

# Why Do Women Lose Attraction in Relationships?

You are about to learn several reasons why women lose attraction in relationships and how to avoid it. You may be surprised at some of the reasons we will be discussing in this article because several of them have to do with taking an introspective look in the mirror. If you're not willing to do that, then stop reading...

Still with me? Awesome, because the reason why women lose attraction in relationships is quite simple, they see your lack of the following:

- Decisiveness
- Confidence
- Masculinity
- Purpose

Nowadays with a lot of attack towards masculinity and feminine energies, this is slightly controversial. However, what I want you to understand is that both masculine and feminine energies can be positive. In fact, one can say that this is how you maintain long-term attraction.

So, let's get go in to further detail on the four most common reasons:

## Lack of Decisiveness



Women lose attraction because men get too complacent

Hard pill to swallow I know, however, this is actually easier to do once you understand how to [take courageous action.](#)

**Did you know that decisiveness is one of the qualities of high performance and it shows you're incredibly sexy? ☐**

Now, I'm sure that this will most CERTAINLY ring a few a-ha moments in your mind, because most people nowadays are not decisive at all. In fact, they are so lazy that they order food on their phone.

I'm sure you'll understand that women often find it extremely unattractive when men have so little passion or motivation that instead of cooking or getting dressed up and going to dinner, they complain about a food order not arriving on time.

Do you think a high value man that has purpose and drive complains about a late food order? Nope. Often, men of high value practice daily gratitude and understand that in order to

get what you want in life, you must be in a resourceful, positive state of mind.

## Lack of Confidence



even famous women lose attraction to their man and get a divorce as a result.

Another hard pill to swallow, so let's talk about it my friend. If you feel unsure or uncertain about yourself, then I can guarantee if you bring that into a relationship it will not last long.

You can only fake confidence for so long. This is why some high-profile celebrities such as Kanye West and Kim Kardashian go through divorces. Kanye's mental illness does not allow him to maintain a positive, and resourceful state of mind and his ego hides his insecurities.

**When you have a mental illness, you will have high ups and downs because your happiness is solely based on ego and that doesn't get you far in long-term relationships.**

In fact, here's something you probably didn't know about

confidence. Confidence is easily contrived and can be easily faked by having expensive items. A person **should never base their confidence on expensive clothing and jewelry.** That's short-term instant gratification, and it doesn't last long. In fact, women see right through it because they test your congruence.

For example, you can have an extremely expensive car but if you brag about that, then it just looks like you are trying to make-up for something inside that is lacking. Real men don't value themselves based on what they wear or what they have.

## Lack of Masculinity



when there is a lack of polarity of masculine and feminine energies, women lose attraction

Here's what masculinity is not. It's not about being in a taker-mentality. It's about giving, and more importantly, LEADING with value. Most people fear what they don't understand. So, they have movements that attack masculinity. What this does to good men is it forces them to suppress that powerful drive they have, which by the way, is not healthy to

suppress.

Masculinity when going down to its original core is actually very spiritual. You can use masculine energy for positive means. You are protector of the ones you love and you'd gladly fight and die for them. That drive you have is powerful, so use it properly.

**More importantly, you lead with your masculine presence. You show women the world and bring them to new experiences they've never had. This is what women want, but they will never tell you.**

A woman doesn't want to teach men on how to be a man. She just wants you to lead. Because if she leads the relationship, she is now in the masculine role and most women do not want that. This may be the most common reason couples end up in a bad dynamic. When the woman leads the relationship, she starts resenting her partner because of his lack of masculine presence.

## **Lack of Purpose**



without a higher purpose, women lose attraction

If you feel like you don't have a purpose, then discover it now. \* In fact, David Deida, author of the book **The Way of the Superior Man** is very big on this and for good reason. That is because most men nowadays have placed this idea of chasing 'Short-term pleasures' as their purpose.

And it's no wonder why so many men are living lives in quiet desperation. If you're depressed, it's not because you're feeling down, it's because you have a lack of direction, you don't know where your life is going. So instead of chasing women, chase your goals. Write them down.

