

Lori Bizzoco Discusses Hollywood Love Lessons at Single in Stilettos Event



On Saturday, April 28, 2012, CupidsPulse.com founder and executive editor [Lori Bizzoco](#) spoke at the second Single in Stilettos event in New York City. Her presentation, titled **Finding the Value in Celebrity Gossip: Love Lessons Learned from Hollywood**, focused on the impact that gossip consumption has on our everyday interpretations of love and relationships. Lori demonstrated that, with each sensationalized story, there are valuable lessons that can help us during our search for

love.

Additionally, Lori looked at reality television, including the *Bachelor* franchise, and shed light on what really happens behind-the-scenes. As a surprise to the audience, Lori dialed in ABC's *The Bachelorette* season four winner, Jesse Csincsak, to talk to the women about finding love on reality television.



Jason Alan Miller, Marni Kinrys and Lori Bizzoco. Photo courtesy of Facebook.

Other speakers at the event included Suzanne Oshima, matchmaker and founder of Single in Stilettos; Marni Kinrys, founder of The Wing Girl Method; Marni Battista, founder of Dating with Dignity; Laurie Davis, author and eFlirt expert; and Thomas Edwards, founder of The Professional Wingman.

‘American Guns’ meets ‘The

Bachelor' in Season Two



By

[Whitney Baker](#)

Tonight, the Discovery Channel reloads for sixteen episodes in season two of *American Guns*. This reality television show features Rich Wyatt, a gun master and retired police officer with over 20 years of experience, and his family as they work at Gunsmoke Guns. Located in Wheat Ridge, Colorado, just outside of Denver, Gunsmoke Guns specializes in gun manufacture, trade and customization. Additionally, Wyatt, along with his son Kurt and a number of trained instructors, teach numerous shooting classes as well as a three-day self-defense course.

Jesse and Ann Csincsak, both of *The Bachelor* fame, learned firsthand the importance of taking such a self-defense class. Prior to signing up for the class, they both agreed that they needed to learn the necessary skills to protect their family. However, they disagreed about having weapons in the house: Jesse was comfortable with the idea, while Ann was against it. Jesse reached out to Wyatt, who recommended that they sign up for the course and said that he'd refund their money if Ann didn't have a change of heart.

Of the experience, Jesse shares, "The class teaches you that a gun is a tool. If you pull your gun and you own it, the bad guy is going to run in the other direction nine times out of ten. You have to present with self-confidence."

As for Ann? "My wife had the fastest draw and shoot in the class!," Jesse says.



Be sure to tune in to the premiere of the second season of *American Guns* tonight at 10 PM ET/9 PM CT on the Discovery Channel. Keep your eyes open for Jesse and Ann's experience as well, which will be featured later in the season.

‘General Hospital’ Star Jen Lilley Says “Confidence is So Sexy”



By

[Whitney Baker](#)

Fans of ABC's *General Hospital* recognize Jen Lilley as the most recent actress to step into the very fashionable shoes of the sassy, Maxie Jones. In addition to her role in the world of daytime soap operas, Lilley also appears on MTV's hidden camera romance show *Disaster Date* and plays a supporting role in the Academy Award-winning film *The Artist*. Her diverse

acting resume, coupled with her family history (her parents are both marriage counselors), makes her a valuable source of advice for all questions related to relationships.

Lilley's time on *General Hospital* has already taught her a lot about the choices we need to make for love. As viewers of the show know, Maxie is currently involved with both Dr. Matt Hunter and Damian "Spinelli" Spinelli. "Maxie really wants her relationship with Matt to work because of the status it gives her versus the love and security it gives her," Lilley explains.

Despite the complications of Maxie's love triangle, there's a clear frontrunner in Lilley's eyes. "Ultimately, I really want Maxie to be with Spinelli," she reveals. "He's head over heels in love with her. He's very selfless and relentless in his love for her."

Unfortunately, Maxie could make a very common mistake by overlooking the good guy. "I think it's a subconscious thing that girls do because we feel like we don't deserve love."

Lilley went on to draw her characters experience to a real life example, explaining, "Maybe that's part of what's going on with Maxie. She thinks she doesn't deserve something so good with Spinelli."

Related Link: [What Attracts Us to Bad Boys?](#)

Thankfully, Lilley's love life is much less dramatic than that of her character on *General Hospital*. She's been in an "awesome relationship" for eight years and is very much in love. She cites balance as one of the most essential parts of a healthy relationship and uses her own romance as an example.

"My boyfriend is an introvert, and I'm an extrovert. But it works for us," she says. "I have these really lofty dreams, and I want to do a million things at once, but he kind of brings me back down to reality."

Related Link: [Five Reasons Why Opposites Attract](#)

As Lilley discovered from her time on *Disaster Date*, there are a few key things that a couple should agree on, such as religion, finances and children. “Children are one of the *big* things that you don’t talk about on a first date – and I would always bring it up on *Disaster Date*,” she says with a laugh. “But it is important to know. If one of you wants kids and the other one doesn’t, your relationship is probably going to end. Hopefully, you won’t have that disagreement after you’re married.”

Of course, Lilley grew up with parents who were marriage counselors, so many of this was ingrained in her since childhood. From the time she was young, her parents made sure she, along with her three siblings, knew how to talk about whatever was going on in her life. “Even though I wasn’t in a relationship, they taught me how to discuss things rather than fight through them,” she explains. “In a lot of ways, they really helped me understand conflict resolution.”

Related Link: [How to Master Being in a Relationship](#)

They also ensured that their daughter developed a strong sense of self-value – an indispensable quality for a girl as she’s growing up. My parents always said, “You have worth. You don’t need a boyfriend. They also taught me how to have confidence in who I am and not crush on boys so hard.”

Lilley reveals that this guided her decision making later in life, “I think every person, before they get in a relationship, should know their self-worth. Know that you’re worth having someone love you.”

Perhaps most importantly, Lilley’s parents provided her with a wonderful illustration of a strong marriage. “My parents have been married for thirty years, and while no marriage is perfect, I really respect their relationship. They never fought in front of us, which was really nice. It was always

very admirable that they talked through things,” she says.

Based on the example that they set, she developed a distinctive opinion about relationships. “I really, truly believe that, in any relationship, the guy has to be a little more in love with the girl than the girl is with the guy,” she begins. “I’m not saying that I don’t 100 percent love my boyfriend – I do. But at the same time, for a marriage to last, the boy has to be a little bit more infatuated with the girl.”

Referencing her parent’s marriage, she adds, “My mom would do *anything* for my dad. They love each other so much. But my dad is still so completely charmed by her. It’s very endearing.”

Taking a cue from her parents’ line of work, Lilley dispenses a bit of her own advice to our readers. She believes that guys are most attracted to confident women. “I just think confidence is so sexy – not self-centered confidence like Maxie but just confidence in who you are,” she says.

Another suggestion for single women? Play hard to get. “My mom would always tell me, ‘Jen, men are hunters by nature, and they don’t like an easy target.’ I hated it, but it’s so true!” Lilley says. “I don’t mean that you should be rude or be a bitch but just don’t be so available. In the beginning, leave some room, leave something to be desired.”

Keep your eyes open for Jen on General Hospital as she plays Maxie Jones and tries to decide between the hunky doctor and dorky Spinelli. For more information about what’s next for Jen, follow her on Twitter or Facebook.

Exclusive Interview: ‘Million Dollar Listing’s’ Josh Altman Says, “Relationships are Harder Than Owning a House”



By

[Whitney Baker](#)

Thanks to Bravo’s reality television hit *Million Dollar Listing*, viewers have gotten an inside peek at the high-end real estate business. And thanks to the aggressive tactics of real estate agent Josh Altman – also known as “The Shark” –

fans of the show know what it takes to make it in such a cutthroat industry. What they may not realize are the lessons in love that Altman learns from selling houses to bachelors, single women, new couples and divorcees alike. Luckily, in an exclusive interview with CupidsPulse.com, he shared some tricks of *both* trades: real estate and romance.

Altman, who works with the Beverly Hills firm Hilton & Hyland, has certainly found success in the Los Angeles real estate market. He recently sold a condominium on Ocean Drive for \$10.5 million, making it the highest sale in Santa Monica history.

