can You Really Be Friends With Your Ex?](#)

I love this response and am delighted to share it with others. No doubt, life for parents after divorce can be enormously complex and challenging for several reasons.

- Both parents are bringing the raw emotions resulting from the divorce into a new stage in their lives.
- Mom and Dad are also bringing previous baggage from the marriage – ongoing conflicts, major disputes, differing styles of communication, unresolved issues, and continual frustrations – into the mix as they negotiate a co-parenting plan.
- Both parents are vying for the respect and love of the children – and are easily tempted to slant their parenting decisions in the direction that wins them popularity with the kids.
- Anger and resentment resulting from the divorce settlement can impact and influence levels of cooperation in the years to come.
- Parents may disagree about major issues ahead that weren’t part of the parenting dynamic in the past, including visits and sleepovers with friends, scheduling after-school activities, handling curfews, new behavior problems,

consequences for smoking, drinking and drug use, dating parameters, using the car, and scheduling vacation time.

– Parents may not share values and visions for the children as they grow and may also not agree on the plan of action required to honor those values.

When these types of differences appear, parents might find themselves struggling to find ways of coping. Agreement on how to co-parent effectively in the present and the future is not a one-time discussion. It takes on-going communication, both verbal and written, as well as regular meetings via phone or in person. And it takes a commitment to make co-parenting work – because you both want it to.

Related Link: [Must We Remain Friends with Our Ex-Husband?](#)

The consequences, when it doesn't work, can be considerable. Your children are very likely to exploit any lack of parental agreement or unity, pitting Mom and Dad against one another while they eagerly take advantage of the situation. This is a danger sign that can result in major family turmoil fueled by behavior problems that neither parent can handle.

When Mom and Dad are on the same page, so to speak, they can parent as a team regardless of how far apart they live. These parents agree about behavioral rules, consequences, schedules, and shared intentions regarding their children. They discuss areas of disagreement and find solutions they can both live with – or agree to disagree and not make those differences an area of contention.

Keep in mind that when you're more open and receptive to your co-parent, you are more likely to get what you really want in the end. Good listening skills, flexibility, and the commitment to do what's best on behalf of your children are part of a smart co-parenting mindset. Remember that co-parenting will be a life-long process for the two of you. Why not do it in a way that will garner your children's respect

and appreciation? It looks like Bloom and Kerr recognize the importance of that. I hope other co-parents do as well.

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

Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to break the news. Rosalind is a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. For her free ebook on Post-Divorce Parenting: Success Strategies for Getting It Right!, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's personal website, www.childcenteredddivorce.com/ or follow her on www.facebook.com/ChildCenteredDivorce/ and Twitter @RosalindSedacca.