How you get unstuck is you start out by finding out your definition of success. What is YOUR definition of success? Is it becoming better looking by working out? Or is it by prioritizing mental health and practicing [daily meditation](#)?

**Either way, you should define success for you. This is how to discover your higher purpose. You have health, wealth, and**

**relationships. Grab a journal and start writing down your goals.**

Do you have goals to be more fit and healthy? Great, write that down. Do you have goals to be wealthier? Great, write that down. More importantly, the real question is... do you have goals to have a healthy long-term relationship? Awesome, write that down!

That is how you get un-stuck my friend. Having a lot of money doesn't buy you a higher purpose in life.

## **Lack of High Value**



What value's do you live by? You can call this your code of life. I'll give you some examples, Kaizen is a very high value of mine. That's a Japanese word and it means "Continuous Improvement." You have your own values, so it would be wise of you to get clarity on your values.

**The more values you have, the more you appear higher value in your mindset. What happens as a result? Women see you as higher value my friend. It is evolutionarily attractive for woman to get attracted to a man of higher value.**

Why is that? Because it shows you value yourself. And you don't change your values to appease anyone. Because as you should know, your values and your vision drive every daily decision.

These are some ways to avoid your partner losing attraction. The more you get clarity on your vision, and when you get clear on your values, you end up showing her that you have priorities.

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## **5 of the Hottest Looks On Today's Top Celebs**

From red carpet affairs and award shows to film festivals and magazine covers, the world's top fashion houses serve plenty of looks to love, envy and admire. Still, what is a dress without an icon to show it to the world? Have no fear. These are some of the hottest looks worn by today's biggest celebrities. Fashion never sleeps, and neither do these queens.

### **Jennifer Lopez**

Decades after her debut in the late 90s, Jennifer Lopez remains an icon. Equally respected in fashion as she is in entertainment, she continues to serve fierce looks season after season. Recently, the celeb was spotted with beau Ben Affleck wearing an immaculate leather and suede cape from Gucci. It features a warm and wholesome chocolate brown exterior that envelops her in a graceful elegance. The look is tailor-made for the queen that she is. Quality detailing fashioned from 100% authentic materials mean this timeless piece is simply to die for.

# Hunter Schafer

Breakout actress Hunter Schafer is shaking things up and solidifying herself as a Gen-Z fashion idol. Keeping in step with her honor as Prada's ambassador, she recently turned heads on the Variety Power of Women red carpet covered in some of the fashion house's latest wares. The Euphoria star went for a balanced, retro-inspired look. Comprised of a green geometric top layered with a dark mohair jacket, the look is a playful combination of the mod era and mid-90s corporate prowess with a pinch of punk rock sprinkled on top.

# Adele

Descending from above to reclaim her crown as the undisputed queen of pop balladry, singer, songwriter, and international superstar Adele is making waves in the fashion world once again. Amid the press cycle for her newest release, Adele wore Dolce & Gabbana as a part of her recent spread in British Vogue magazine. Dolce & Gabbana is a long-time favorite for the 33-year-old mother of one. Readers may remember her 2016 smash "Send my Love (to Your New Lover)", in which she donned a lovely floral gown designed by the Milanese fashion powerhouse. This time around Adele has embraced a look that is far more sensual and seductive. She is draped in a form-fitting black corset gown that calls to mind imagery from the 19th century. The look gets a modern update with innovative detailing on the shoulders. Complete with dotted stockings and white heels, Adele is ready to own the stage like no one else can. This Vogue spread is certain to keep folks talking for quite some time.

# Angelina Jolie

As one of the world's most beloved A-Listers, Angelina Jolie never fails to impress. Whether on the screen or on the red

carpet, the Hollywood superstar just keeps giving the world a reason to gawk in the presence of her glory. Most recently, she absolutely owned the evening in a dazzling Versace gown at the Rome Film Festival. In one of her most elegant looks to date, Jolie was covered in paillettes crafted from silver. This shimmering ensemble was more than perfect for the occasion. As she made her way down the carpet, she truly shined like the star that she is.