“Everybody wants to know, ‘What the hell do you get in a \$10.5 million condo in LA?’ It’s one thing in New York – everything is like \$10 million bucks,” he says with a laugh. “But in LA, you get 8,000 square feet of 360-degree views. Plus, you get an 8,000 square foot rooftop deck. It’s absolutely incredible.”

He continues, “On one side, you have the entire coast, and then you turn around, and you have Hollywood Hills. It was the most spectacular condo I’ve ever seen.”

Related Link: [Three Tips for Moving in Together](#)

Of course, most people cannot afford such an expensive home.

Even so, regardless of the price tag, everyone approaches house hunting from a different perspective, with single people and couples perhaps having the most distinctive viewpoints.

“It’s two totally different ballgames,” says Altman. “Most bachelors love to have a nice, plush movie theater. They want the cool, outdoor pool and entertaining area too.”

Couples, on the other hand, have a much more standard focus. “For couples, it’s always about the kitchen and the bathrooms. Always,” Altman explains. “They want to make sure there is a fence outside and not too many stairs inside, so it’s safer if

they decide to have kids.”

Related Link: [Monica Pederson from HGTV Shares Advice for a Great Date Night at Home](#)

He adds, “It’s a lot of fun seeing both sides of it.”

Unfortunately, couples can sometimes struggle to compromise when it comes to buying a new home. Just like all aspects of dating and maintaining a relationship, both parties must learn to give and take a bit. “You’ve got to find a happy medium,” Altman recommends. “But if there’s too much argument and they end up buying a house, there’s a good chance that I’ll get two more sales out of it when they divorce!”

Taking his advice a step further, he shares, “I believe that a couple should sit down and each person should come up with a list of the top five to ten things that they want in a house. Then, they can put their lists together and kind of meet halfway. As long as both sides get two to four things that they want, they can both be happy.”

It may sound straightforward, but in truth, even deciding how big of a house to buy – for either a bachelor or a couple – can be a daunting task. For a single woman, it’s often tempting to plan for the future and buy a home suitable for a family.

However, Altman cautions against this plan. “Sure, she may be a wealthy girl who can afford a big house that would be great for the future, but it can be intimidating for the guy,” he says. “He’s going over to his girlfriend’s big, beautiful house, and then he’s going home to his not-so-big-and-beautiful house.”

And the same challenge holds true for couples. “If you get too small of a house, you may be on top of each other. Everybody needs their space, so that can be a disaster,” Altman explains. “But at the same time, if you have too big

of a house, it's a different type of disaster and can lead to financial troubles or difficulty with upkeep."

For couples just moving in together, Altman believes it is best to test the waters first and move into one of their current homes. If you take things slow, there's less chance that you'll end up with a broken heart. "It's easy to buy or sell a house and not so easy to fall in love," he says.

Related Link: [Tiffany Current Tells Us 'How to Move in with Your Boyfriend \(and Not Break Up with Him\)](#)

Some couples, though, are trying to escape from romantic ghosts, so moving into a new house is the best option. "I run into a lot of my clients who are either remarried or still living in a house from a previous relationship, and they want to sell. They want to start from scratch – you know, the new boyfriend doesn't want to be in the same house as the old guy," Altman says.

"It makes sense: they want a fresh start. They want to move on from the memories, and that's the best way to do it," he adds.

As much as Altman's learned about real estate from his clients, he's also picked up a few house-buying tips from his own experiences. When asked about buying his first house, he says one word comes to mind: scary. "I bought my first house in 2002, and it seemed like a huge amount of money, especially when you're borrowing from a bank," he shares. "The whole process is overwhelming, which is why it's so important to have the right realtor who can walk you through everything."

Since then, Altman has bought a new house every year or so. He explains, "I don't like to stay in the same place very long because I get bored. Most of the time, I'll fix something up and then sell it."

He also knows firsthand the importance of buying a house of

the right size. A couple of years ago, he owned a house that was about 6,000 square feet. He says, "It ended up taking up all of my time. It was just too much."

Keeping in mind both his business and personal experiences, Altman boils down his opinion to one simple statement: "Relationships are a lot harder than owning a house!"

You can read more about Altman's real estate success on his Web site or follow him on Twitter. On Wednesday, June 6 at 9 p.m./8 p.m. CT, Altman will reunite with costars Josh Flagg and Madison Hildebrand for the premiere of season five of Million Dollar Listing Los Angeles on Bravo!

Why Celebrities Fall In and Out of Love So Quickly





By

[Whitney Baker](#)

In recent years, the divorce rate in America has hovered around 50 percent, and in Hollywood, this statistic appears to be closer to 70 percent.

For some celebrity couples, rushing into a serious relationship or even marriage is no big deal; they can always break up or file for an annulment or divorce, knowing that their family, friends and fans will stand behind them. They are not held accountable by their vows, viewing any “easy way out” as an acceptable solution.

But why do so many Tinseltown twosomes approach romance with such a wavering attitude, in such fleeting terms? Here are just a few reasons why some celebrity relationships change with the seasons:

1. Publicity: They say that all you need is love, but in the

case of some celebrity relationships, all they want is publicity. And some celebrity couples continue to demand attention even *after* the break-up. Take Jon and Kate Gosselin, for example. The *Jon & Kate Plus 8* stars are still garnering media attention for their failed marriage and exceptionally large family.

Related: [Celebrities Who Share Too Much PDA](#)

2. Rushing things: Many celebrity couples mistake lust for love and rush into something too serious when they're still in the "get to know you" phase of their relationships. Beyond their own feelings, there may be outside pressure from family, friends and perhaps the media. For instance, Kim Kardashian's whirlwind romance with Kris Humphries lasted only 11 months, but included a made-for-television proposal, wedding and divorce. As this relationship's quick demise proved, infatuation can easily outweigh true love, but it doesn't last nearly as long.

Related: [How to Avoid the Reality Show Relationship Curse](#)

3. Time apart: Relationships require both time and effort to flourish. For celebrities, time together isn't always possible. Their busy schedules often keep them apart; such was the case with Katy Perry and Russell Brand. After only 14 months of marriage and a Christmas spent 7,000 miles apart, Brand filed for divorce. As celebrities focus on their individual careers, they fail to make the proper commitment to build a lasting and meaningful relationship.

4. Just because they can: Among some celebrities (such as Britney Spears in her younger years and Brandi Glanville of *The Real Housewives of Beverly Hills* fame), there's a sense that they can do anything they want. Spears married childhood friend Jason Alexander in a Las Vegas ceremony, only to have it annulled a mere 55 hours later. Glanville – a divorced mother of two – rushed into Las Vegas nuptials with a close

friend on New Year's Eve. Calling it a "[drunken BFF thing](#)," she later admitted that they were just having fun.

5. Constant media attention: Sure, some celebrities fall in and out of love for publicity's sake, but on the opposite note, too much media hype can also lead to heartbreak. Back in 2003, Nick Lachey and Jessica Simpson seemed to be living a fairytale romance until MTV cameras invaded their home for the reality hit *Newlyweds: Nick and Jessica*. Similarly, Taylor Swift and Jake Gyllenhaal dated for only two months at the end of 2011 and sources blame the short-lived romance on aggressive media coverage.

Why do you think some celebrity romances don't last? Share your comments below.

Video Exclusive: 'DWTS' Contestant Sherri Shepherd Chats About the Three Men in Her Life





By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

For more videos from CupidsPulse.com, check out our YouTube channel.

Dr. Jean Cirillo Discusses Her New Book 'The Soul Mate Myth: A 3-Step Plan for Finding REAL Love'



By [Whitney Baker](#)

Thanks to the fairy tales that we heard as little girls, many women are searching for their Prince Charming, their perfect match. In our hearts, we believe that there is one man for each of us – our soul mate. Well, ladies, listen up! In her

book, *The Soul Mate Myth*, Jean Cirillo, PhD, offers a new perspective on finding love, one filled with realistic expectations and attainable possibilities. Through her three-step program, she teaches women how to overcome their fears and fantasies so they can see love with fresh eyes and an open heart.

We had the chance to interview Dr. Cirillo about her book and she shared many words of wisdom along the way:

Can you tell us about your program and how it works?

My program involves three basic steps. The first step focuses on examining your present situation to see where your fantasy expectations have gotten you. The next step is grieving for the mythic man that never existed, much as you would grieve the loss of a real relationship. And the final step involves reprogramming your brain and emotions to pursue a healthy, realistic relationship.

Why do you feel that finding “your perfect match” is a lie?

The idea that you can find your perfect match is a lie because, even if there was such a thing as your “twin flame,” where is the evidence that you could meet him in this lifetime? Why should he live in the same country, speak the same language or even be in a position to meet you? And even if the two of you *did* meet and hit it off, where is the evidence that you would continue to grow together, in the same direction, at the same rate? Clearly, there is none.

Related: [How to Master Being In a Relationship](#)

How and why do you think that fairy tales progressed from imaginary stories for little kids to something that grown-up women believe in?

Fairy tales would never be so popular if they only addressed the fantasies of little kids. Remember, they are written for

children *by* adults, created from universal fantasies of a perfect life, ideal love and happily ever after.

How would someone rid themselves of unreasonable expectations that may prevent them from finding love? And which ones are most likely to get in the way?

The book takes one gently through the stages from ridding one's self of unrealistic expectations toward replacing them with realistic ones. For example, a common unrealistic expectation is that one's partner should enjoy many or all of the same activities. In truth, his need for sports and her need for shopping can easily be satisfied by other friends or family members.

As far as more difficult expectations, which usually center around characteristics such as financial status, physical traits or ethnic background, the book explores the gains and losses associated with holding onto these demands. Often, we find that they represent personal needs that have little to do with our partner and can be satisfied in other ways.

What are the top three things a person should look for when considering a man who is worth loving for a lifetime?

First, you should look for similar values and long-term goals.

Do you and your partner share similar attitudes about family, children, religion, friends, fidelity, work, money, and so on?

These basic attitudes need to be discussed, and any differences should be resolved before making a long-term commitment.

Next, you should consider how difficult times effect your romance. Have you been together when one of you was going through a crisis such as a job loss or illness? It is important to determine if he will be helpful in a bad situation or simply add more stress.

And finally, does your relationship have the capacity for

forgiveness? Can you still love and respect one another even when you are angry?

Women can easily be blinded by their desperate desire for love. How can they ensure that they love and are loved for the right reasons?

Through years of clinical practice and life experience, I've found that if a man comes out positive on the above three questions, he is someone who loves you for who you really are and not because you fulfill some momentary need or fantasy. It means you have chosen wisely, from a clear mind and not a blurred fantasy.

Related: [How to Dignify Your Relationship](#)

In your experience, what is the hardest part of finding real love?

I am often asked why it is so hard to find real love. People seem so mystified by the issue when it pertains to love. Few of us ask why it's so hard to find real money or a real house or a fulfilling career, for that matter. The obvious answer is that it takes time, effort and commitment to find anything highly desirable. Unfortunately, the fantasy Soul Mate Myth has caused people to believe that real love "just happens."

Do you have any additional tips for our visitors?

First, just as real love requires work to get, it requires work to keep. Just as you work to advance your career or maintain your house, you must work to keep the love alive.

Second, other than yourself, your partner should be the most important person in your life. If you really feel this way, doing things for him should be pleasurable. After all, an investment in your partner is an investment in yourself.

Lastly, the romantic phase of your relationship – obsessive thoughts, constant sexual desire and so on – will naturally

die down in about 18 months. We would all be exhausted if that didn't happen! That does not mean you have fallen out of love. It is the deeper form of attachment that indicates that this man has gone from being Mr. Right Now to Mr. Right. And this Mr. Right exists in reality once you overcome The Soul Mate Myth.

To improve your love life and learn more about The Soul Mate Myth, visit [Amazon](#) to purchase The Soul Mate Myth. For more information on Cirillo, visit her [website](#).

Power Celebrity Couples: Hollywood Relationships That Command Our Attention





By

[Whitney Baker](#)

Some [celebrity couples](#) have the “it” factor that just draws us in and makes us interested in everything happening in their lives. Other Hollywood relationships have to work a bit harder for our attention, but still, we can’t help but take notice. They make headlines because of their enviable romances, high-profile careers, and cute kids, and we anxiously await their next moves. Below are five power celebrity couples that, for better or worse, never fail to command our attention:

Power Celebrity Couples

1. Prince William and Princess Catherine: The royal wedding lived up to everyone’s expectations, and the Duke and Duchess of Cambridge have continued to capture our attention – and our hearts – ever since. It seems that these lovebirds garner media coverage for every move they make, even when they do

something as mundane as grocery shopping.

Related Link: [Prince William and Kate Middleton's New Year's Eve Plans](#)

2. Mariah Carey and Nick Cannon: Whether Carey is flaunting her post-baby body, Cannon is doing one of his many hosting gigs, or the duo is showing off their adorable twins, this famous couple seems to have a hand in everything. The attention-seeking family will certainly be captured in tabloids in May this year as Roc and Roe celebrate their first birthdays and Carey and Cannon mark their two-year wedding anniversary.

3. Brad Pitt and Angelina Jolie: These superstars manage to juggle two demanding careers and multiple charitable commitments all over the world, all while raising six children under the age of 10. Despite their busy lives and hectic schedules, they still manage to make time for date nights.

Related Link: [Angelina Jolie and Brad Pitt Celebrate Her Film with Dinner](#)

Private Hollywood Relationship Still Grabs Attention

4. Beyoncé and Jay-Z: This celebrity duo is famously private, but that doesn't mean they command our attention any less. Having been together for over a decade, [Beyoncé](#) and [Jay-Z](#) have been seen at sporting events and concerts as well as on romantic celebrity getaways. They recently received even more attention for their culinary choices: The new parents were both following a partially vegan diet in order to keep their energy up for their first child's arrival. Their daughter, celebrity baby Blue Ivy Carter, was born on Jan. 7.

Related Link: [Kelly Rowland Accidentally Reveals Sex of Beyoncé's Baby](#)

5. Nicole Kidman and Keith Urban: This marriage between Hollywood royalty and a country music superstar appears to be a match made in celebrity heaven. They continuously support one another at award shows, showing their love for each other on the red carpet. Urban credits Kidman for helping him overcome his alcoholism, calling her an “extremely pure spirit.” The low-key couple has settled in Nashville to raise their daughters, Sunday Rose and Faith Margaret.

Who are your favorite power celebrity couples? Share your comments below.

“Get Married This Year: 365 Days to ‘I Do’”





By

[Whitney Baker](#)

Sure, we all want to find “the right guy,” but how do we successfully approach such a task? In her new book *Get Married This Year: 365 Days to “I Do,”* relationship expert, professor and psychotherapist Dr. Janet Blair Page shares her easy-to-follow 12-month plan to help readers not only get married this year but to build a loving and long-lasting relationship with the man of their dreams. We had the chance to interview Dr. Page, during which she shared her personal story of true love. She also expanded on the steps of her program and discussed why her plan really works.

Can you tell us about your book and why you wrote it?

In 1984, I began teaching a course at Emory University called “Before a Year Is Over, I’ll Be Married.” The way people meet and [date](#) has changed over the last three decades, but the

problems haven't changed: they feel like they're not meeting enough eligible people, or if they are, they keep facing the same relationship love blocks over and over again. As a psychotherapist – divorced and remarried myself – I was not only able to empathize with many of the women, but I have personally been on the same path and have my own backlog of bloopers. I've also experienced the joys of a good marriage, and it's the most wonderful way I can think to spend your life. This book offers the experience I have gathered.

Your first bit of advice is to get to know yourself. What does a woman need to do to truly know herself?

To truly know herself a woman has to be scrupulously honest about whom she is and has been. A positive realism toward herself and all others in her life is the definition of mental health. She also needs to be aware of her effect on others – life is a team sport – be open to caring and competent critique from people with low to no agendas. If she has personal pain, she needs to have the courage to heal; and if change in her behavior or attitude would be advisable, she needs to be willing to make it happen.

Related: [Valentine's Day Advice: How Successful Women Can Ditch Dating Duds](#)

Before a woman can “find the right guy” (month 6), she must figure out what that means to her. What advice do you have for someone at this stage in her journey to love?