## Gemma Chan

Jolie's star-striking piece wasn't the only heavenly look being served up at the Rome Film Festival. Gemma Chan stole the show with a stunning lace gown in a pristine and angelic white. Designed by legendary fashion house Louis Vuitton, her look was finished with a magnificent feathered cape that gracefully trailed behind her. The look has notable nods to the Victorian Era but adds an otherworldly flair that could've been pulled straight from a fairytale. Brilliant and gorgeous like a bride atop the world, Gemma Chan is certain to give the paparazzi their happily-ever-after.

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# Relationship Advice: 7 Reasons Why People Love Speed Dating

Dating. Finding your match. Meeting the one. To some it sounds exciting. To others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

# Relationship Advice: Speed dating. The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

**1. It's highly efficient:** There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few minutes each. Everyone is there to meet people, so there's no wondering, "Is this person available or not?"

**2. It's less stressful than normal dates:** You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

**3. Speed daters make more matches:** Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

**4. It's easy to find events:** Speed dating is becoming more popular. So, when you ask, "Is there [speed dating near me](#)?" The answer is a resounding YES! Options are great to have, aren't they? The opportunity to find a great match is happening every day.

**5. There's no pressure:** The amazing thing about these kinds of events is that there's no pressure to approve or reject someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

**6. It's set-up for conversation:** Go to a bar or a nightclub and the conversation may go like this: "SO WHAT DO YOU DO FOR A LIVING?" "HUH?" "WHAT DO YOU DO?" "OH, I'M OVER ON BROWN STREET." This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It's facilitated in environments suited for conversation, allowing you to get a glimpse of someone's true personality.

**7. It's flat-out fun:** Take a deep breath, forget about expectations, and remember everyone is there for the same thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!

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## Beauty Trend: 7 Hairstyles To Help You Look Gorgeous Before a Dinner Date

By [Hope Ankney](#)

It feels good to look your best when heading out on a dinner date. However, many people will focus on their dress code and try as much as they can to impress their date with what they wear. Unfortunately, looking good is also something men think about and looking good can start with making sure your facial hair is impeccably groomed.

The hairstyle you carry can give you confidence. If you don't know what to do or how to style it, it might be wise to speak to a professional stylist. After all, why shouldn't your hair look as stunning as your personality? We did some research and found a great resource for men called the [Andis Styliner](#) which gives them an appearance they can be proud of on their next date. Below are 7 styles for women to consider as well:

## Seven gorgeous hairstyles to bring your look to the next level:

**1. Romantic braids:** Braids are always great for women who have long and thick hair. To come up with that perfect look for your dinner date, you can opt for different types of braid hairstyles. For instance, you can opt for a romantic fishtail braid or twisted crown braid. This is a great hairstyle that will rest elegantly on top of your head as you enjoy dinner, but also add a touch of princess warmth as you have fun.

**2. Bun hairstyle:** The bun may be a traditional choice that's easy to do. It's a great hairstyle if you have long, medium or even short hair. You can make your hairstyle the talk of the day by opting for a twisted or side bun that will go well with a floral dress and a candlelit dinner. It's a [fabulous hairstyle](#) that will add glam to your date night, but make sure you secure it so it doesn't fall.

**Related Link:** [Beauty Trend: Nude Lips](#)

**3. A bob:** You can stand out among other [women at a dinner](#)

[party](#) by opting for a classic bob hairstyle. This is an MVP in the haircut world and you will not only look great but also beautiful. You just need to keep your bob simple with minimal sleek layers. Don't forget to match your look with a beautiful and [elegant outfit](#) as well.

**4. Soft curls:** If the man of your dreams has mentioned that he loves your curly hair, then go for it! It starts by getting a good haircut to help the curls fall just right and make you [look attractive](#) and ready for a date night. Properly done, soft curls are a classic hairstyle to go for.

**Related Link:** [Beauty Trend: Sleek and Straight Hair for The Win](#)

**5. Chignon:** Chignon is one of the most popular hairstyles among many sophisticated women in the world today. You can try it out on a [dinner date](#) and look glamorous. There are different variations of a chignon hairstyle, but you can go for one that you find stylish and fits into your preferences. For instance, you can choose low side chignon, low messy chignon or super-sleek chignon to bring out your fashion statement.