“The right guy” is not only the best possible man for you but also one with whom you are absolutely willing to put in whatever it takes to make your relationship succeed. You trust and respect each other, have shared your goals and desires, enjoy the comfort of being honest with each other, and love each other unconditionally. You crave being together but are able to be apart without having to worry about the other person's behavior. You both understand mutuality and

are capable of truth telling. (The truth – as inconvenient as it can sometimes be – usually comes out one way or another. Wouldn't you rather it be on your terms?). You feel even better about yourself being with him and loving him with your brain as well as your whole heart.

Do you believe that this timeline works for all women? If not, whom wouldn't it work for?

It depends on your starting point. For women who have already accomplished some of the tasks – they knew what they wanted in a man and how to spot a keeper but not how to date or create a close relationship, for example – a year works. But realistically, many women won't be able to become self-aware or good at self-marketing and dating, de-cluttering their lives, communicating, and connecting beautifully with a man in 365 days. Succeeding at every stage in the 12-month program is much more important than meeting the timeline.

I'm not worried about the women who aren't married in 365 days as long as they have fixed their old, ineffective behaviors and are in a place to go out and find their soul mate. The ones I worry about (and who I'd especially like to help) are the ones who continue to drag an ineligible man behind them for years. Keeping my game plan in mind can help them transition to a more effective dating strategies.

Wouldn't some relationships benefit from dating for longer than 365 days?

There's a difference between a couple who both know that they want to be married to each other and just haven't set a date yet and a relationship where one party is simply a placeholder while the other party figures out what s/he wants. After 365 days, he should know if he is interested in marrying you and will have let you know by thought, words, and actions. That said, keep in mind that men like to control the when and how, and unless you think he will never get around to it, bide your

time and let him be the conquering hero.

Do you think your program can benefit a man in the same way it benefits a woman? Why or why not?

Yes! I know it can. Many men took my class, and all seem to like the “pull no punches but have a sense of humor” approach.

Also, most of my clients are men, and while they are less likely to buy a book or take a class, they experience the same pain, if not more, in love. They are very welcoming of any rules that can alleviate hurt and promote success. Marriage and being in love is of tremendous benefit to men, and they know it. I’ve spent a great deal of time in my practice learning how men feel and interact in relationships. My program is not only effective for men, but I’ve developed it to help women be effective in dating them by using my experience with men in therapy.

Related: [Reduce Stress and Maximize Romance This Winter](#)

Can you share your favorite success story with Cupid’s Pulse? Having helped over 1,000 couples, I’m sure it’s hard to narrow it down to just one.

My favorite success story is my older daughter’s. When Tasha got serious about getting married, she flew down from New York and took my course. She listened to the lecture audio and kept the workbook with her at all times. When she went back home, we scheduled regular consults about where she was going and whom she was dating. Tasha religiously stuck to the big three: going out three times a week somewhere, anywhere it was possible to meet someone to date or someone who could be a conduit to someone to date; keeping an open mind about her type of man; and only dating qualified males. She told me about a guy she met in a bar while shooting pool. Eric was younger, a writer and an intellectual. He seemed shy, and he wasn’t her type, she said. I encouraged her to pursue it anyway.

She accepted the date – nothing to lose and a possible gain.

Then she told me he suggested they do show-and-tell and wasn't that "cool." I thought, "A match!" It was the request of someone who wanted guaranteed talking points and was accepted as a smooth move. Eric brought old coins that she found intriguing, and she was also impressed by the history lesson that went with them because she had wanted someone smart. And that was it. They were and are perfect together. Although it's always a great joy to me to know that that couples I've helped get together are still happily married, it's particularly great when I get a treasure for a son-in-law.

To find your Mr. Right – and get married this year – visit Amazon to purchase Get Married This Year: 365 to "I Do." For more information on Dr. Page's book, therapy and classes, visit her website, <http://drjanetpage.com/>.

Five Signs Your Relationship Won't Make It Until Valentine's Day





By

[Whitney Baker](#)

For many couples, the lead-up to Valentine's Day is an exciting time filled with promise and possibility. The cold weather offers an excuse to snuggle up, while the holidays are the perfect reason to shower each other with love and affection. Unfortunately, many relationships aren't so lucky.

According to a recent study in *Men's Health*, the time span from Christmas to Valentine's Day is one of the most common break-up times of the year.

Regardless of the month or season, when your relationship is over, you just *know*. But if you're still on the fence, unsure what to do about your love interest, here are five red flags you should watch for in your relationship. Otherwise, you probably won't make it to Valentine's Day:

1. Too much fighting: The holidays are a special time to share

with your significant other; they should be filled with fun, [food](#) and family, not fighting. If you find yourself unhappy more often than not, it may be time to [call it quits](#).

Related: [The Holidays: 8 Ways to Ruin Your Relationship](#)

2. Finding other priorities: New Year's Eve marks the start of a new year and the chance for a new beginning. That said, who better to kick things off with than the one you love? If you'd rather hang out with your friends or spend a low-key night with your family, you need to consider why. Spending time with your partner should be a priority, especially on such a fun holiday.

3. No connection left: Lack of similarity emerges over time, and these differences can either bring you closer together or tear you apart. You need to feel connected to your partner, and something as simple as an impersonal present or thoughtless holiday card can be enough to make you feel distant and misunderstood.

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

4. Nothing to say: When your relationship is new, you always have something to talk about, but as time goes on, conversation may become stale and forced. Remember that communication is key for every successful relationship. With nothing left to say, it may be time to start looking somewhere else for love.

5. Making plans alone: The beginning of January is typically a time to reflect on the year behind you and plan for the year ahead. If you and your partner have a strong and stable relationship, then the two of you will make plans *together*. Thinking about events, vacations and getaways that take you away from your significant other could mean you're ready for a fresh start in more ways than one.

Cupid wants to know: How did you know when your relationship

was over?

Celebrity Couples Who Shy Away From the Spotlight



By

[Whitney Baker](#)

Some celebrity couples flaunt their relationship for the entire world to see, posing for the paparazzi as if they're at a photo shoot (hello, Kardashian sisters!). Other couples,

regardless of whether they've just begun dating or have been married for years, choose to hide from the spotlight and stay mum about the details of their love. Below are five Tinseltown two-somes who are keeping their lips sealed when it comes to romance:

1. Kristen Stewart and Robert Pattinson: Although this cute duo has refused to officially confirm they're a couple, they did come close to doing so on *Oprah* in 2010. The two jokingly referred to Kristen Stewart's "baby" when asked if they were dating. Also, an *Oprah* insider insists that Pattinson and Stewart revealed their relationship to the queen of talk shows before the taping. More recently, Stewart casually mentioned her "English boyfriend" in an interview for British *GQ*. Even so, don't expect too much PDA from this couple – despite their intense love scenes in *Twilight's* latest installment.

Related: [Rob Pattinson Thinks Kristen Stewart Looks "Amazing" as a Bride](#)

2. Sarah Michelle Gellar and Freddie Prinze, Jr.: Gellar and Prinze first met while filming *I Know What You Did Last Summer* and have been together for more than a decade. After a two-year hiatus from acting, Gellar is now starring in *Ringer* on The CW and is learning the ins-and-outs of balancing a career and motherhood. In a recent interview with *Self*, Gellar calls her daughter Charlotte "my best friend" and says that she values time with her family above all else.

3. Gwyneth Paltrow and Chris Martin: The Oscar winner and Coldplay frontman have been married for over eight years, but have been tightlipped about their relationship and are rarely photographed together. That's not to say that they don't realize how lucky in love they remain. As Martin recently told *CBS Sunday Morning*, "From being a loser to going out with an Oscar winner? It's a giant leap. Let's face it: It's like

winning the lottery.”

Related: [Chris Martin Calls Gwyneth Paltrow His “Beard”](#)

4. Emma Stone and Andrew Garfield: With this rumored romance, Stone, who starred in *Easy A*, *The Help* and *Crazy Stupid Love*, has met her match. Garfield is well-known for his role in *The Social Network* and is currently filming *The Amazing Spider-Man*, making him another one of Hollywood’s hottest twenty-somethings. This publicly-shy couple has been spotted hiking and going to the movies, but they haven’t yet officially confirmed their relationship.

5. Carrie Underwood and Mike Fisher: Since Fisher’s trade to the Nashville Predators early last year, country’s all-American sweetheart and her hockey-playing beau are enjoying a low-key life in Nashville. The couple is still relishing their status as newlyweds, often opting for trips to the local Whole Foods Market and cooking at home as opposed to fancy nights out.

Related: [Celebrity Couples You Just Might See at a Sporting Game](#)

Who are some of your favorite low-key celebrity couples? Share your comments below.

How to Get Over a Broken Heart During the Holidays





By

Abbi Comphele and [Whitney Johnson](#)

There are so many things to be excited about during the holidays: fun-filled family time, delicious home-cooked meals, presents waiting to be unwrapped and perhaps a much-deserved vacation. However, if you're nursing a broken heart, this festive time of year may seem burdened with only cold and lonely days. You may never forget your heartache, but someday, you will be healed and happy again. Just make sure to get some solid [relationship advice](#) in the meantime.

Until then, the ten tips below may make your holidays seem a bit more bearable and that damaged heart

feel a little less painful:

1. Volunteer: No matter the time of year, giving to others can mend a hurt soul and fix any frown. During the holidays, the opportunities to volunteer seem to multiply, making it extra easy for you to make a difference in someone else's life.

Related Link: [Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'](#)

2. Listen to holiday music: There's something so innocent and child-like about holiday music. It'll take you back to those days when your biggest worry was whether or not the item at the top of your wish list would be waiting for you to unwrap it. Although Nick Cannon and Mariah Carey had a rough [celebrity divorce](#), Carey still is positive and puts out beautiful holiday music that you can listen to!

3. Take up a new hobby: Attend a cooking class (Whole Foods offers great options) or take a knitting course and make a homemade gift for someone special. If you live in a snow-filled spot, give snow skiing a try. By being outside of your comfort zone, you'll not only distract yourself from your heartbreak, but you'll also regain your confidence.

Related Link: [Nicole Porter Discusses "The Break-Up Cookbook"](#)

4. Enjoy hot cocoa by the fire: A cozy spot and delicious drink are sure to warm your heart during this holiday season. Snuggle up with a good book or have some girl-bonding time with your mother, sister or best friend. When [Taylor Swift](#) broke up with celebrity ex Harry Styles, she spent time with her best friends during the holidays to make her feel better.

5. Watch a feel-good holiday movie: It's important to remember that you *will* find love again, and a holiday movie is the perfect way to do just that. The options are endless: *The*

Holiday, Four Christmases, Miracle on 34th Street and more. As Hugh Grant's dreamy voice tells us in *Love Actually*, "If you look for it, I've got a sneaking suspicion...love actually is all around."

6. Reconnect with old friends: Re-establishing a friendship that was lost due to distance or busy lives will boost your spirits and remind you that there are plenty of people who love and support you. When former celebrity couple Selena Gomez and Justin Bieber split, Gomez surrounded herself with her closest friends again.

7. Book a quick getaway: Whether it's a snowy vacation in the mountains or a relaxing weekend on the beach, pick a place that makes you feel like yourself again. Most of the time when a hollywood relationship ends badly, the two in the relationship probably end up taking a quick trip to themselves. It can be very relaxing.

8. Buy yourself something special: Yes, it *is* the season of giving, but sometimes that giving needs to be self-directed. Use the money that you would've spent on your ex to buy yourself that much-desired handbag or new pair of shoes.

9. Cook a new dish for your family's annual holiday get-together: Tackling a challenging recipe will surely keep you busy – from picking out the dish to shopping for the ingredients to pulling it all together, you'll hardly have any time to think about that broken heart.

10. Meditate. It sounds so simple, but closing your eyes and paying attention to each breath allows you to shut out the rest of the world and focus on yourself. You can let go of those negative thoughts and sad memories and be ready for your next adventure (in love or otherwise) by New Year's Eve!

How did you recover from a broken heart? Share your thoughts below.

Top Five Ski Destinations for Celebrity Couples



By

Abbi Comphele and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what's not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local

nightlife make for a perfect wintery holiday.

When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:

1. Aspen, Colorado: The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they're covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver and [Kate Hudson](#) and their families to join them.

Related Link: [Have Winter Fun In The Sun](#)

2. Park City, Utah: Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

3. Whistler, British Columbia, Canada: Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

Related Link: [Date Idea- Go Ice Skating](#)

4. Telluride, Colorado: This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her “log cabin” here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

5. Chamonix, France: Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy village atmosphere. David and Victoria Beckham often choose this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.

Tonight: Reality TV Star Premiere Party in Hollywood!





So me of our favorite *Bachelorette* and *Bachelor Pad* all-stars are gearing up to celebrate the premiere of the sixteenth season of ABC's *The Bachelor* during a Reality TV Star Premiere Party hosted by Jesse Csincsak, Jesse Kovacs and David Good. The event will take place at The Parlor Hollywood on Monday, January 2, 2012 from 6 p.m. to midnight.

There will be a Red Carpet Entrance, VIP gifting area, appetizers, cocktails and a special viewing of the Season Premiere of *The Bachelor*—LIVE!

As if that's not enough, rounding out the good time will be a celebrity date auction, featuring *Bachelor Pad*'s Kasey Kahl and *Most Eligible Dallas*' Matt Nordgren. All proceeds benefit Alex's Lemonade Stand, a foundation that raises money to fight childhood cancer. The auction will be followed by music, dancing and a midnight champagne toast!

The party will be hosted by three of *The Bachelorette*'s fan

favorites but it will be one huge Reality TV celebration.

Expect appearances from your favorite reality stars of *The Bachelor*, *Most Eligible Dallas*, *Survivor*, *Big Brother*, *Dancing With The Stars*, *The Hills*, *The Real World*, and many more!

RSVP: SocialStefProductions@gmail.com

Six Celebrity Couples We Never Imagined Together





By

Abbi Comphe1 and [Whitney Johnson](#)

There are plenty of pairings that just make sense: peanut butter and jelly; flip-flops and the beach; bright red lipstick and that little black dress, to name a few. That's not to say that unexpected matches don't make their mark: bacon and chocolate (seriously); navy and black; cowboy boots in the summertime. This idea holds true for relationships, too. Sometimes, a couple just seems right, and other times, it takes a bit more convincing to understand why they're a good fit.

If nothing else, the celebrity couples below prove that love can pop up in the most unexpected

places and that opposites do attract. As for bacon and chocolate, the jury is still out.

1. Johnny Depp and Amber Heard: In latest [celebrity news](#), this A-list actor married the *Magic Mike XXL* star in February 2015. The celebrity couple have been together for quite some time now. With a 23-year age difference, the pair have definitely made headlines. Heard doesn't want to be known as Depp's wife. She wants to make a strong name for herself in the acting world. This is one beautiful power couple!

2. Heidi Klum and Seal: For Klum, it was love at first sight: she saw Seal in a New York City hotel lobby and knew that he was "the whole package." They were together for quite some time and were madly in love. The celebrity couple sadly did not make it like everyone thought they would, and the relationship ended up [celebrity divorce](#). But they are still very good friends and enjoy raising their four children together.

Related Link: [Heidi Klum & Seal Shoot Revealing Music Video](#)

3. Lady Gaga and Taylor Kinney: Everyone was shocked when they heard Lady Gaga was dating someone and even more surprised when they found out it was actor Taylor Kinney. The two are talked about in the media because they keep their relationship very private. They have been together for about four years now and seem very happy together. They were first introduced when Gaga was filming her music video for "You and I."

4. Isla Fisher and Sacha Baron Cohen: This petite, fiery redhead and tall funnyman wed in a private ceremony in Paris in 2010 after eight years together. The couple are now raising their three children in Los Angeles. Keeping in line with the secrecy of their [celebrity wedding](#), the couple waited quite a

while to reveal the names of their celebrity kids: Olive, Elula Lottie Miriam, and Montgomery Moses Brian Baron Cohen.

5. AnnaLynne McCord and Dominic Purcell: The *90210* starlet and *Prison Break* actor were first spotted together in June 2011 and the two were very in love. With a 17-year age difference this celebrity relationship had a few struggles. But it seems the two are back together and still in love. McCord celebrated her 28th birthday this summer and Purcell was there to celebrate.