**6. Ponytail:** The ponytail is a classic hairstyle that if done correctly will look super sophisticated. It's a great look that will give you a certain level of glamour. You can go with a voluminous, high, braided, tousled or slicked-back ponytail. Your style options are endless. This is a hairstyle synonymous with the simplicity and comfort you need during a night on the town.

**7. Waves:** As you think about the top hairstyles, don't forget about gorgeous waves. This is a style that will ooze timeless elegance and make you look glamorous. Try out varied finger wave styles, and find a style that fits your mood and personality. Waves are a flawless hairstyle for a dinner date that you will treasure.

## To Sum Up

In order to get the right look, you need the right tools from a hair straightener, styling trimmer, or blow dryer to clips, pins, and rubber bands. If all else fails and you find that you just don't have the magic touch, pick up the phone and enlist the help of your hairstylist to pick an elegant style that is just right for you.

**What are your favorite styles to try for a night out? Let us know below!**

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# How the Media Fights For Our Attention

By [Lori Bizocco](#)

When it comes down to it, what really makes a story worth reading? At the very least, the content should inform the public of something important in an interesting, truthful matter. Unfortunately, today's media producers seem much more concerned about attention-grabbing methods and getting as many people as possible to click on their article. A good story hardly seems to matter when consumers will view ads and make the publishers happy.

**The more media fights for our attention the harder it'll be to distinguish authenticity from**

# clickbaited information

So how exactly do these media producers draw us in to begin with? Most use what is called an “inverted pyramid” model, which prioritizes information that is interesting and likely to grab our attention, filling in the details as the story goes on. However, the information that is at the end of the article is not any less important. In fact, these last paragraphs often provide the necessary details for fully understanding the event being elaborated on.

Once you learn that most people have very short attention spans and will only spend an average of 96 seconds reading an article, it's concerning to think about how easy it is for readers to walk away from an article with only half of the story. This issue becomes much more serious when you look at the headlines used for these clickbait articles. Rather than give an accurate picture of what the story will cover, these headlines often over-exaggerate insignificant details or misrepresent what happened to make it seem more interesting. This can lead to readers being seriously misinformed and can even ruin the reputation of the people being talked about in the article.

**Related Link:** [Dating Advice: Why 'Ghosting' is the New Normal in the Dating Scene](#)

An [unfortunate example](#) of this is a news story that recently was published has a headline that would make readers believe a certain male producer did a terrible act to a female writer working on his show, causing her to leave the company. However, the real story is far less interesting and has a different line of events to tell.

First off, the inappropriate act was just a side hug. While the female writer claimed to feel uncomfortable, the situation was dealt with by HR. The producer went through sensitivity

training and the writer was satisfied with the man's willingness to learn from his mistakes. So why did she leave? Well, her reason for leaving had nothing to do with the producer at all! Her actual reason for quitting was that she claims the network reduced her workload after the incident. Unhappy with how they were treating her, she decided to leave the show and take her talents elsewhere.

**Related Link:** [Parenting Tips: Social Media Apps to Keep an Eye On](#)

If you're anything like me, you're probably confused as to why this story was ever published to begin with. This story doesn't have anything valuable to share, and it wasn't even entertaining to read. It's just another clickbait article released to make money as quickly and easily as possible. However, is completely tarnishing a person's name and making people believe he was to blame for the situation worth some clicks? The media would be much better off grabbing our attention with stories that are worth our time.

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

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

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

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

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However, you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

**Related Link:** [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

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

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

You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and

meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

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

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

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# **Rock the “Dress-Over-Pants” Fashion Trend This Fall With Celebrity Stylist Alexa Taylor**

By Alexa Taylor

We’ve all been there. You’ve spent your entire wardrobe budget on pretty dresses and skirts, and now that summer is over you’re wondering how these beauties are going to transition to

fall. As a fashion blogger and [celebrity stylist](#), I believe that this fall everyone can raise the sartorial bar with the dress-over-pants fashion trend (or D.O.P for short). The new modern way to pull off a D.O.P is more streamlined and sophisticated, and it isn't tough to master at all! Emma Watson may have brought the D.O.P idea back for the masses this past awards season, but these five fashionable ladies I selected were rocking the look long before the fashion-forward actress.