Related Link: [Isla Fisher Vacations with Sacha Baron Cohen, Kids](#)

6. Ellen Pompeo and Chris Ivery: Viewers are used to seeing Pompeo, who is best known for playing the title character of Meredith Grey on ABC's medical drama, *Grey's Anatomy*. On the show she was courted by and now married to McDreamy, the lead neurosurgeon at Seattle Grace Hospital played by Patrick Dempsey. However, in the real world, she has found her own McDreamy in record producer Chris Ivery, who she married on November 9, 2007.

Who are some other unlikely celebrity couples? Share your thoughts below.

Food Network's Anne Burrell and Geoffrey Zakarian Talk Holiday Cooking and Love



By Steven Zangrillo

As the Holidays draw closer and families get together, it's easy to get roped into the manic hustle and bustle. Cooking with your loved ones, especially your special someone, can act as a great escape from all of the stress. It can even bring you and your partner closer. CupidsPulse.com spoke with Food Network's Anne Burrell and Geoffrey Zakarian and got their take on whipping up some holiday romance in the kitchen.

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

Fame, Fortune and Love: The World's Wealthiest Celebrity Couples



By Whitney Baker

Hollywood's It Couples outshine us regular folks in more ways than one: they're happily in love; they live extravagant and fame-filled lives; and they have more money than they can

possibly spend. With a total of over \$535 million divided among them, the celebrity couples on our list better have some shopping to do – or they’re going to be carrying around quite a few hefty wallets. Here they are:

1. Beyoncé and Jay-Z: This celebrity couple is not only the wealthiest couple on our list – raking in nearly double the next-richest duo – but perhaps the busiest as well. Pocketing nearly \$124 million, they earned their paychecks from music sales and singing gigs, as well as endorsement deals and clothing lines.

Related: [Celebrity Couples You Just Might See at a Sporting Game](#)

2. Harrison Ford and Calista Flockhart: Ford owes Indiana Jones a big thank you: the most recent installment, *Indiana Jones and the Kingdom of the Crystal Skull*, earned the action star over \$66 million. Flockhart starred in the ABC drama *Brothers & Sisters* (cancelled earlier this year after five seasons), bringing their collective income to over \$70 million.

3. Gisele Bundchen and Tom Brady: These pretty faces earned a combined \$63 million last year. *Forbes* ranked Bundchen the world’s highest-paid model for the third-consecutive year, stating that her runway work and cover photos earned her \$45 million. During football season, Brady receives his \$18-million-a-year paycheck.

4. Brad Pitt and Angelina Jolie: Reports from *The Sun* reveal that this famous couple spends \$10 million a year on their six children alone, accounting for only a fraction of their combined yearly salary of \$55 million. Another big chunk of their paycheck? They are currently renovating the \$56 million French Chateau that they call home.

5. Will and Jada Pinkett Smith: With wife Pinkett Smith

focusing her efforts on behind-the-scenes work (both writing and producing), there's no doubt that Smith makes his mark on the big screen. Grossing over \$5.8 billion at worldwide box offices and commanding \$20 million per film, Smith is the primary contributor to the couple's joint \$50 million a year income. With a paycheck like that, it's no wonder the couple is raising their family in a 25,000 square foot mega-mansion in Calabasas, Calif.

And now for the runner-ups:

6. David and Victoria Beckham: It looks like their 2007 move from London to Los Angeles is paying off, with the couple earning \$46.5 million in 2010. David's soccer career is supplemented with a few highly lucrative product endorsements, such as Armani and the after-shave and fragrance line called David Beckham Instinct, and Victoria has found chic success through her self-titled fashion line.

Related: [Celebrity Couples Who've Made the World a Better Place](#)

7. Ellen DeGeneres and Portia de Rossi: With Oprah running her own television network instead of hosting her show, DeGeneres is sitting pretty as the queen of daytime talk shows. De Rossi has been busy with her recent acting on *Better Off Ted* and sales from her memoir, *Unbearable Lightness: A Story of Loss and Gain*, making the couple's combined income \$36 million.

8. Gwyneth Paltrow and Chris Martin: Currently raising their two children in London, this overseas couple brings in a joint paycheck of \$33.5 million per year. While Martin depends on the worldwide success of Coldplay, the Oscar-winning actress's recent accomplishments include her performance in *Country Strong* and her guest appearances on *Glee*, as well as her family-focused cookbook, *My Father's Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness*.

9. Sarah Jessica Parker and Matthew Broderick: The New York City-based couple brings in over \$29 million a year, with Parker as the unequivocal breadwinner. She recently left her position as chief creative officer of Halston Heritage, but has plenty of other lucrative projects to fall back on, including that of movie star, perfumer and spokeswoman, not to mention her starring and producing roles in the *Sex & the City* television series and movies. Broderick has switched gears since his teen heartthrob days (circa *Ferris Bueller's Day Off*) and now focuses his acting efforts on Broadway.

10. Tim McGraw and Faith Hill: Thanks to the talents of these two country superstars, they brought in a combined income of nearly \$28.5 million. McGraw has enjoyed 21 number one singles on the Billboard Hot Country 100 charts and recently ventured into acting, appearing in hit movies such as *The Blind Side* and *Country Strong*. Meanwhile, Hill's musical prowess has earned her a Grammy Award, American Music Award and the People's Choice Award.

Who is your favorite wealthy celebrity couple? Share your thoughts with us below.

Best Celebrity-Couple Costumes for Halloween





By

Whitney Baker

There are so many fun factors about Halloween. First, there are the pumpkins: pumpkin carving, pumpkin patches, pumpkin pie – and an annual viewing of the TV show, *It's the Great Pumpkin, Charlie Brown*. Next, you can't forget candy, like Brach's candy corn, which are only available seasonally in the autumn, making them a particularly delicious and coveted treat. Then, there's all that scary stuff: haunted houses, witches, goblins and ghouls – boo! And finally, perhaps the best part is the costumes – for one day out of the year, you get to be anyone you want to be, celebrities included.

For anyone looking for a little romance on a holiday that's typically filled with fright, you're in luck! Here's a list of celebrity couples whose looks can be transformed into costumes. One of them may be the perfect fit for you and your partner.

1. Justin Bieber and Selena Gomez: For the teeny-boppers out there – or anyone hoping to feel a bit younger for an evening – the prince and princess of pop make a very suitable duo. For Bieber, any guy with longer locks can sweep his bangs to the side, and any boy with a shorter 'do can simply throw on a sideways Yankees hat. Add a pair of Ray-Ban Wayfarers (dark lenses not necessary), jeans, and a hoodie, and you're set! For Gomez, you can rock a casual but glam look: skinny jeans, a flowing tank top, flats, hoop earrings, and wavy hair. If you really want to channel these two lovebirds, PDA is highly encouraged.

Related Link: [Justin Bieber Plans 'Titantic' Date For Girlfriend Selena Gomez](#)

2. Katy Perry and Russell Brand: This eccentric and oh-so-in-love couple is an ideal choice for anyone looking to get a little crazy this Halloween. Perry has donned a number of hair colors and styles over the years, so take your pick: bubble-gum pink or bright blue, jet black, or her most recent, honey-hued blonde. As for outfits, anything is fair game, even that sassy and sparkly Smurfette dress that's hiding in your closet. For Brand, the look is quite low-key: a pair of skinny jeans and a tight (and low-cut) t-shirt, along with unbrushed and knotted hair, some stubble, and a bit of guyliner. Oh, and don't forget the British accent.

3. Prince William and Princess Catherine: Their wedding may have been months ago, but people are still talking about these newlyweds, the Duke and Duchess of Cambridge. Princess Catherine has taken the fashion world by storm with her chic and totally relatable style, making her the ultimate princess to emulate on this costume-filled holiday. To truly stand out, opt for their wedding look: your man can wear an outfit that resembles Prince William's Irish Guards' red military uniform, while you can get glamorous in a lacy and flowing white gown, a beautiful sapphire (faux) engagement ring, and a bouquet of flowers. Complete the look with a tiara, of course.