## Celebrity Stylist Shares Fall Fashion Tips

1. [Casually Cool](#): A sweater dress over jeans is proof that a statement piece (or two) can amp up any old look. One tip to keep in mind when rocking skinnies underneath a heavy dress and coat combo is to keep them as skin-tight as possible.



2. [Sophisticated Layering](#): Nothing is worse than making a 45-minute commute in a pencil skirt and heels, and it's even worse when it's blistering cold. This office-appropriate layering trick is a simple, straight-cut dress over slim pants.



**Related Link:** [Celebrity Stylist Derek Warburton on Holiday Fashion: “If You’re Meeting the Family, Wear the Softest Cashmere Possible”](#)

3. **Edgy Princess**: While this D.O.P. has nothing to do with utility, you’ll no doubt get attention from street style shutterbugs in a wispy look (even if you are shivering). The man-repelling Leandra adds a punch of drama to an otherwise boring outfit with layered tulle and two-tone tap shoes.



4. **Pretty in Pink**: Not only do leather pants add a dose of badass to a super girly getup, but they allow you to wear that too-short-to-be-worn-alone babydoll dress. I love how this

editor mixes her prints.



**Related Link:** [Celebrity Stylist June Ambrose Tells Us How Women Can “Find Their Fabulous”](#)

5. **[The Mix Master](#)**: Who says duck boots have to be frumpy? Take a cue from Taylor Tomasi Hill, the crimson-haired editor-turned-florist, in this winter-ready outfit. She’s a pro when it comes to mixing flashy accessories like this glam gold plated belt (\$20) with everyday staples like this over-sized plaid shirt.



Be bold this next fall and try one of these D.O.P looks your next [date night](#)! You’re sure to turn some heads with this

feminine and slightly edgy ensemble, not to mention you'll also be warm and toasty as you go about your day.

For more on Alexa Taylor visit her Instagram [@alexa\\_taylor](#) or website [alexa-taylor.com](#).

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# Relationship Advice: Prepare for Unexpected Love Like Blake Shelton & Gwen Stefani

By Dr. Jane Greer

Country star [Blake Shelton](#) revealed that his current love, [Gwen Stefani](#), was “the last person” who he expected to have his back after his [celebrity divorce](#) from Miranda Lambert. They've only been a [celebrity couple](#) for six months, but already he's crazy about her. This is a great example of a couple finding love when they least expect it. Sometimes when you aren't actively looking for it to happen is exactly when love may find you.

**These pieces of [relationship advice](#) will dive into the unexpected love found between celebrity couple Blake Shelton and Gwen Stefani.**

When you are getting over a betrayal or heartbreak, as both Blake and Gwen were after their respective marriages ended, it is hard to imagine yourself in another relationship. At that

point, the last thing you want to do is take a chance and risk being wounded again by someone else. But if you can trust yourself in turning to someone who is supportive and there for you, not only can you start anew, but it's even possible that a new romance could blossom.

It can be difficult to talk about what you've been through and share your pain with a friend. A lot of times people want to shut down, and are not always comfortable reaching out and asking for support. They might feel embarrassed, humiliated, or unsure about trusting that the friend won't gossip about their story and private thoughts with someone else. However, you may find that in expressing your situation to a friend, and giving them the chance to offer empathy, you might begin to feel understood in a way that makes all the difference in the world.

**Related Link:** [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

The tendency is to shut down when you've been hurt, but letting yourself remain open can become the first step in the process of healing. They're able to see the best in you, and help bring out that side of you, so that you can move forward feeling stronger and better about yourself. This is a key piece of [relationship advice](#) of falling in love, which is being made to feel valued, terrific about yourself, desired, and, especially on the heels of losing all that when you are dealing with a break up, it can be an elixir of the heart. In fact, Blake was quoted as saying Gwen saved his life. There is no underestimating companionship – it can feel lifesaving.

While you may have only seen this person in one light – strictly platonic – that can shift as your circumstances and interactions with each other change. If that does happen, it can be a bonding experience and bring you together in a way that feels like a gain, where before you felt only lost and alone. With this in mind it can be positive to share your

emotional pain with someone, rather than remaining closed off and keeping the heartache to yourself. It's natural to feel vulnerable if you suddenly find yourself being drawn to this person after everything you've been through, but it is worth it to let the relationship go forward. A good piece of relationship advice is to not be afraid to let these feelings naturally progress.

**Related Link:** [Celebrity Couple Blake Shelton & Gwen Stefani Show Their Love at Billboard Music Awards](#)

The celebrity couple recently sang a duet together on The Voice called, "Go Ahead and Break My Heart." Blake explained that they chose that title and the words to go with it because they are smart enough to know at this point that all relationships will have ups and downs. So why not just put it out there? They've been through it before, and they know there will be good and bad ahead, but right now they are so happy they found each other and they will deal with what's ahead. After a celebrity break-up or any kind of break-up, sometimes you just need someone there for you.

While Blake and Gwen are *singing* about it, it is equally beneficial to *talk* about it. Though it can feel scary, being involved in this relationship, facing your fears and acknowledging your insecurities can actually make you stronger. While you want to protect yourself and might typically look to keeping these feelings private, if you can instead be honest and genuine with someone you feel has your back, who knows where it might lead you, maybe even to a new love.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are 'HuffPost on Call,' and the last Tuesday of the month is 'Let's Talk Sex!' Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer*

at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## Relationship Advice: Are Your BF and Best Friend Too Close for Comfort?

By Dr. Jane Greer

Recent images of [Selena Gomez](#) with [Katy Perry](#)'s boyfriend Orlando Bloom looking cozy together had people talking about whether a [celebrity relationship](#) was brewing, but the women cleared up the [celebrity news](#), quickly promising there was nothing inappropriate going on between them. Selena took to Twitter to endorse Katy's quick response to the pictures. Katy addressed the drama surrounding the two of them, calling it a "dumb conspiracy." While Katy is clearly confident there's nothing going on with them, sometimes remaining secure in your relationship when your partner has close female friends can be challenging.

**This gives us the opportunity for important relationship advice around the following question: Is**

# there such a thing as being too close to your girlfriend's boyfriend, and is there a point when it can and does feel threatening?

When we become close to someone, our natural instinct is to share them with the other people we are close to. Eventually you want to introduce your new boyfriend to your best friend so you can proudly show them how great the other is. You might even end up spending a lot of time together as a group. Sometimes, this can lead to a separate connection between your significant other and your friend. That is all okay to a point.

**Related Link:** [Relationship Advice: Why Are Women Attracted to Unavailable Men?](#)

However, there is a definite line that exists which defines how close the two most important people in your life can get to each other, and that is based on the fact that you are sexually intimate with your boyfriend so there is a clear element of exclusivity that should never be violated by either party. As long as the connection remains about sharing the strong feelings they have for you, it is all good. If there is ever a point when you might feel threatened or begin to doubt their intentions, then follow this [relationship advice](#) tip and start to think about putting boundaries in place. How can you tell if that time has come?

The first red flag is if you start to feel left out. If your boyfriend and best friend develop inside jokes that you are not a part of, or they find reasons to spend time together away from you – even if you are sick or out of town – it is only natural to wonder if something is brewing between them.

Another indication of a problem could be if your friend is admiring you so much that she starts to dress and act like you. If it begins to appear that she almost wants to be you, which can sometimes be flattering, but usually means she is jealous of what you have and might want it for herself, you should absolutely be on guard.