Related Link: [Prince William Discusses Queen Elizabeth's Wedding Advice](#)

4. Blair Waldorf and Chuck Bass: Okay, okay – so they may not be a *realcelebrity* couple, but they've certainly made their mark as the "it couple" in the *Gossip Girl-World* of the Upper East Side. To imitate this high-society pair, girls should pull together their most designer-drenched look. Choose from high school Waldorf, who wouldn't have been caught dead without her preppy headband, or the now college-aged fashionista, who has adopted a more grown-up dress code – just be sure to accessorize accordingly. As for Bass, a guy only needs a three-piece suit, bow tie, pocket square, and all the charm that he can muster.

Cupid wants to know: Who do you want to be for Halloween?

NBC 'Chuck' Star Vik Sahay Shares 10 Love Lessons for Men (Lester Patel Style)





By

Whitney Baker

With the fifth and final season of NBC's television series, 'Chuck', set to premiere this month, fans of the show are anxiously awaiting its return. When we last left the gang, Chuck (Zachary Levi) had to lead a team to fight against a deadly plot by Vivian Volkoff (Lauren Cohan) to save his [bride](#), Sarah (Yvonne Strahovski) – all the while planning the beginning stages of his freelance spy agency.

Related Link: ['Chuck' Star Sarah Lancaster is Married and Pregnant](#)

Canadian actor, Vik Sahay, who has been a series regular since the second season, plays Lester Patel, a "Nerd Herd" member and vocalist of Buy More's resident rock band, Jeffster. When asked about his relationships for the upcoming season, he reveals that he wants his character to find the right girl, and "to be made a better man by a big, bad love." Of course,

it'll take more than your average woman to capture Lester's heart. "She must be beautiful, smart, daring, and powerful," explains Sahay. "I don't think he'd settle for anyone who didn't scare him a little."

Before diving into his personal perspective on romance, Sahay gives us a peek into the inner thoughts of his character. Here are a few lessons in love according to Lester:

1. Don't ask her to pick you up. If you can't get your hands on a car, spring for a cab.
2. No arm wrestling.
3. Don't take calls from your mother at the table.
4. Beer is not a good kissing drink. Vodka is.
5. Smile. No frowning, grimacing, or raging.
6. Laugh at her jokes.
7. Know her name. Remember it throughout the night. Sprinkle it in conversation liberally, but not aggressively.
8. Don't expect a woman to pay for your dinner.
9. If you intend to bring her back to your place, pack up any cosmetics, including hair products, moisturizers, and fake eyelashes. A woman does not want to know you have more beauty products than her.
10. Music is great for setting the mood...on a stereo. Save the serenades for anniversaries down the road, if you can get there.

Related Link: [What Your Favorite Summer Song Says About Your Relationship](#)

For Sahay, there is one piece of romantic advice that rises above the rest: be funny. "There are well-sculpted hunks of

male beef in gyms all over the planet. You look good, so then what?" he says. "Laughter is sexy and emotional. It gets you in your body and opens your heart. I can't think of anything more conducive to falling in love."

Fortunately, Sahay's relationship history has yet to mirror Lester's romantic troubles – although he adds, "I have been told that my energy can be exhausting, as I'm sure his would be."

Even so, dating in Hollywood comes with its own unique challenges. According to Sahay, the most challenging part is "the fact that everyone is constantly 'on' in this town – constantly working, constantly career-building, etc." He expands, "Plus, with distances across the city (and insane working hours), it's a major commitment to hook up for a drink, making it tough to be casual about it."

That's not to say that it doesn't have its benefits too. The biggest perk? Sahay says, "Many romantic restaurants have patios year-round. Coming from Toronto, that's a major plus."

And if humor and romantic restaurants fail to impress a date, Sahay has one more trick up his sleeve: dancing. When asked if he's ever used his dancing skills to win over a woman, he responds, "Oh yes. Many a move has been busted on dates."

Tune into the season premiere of Chuck on NBC on Friday, October 28 at 8/7 c.

Three Ways to Find Love in

School



By

Lindsey P.

As challenging as the college-dating scene may seem, many people do meet and enter into a long-term relationship during their college years. We all know the story of how Kate Middleton lucked out when she met her future husband, Prince William, in college. Their relationship stayed strong throughout school and resulted in one of the most talked about weddings of the decade.

Of course, not everyone finds their Prince Charming on campus, but there are plenty of ways to leverage your chances of

meeting the right guy while you're busy shuffling off to class, eating a bowl of cereal in the cafeteria or watching the school's basketball team take it to the finals.

Here are a few tips to study up on:

Discovering Non-Intimidating Techniques

If there's someone in your class or on your campus that you're interested in, find natural ways to let them know. There's more to introducing yourself than a simple "hello." Strike up a conversation about your class assignment or homework, and once the discussion gets rolling, ask if they want to get together for a study session. Be specific about making plans; don't just say it rhetorically. Ask them to get together that night or the following night. For young women who aren't used to being assertive in dating situations, this technique is a non-intimidating way to get to know someone.

Sending Clear Messages

Many college students date more than one person at a time. In fact, it's a part of the college experience for many young people. When you're dating a guy at school, make sure there's open communication about what he wants, what you want and where the relationship is headed. Many women tend to avoid "the talk" out of fear that the relationship will end if they say anything. But a person's intentions are usually staring us in the face; it's just a matter of whether or not we choose to accept them. By being clear with the person you're dating, it can save a lot of wasted time with the wrong person and open the door for someone new and serious to come into your life. If you're not sure what you want, that's okay. Just know that if you're open and honest with the guy that you're dating, it'll save you headaches and maybe a broken heart later.

Setting Priorities

Of course, you're in college to earn your degree, so that should be your first priority. However, learning to balance a relationship with your school work can actually make you better at work/life balance once you leave college. For now, concentrating on your classes should be at the top of your list, so if you're in a situation where your relationship or dating life is monopolizing your time, it's probably best to step back a bit and reassess things.

Dating while you're in school can be a lot of fun and can be a chance to meet new people and decide what you want in a long-term relationship for the future.

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Edward Bass on the Importance of Relationships – In the Movies and In Real Life





By

[Whitney Baker](#) and [Lori Bizzoco](#)

The mind of a serial killer is something that is both intriguing, and at the same time, disturbing. With motives that are primarily based on psychological gratification, these types of killers usually have a method to their madness, one that drives their actions and limits their inhibitions. Belle Gunness, America's most prolific female serial killer, is no exception.

Director, writer, producer, and Golden Globe nominee, Edward Bass, is producing a film that captures Belle's story in the most deep, dark, and irresistible way. His past films have all been accepted into major film festivals and have included talents such as Sir Anthony Hopkins, Ashley Judd and Kevin Spacey. His extraordinary yet challenging life contributes to every project that he tackles, adding a complex and unique angle. His directional debut of *Belle* is sure to reflect his personal history, sharing the story of Belle Gunness and

portraying the practice of serial killing more intimately than ever before.

The story came to life for Bass when his friend, actor, and directing coach, Bjorn Johnson, introduced him to novelist Eva Mayer, whose family bought the Guinness estate. "Eva had all this information about the family. She had been working on the story for twenty years. In fact, her great-great uncle was probably one of Belle's victims," he says. Bass spent three years speaking with both serial killers and forensic experts in an effort to try and understand the emotional profile of this character.

The captivating story of Belle examines the life of a woman who kills over 100 men, and eventually falls in love with one of her victims. Bass explains, "All the reasons for a deep, true love are there for her: she likes him because he's good-looking, not very powerful, and younger than her. She can dominate him." Belle's love interest soon realizes that she is a serial killer and obviously wants to leave and call the police. Instead, Belle locks him in her basement and continues to kill older, greedy men. "But, she can't kill him," Bass explains.

It is for this reason that Bass believes *Belle* is a relationship film. "It's a classic theme about a woman looking for love and never quite finding it," he says. "And when she finally does find love, it eludes her. As they say, you can't live with him, and you can't live without him," Bass jokes, referencing a famous saying. Bass is still in the casting stage of production but hopes to begin shooting the film in early 2012. He has yet to determine who will play Belle, but he has a very clear idea of what type of actress it should be. "It needs to be a strong woman, a woman who can kill men," he explains.

Of course, one cannot help but wonder: Why did Belle do it? And Bass is quick to answer. "She was a nasty pig. She was

greedy and killed for money. She got away with it. Maybe she enjoyed it, but it doesn't matter," he explains. "You can have all sorts of urges, but you have to control them."

Belle is a challenging character. She's a woman who kills men, women, and even her own children. Bass describes her as a one-woman crime wave, and the most prolific serial killer in American history. What makes Belle even more interesting is the fact that's she's virtually unknown. Despite her character flaws, he says the audience will feel empathy for her because of the multiple dimensions in which the story is told. As Bass says, "You won't really love her, but you will find her fascinating and hate yourself for it."

When asked if his past influences what he chooses to write and produce, Bass again focuses on the importance of relationships. "I have interesting relationships with people, and I bring them to each film," he says. "I think the most important thing in a relationship – which is the easiest thing to do – is honesty. Most men aren't honest, but you have so much power if you are."

Addressing his rumored dalliances with actresses in past films, he says in jest, "That's not true. Only Anthony Hopkins and I dated, and we were drunk." A little laughter and sarcasm are probably necessary given the darkness of the film. However, to defend the question on a more serious note, he adds, "It's not that I look to date actresses – I really don't. It's just that you spend every day on set, and you become attached to the people that you work with. I think it is proximity and opportunity."

When asked if he learned anything about women through Belle's story, he ironically says, "Women are so much brighter than men in every way. There would be no war if women were in charge."

Celebrity Lighting Designer, Bentley Meeker Offers Advice for the Perfect Date



By

Whitney Baker and Krissy Dolor

You spent hours preparing tonight's meal. You carefully selected the background music. You even pulled out the "special occasion" dishes. With your date set to arrive at

any moment, you quickly – and without any real thought – set the lighting: you turn off the overhead lights and ignite a beautiful scented candle in the center of your table. You step back to admire your efforts; everything's perfect, right? Not quite. With help from lighting expert, Bentley Meeker, a little bit of tweaking can add just the right touch.

"If you're going to use candles, use them sparingly and keep them out of the direct line of you and your partner's vision," advises Meeker, event lighting extraordinaire and president of Bentley Meeker Lighting & Staging, Inc. "I do recommend using candles because of the quality of light and how flattering they can be, [but] a little thought needs to be put into the placement."

If you haven't heard of Meeker, no doubt you've heard of the places and events that he's touched. He's staged designs for a multitude of soirées, ranging from Chelsea Clinton's wedding, concerts for Kanye West and Elton John, runway shows for Victoria's Secret, birthday parties for celebrities like P. Diddy to events and dinners at The Plaza, and The White House. This man is one of the top, if not *the top*, lighting designers in the country. His new book, *Light X Design: 20 Years of Lighting*, is a compilation of all his work, in which he shares his inspirations and motives for the wonderful illuminations he produces.

It's no surprise, then, that he also knows just the right kind of effect to make your date a splendid success. "Lighting that is too bright and uncomfortable can kill the mood very easily and quickly. Even if it's the street light shining in through the window," he says.

If you're having trouble setting the room just right for that special date, you're not alone. It can take a little trial and error to figure out how to make things perfect. Meeker has had his own dating experiences where the lighting was just not right.

“I’ve been in situations where bad lighting kills the mood, and I’ve been in situations where great lighting just makes you feel so good that anything can happen.”

Fortunately, Meeker has some suggestions for couples who want those sparks to fly. He recommends Blue Hill and Erminia, both in New York City. In his own words, Blue Hill “nailed it!” and Erminia “is an amazing Italian restaurant [in which the] lighting is so conducive to the environment, it actually makes the whole place and the experience romantic.”

Lighting is more than just a switch flicked on and off. It’s about creativity; it’s about romance; and it’s about achieving the mood that you desire. “You’ll know when the lighting is right,” Meeker says. “It just feels unbelievable, and there’s a feeling of resonation that you can’t find anywhere else!”

His Website beckons visitors to enter with a simple thought in mind: “Light is the energy of truth.” Meeker’s work truly embodies this idea, with his past projects ranging from The Museum of Modern Art to the ravishing wedding of Catherine Zeta-Jones and Michael Douglas. He is a creator of more than just romance, and his book will tell you so; he is a man of innovation.

To learn more about Meeker, you can check out his website at www.BentleyMeeker.com or purchase his illuminating book on Amazon.

Rebecca Friedman, Exclusive

Hair Colorist to Kim Kardashian, Unveils Her Client's "Big Day" Look – Will It Be Light or Dark?



By

Whitney Baker

Before her big day, a bride-to-be has so many details to consider: location, music selection, flower arrangements, seating chart, menu choices, and, of course, her personal style. She needs to pick out a dress and jewelry, as well as

decide how to do her make-up and hair. When it comes to her hair, she not only needs to choose a style – keeping in mind her choice of veil – but also a color.

That's where Rebecca Friedman can help. Co-owner of Goodform Salon in Hollywood, and a celebrity colorist expert, Friedman knows just how critical it is to achieve that perfect hair color – and most recently, as the exclusive colorist to Kim Kardashian, she's helped one bride-to-be do just that.

With Kardashian's wedding to New Jersey Nets' basketball star, Kris Humphries, only two days away, Friedman reveals, "I just saw her the other day. I took her lighter chocolate brown color back down to a dark, minky sable, closer to her natural hue."

In light of these upcoming Hollywood nuptials – a wedding that's expected to be as grand as the royal wedding – this celebrity hair colorist offers a bit of advice to future brides. "Unless it's in your personality to make bold decisions with your look, I wouldn't recommend a shocking change before your big day," she says. "You want to look at your pictures and feel timeless. I think most brides want to look like the most polished version of themselves."

Of course, other factors, like season and location, impact a bride's choice of hair color, as well. According to Friedman, "If you're getting married in the summer time, or on the beach, beautiful, hand-painted highlights on slightly deconstructed waves seems fitting. On the other hand, for a winter wedding in the city, you may want to opt for a deeper, richer shade styled into a more-textured low bun."

While a bride-to-be should stick with what she knows, single girls have the flexibility to be a bit more playful. "You are single and want to look your best – you never know who you will run into! Lightening up your color, or using multiple tones to add sparkle and dimension, is sure to make you feel

flirty," she says.

But remember: you should never change your hair color for a man. Friedman regards this reasoning as a big no-no and says, "The attraction should be there regardless of your hair color."

A broken-hearted girl, however, should be a bit more cautious. "Wait until you're less emotional or start slowly by adding a few face framing highlights or a gloss," recommends Friedman. "You can always go more drastic later."

After all, "in the throes of a heart ache, what seems like a good idea, sometimes is not – like eating a whole container of ice cream!" Friedman cautions.

At the end of the day, whether you're a bride-to-be, a single girl ready to jump back into the dating world, or a girl with a broken heart, there is a "golden rule" when it comes to changing your hair color: "Honor your personal style."

Before making a color change, Friedman advises all girls to do their homework. "Find a very capable hair professional to [make the color change] for you. Be realistic about how achievable the target color is for your complexion and your hair," she says.

Since the right hair color is different for every girl, Friedman believes that you should "play up what you have," offering this advice to girls of every shade: "If you're a redhead, add a fiery, copper gloss. Blondes can try painted-on, surfer-girl highlights with a few random low-lights. As for brunettes, they can stay multi-tonal by adding some sparkly toffee and toasted-walnut strands around their hairline and tips."

According to Friedman, regardless of your base color, there are six important questions to ask your stylist before making a major color change:

1. What is a realistic level of lightness for me to achieve given my current hair color?
2. Will previous chemical treatments on my hair affect how light I can go?
3. What tones will best suit my complexion?
4. Will the texture of my hair change after I lighten it?
5. How often will I have to come in for touch-ups?
6. Do styling products for color-treated hair really work?

While the answers to these questions will provide you with invaluable information before making the big decision, the most important question to ask yourself is: Will my color change make me feel like my *most* confident self? Friedman says, "Wearing your hair color with confidence, no matter what color it is, really is key."

We couldn't resist asking Friedman one last question – something everyone wants to know: Do blondes really have more fun? She shows off her own confidence and answers unabashedly, "Well, as a natural and currently very blonde girl, I must be biased and say yes!"

To make an appointment with Friedman at Goodform Salon, please call 323.658.8585.