**Related Link:** [Relationship Advice: 5 Ways to 'Affair-Proof' Your Relationship](#)

The best way to gauge when and if that line is being crossed is to trust your feelings and go with your instincts. If it is all positive, and your interactions are supportive and caring, then that is exactly what love and friendship is about. But if you start to feel uneasy, uncomfortable or a sense of competition surfaces from your friend, that is a good time to start setting limits on how much time you spend together as a group, and begin to monitor what you share with your friend so you can build your own sense of identity separate from her, which is a great piece of relationship advice. By doing this, you can protect yourself and not have to worry about being betrayed by someone close to you.

In Selena Gomez and Katy Perry's situation, all is above board. With these tools in place, you can make sure it will be for you, too

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

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# Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green

By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

**In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.**

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

**Related Link:** [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity back into your relationship.

**Related Link:** [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is

steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

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

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## Relationship Advice: Making Marriage Work Like Beyoncé

By Dr. Jane Greer

During the premiere of her new visual album *Lemonade* this past weekend, Beyoncé shared very personal moments between her and her husband, [Jay-Z](#). The [celebrity couple](#) have had their share of marital rough patches. The challenge of a successful marriage is making it work with all of the elements of difficulty that arise, whether that be finances, children, in-laws, infidelity, or whatever else might bring a bump in the road to a relationship.

**Beyoncé is addressing this important aspect of how much work goes into a marriage in this new album, and she is carrying on with the effort to make her bond with Jay-Z better and stronger than ever.**

Beyoncé and Jay-Z share a celebrated personal and professional [celebrity relationship](#), but you don't have to build an empire with your partner to make it worthwhile to preserve what you have together. Even so, this idea of having to work and put effort into a marriage or relationship is often frowned upon, and gets a bad reputation because it takes on this connotation of being a burden, a chore, or a responsibility. It's as though people think if it isn't easy, then it's better to just call it quits and get out.

**Related Link:** [Expert Dating Advice: What Beyoncé's Body Language Says About Her Love for Jay-Z](#)

When [Ben Affleck](#) so famously said that marriage takes work, it was like he said something awful, instead of something positive. It reminds me of a couple that came to see me a few years back. Things were difficult between them, and the husband didn't really want to be there. He asked, "Why should I have to work at it? If it's so much work, then we must be in a really bad state. So, why not just end it?" I said, "Okay, you can make that choice, but keep in mind then you are going to have to put the work into dismantling your marriage." I went on to highlight all the effort that would take – dealing with the divorce, splitting up their assets, finding a new place to live, starting to date again. And then, if he was

lucky enough to find someone he liked and wanted to spend time with, he would have to hope that he got it exactly right that time so he wouldn't find himself having to work on that relationship one day. He looked at me and said, "Okay, let's work on the marriage." He could finally see that there was no guaranteed easy route, and as I pointed out, nobody gets a pass, so it was worth it to him to try to take his marriage to a higher ground.

**Related Link:** [What Can We Learn From Celebrity Divorces?](#)

So, how do you begin to work on your marriage or relationship? The most important piece of [relationship advice](#) I can offer you is communication. So often there are misunderstandings and one person can become defensive or take something personally, which is not meant to be that way at all. Without talking about it, on both ends, people can begin to feel disappointed and alone. I have one patient who was dating a woman he really liked. Their first few dates were great, but on the fourth date he avoided kissing her goodnight and anything else that would go along with that. She was clearly upset, withdrew and didn't take his calls for several days. He was clueless about why this was happening, and didn't understand what had prompted her cold shoulder. He started to think he had been wrong about her; who needed to date a woman who changed her mind so suddenly? So, I encouraged him to talk to her, rather than just respond to what seemed like a negative situation. I told him that since he saw this as a promising relationship, he might as well ask her what was going on. When he did, she told him the truth, that she felt bad and unattractive when he didn't kiss her the other night. And then it all became clear to him. The truth was, he had eaten a whole clove of raw garlic at dinner, he didn't realize it until it was too late, and he was self-conscious about his breath. She had no idea about the garlic, so she thought he was rejecting her. Once he told her why he hadn't kissed her, she completely understood and even laughed about it. What they went through is a prime

example of a couple doing the work. Without being open with each other, their relationship could have skidded off the track. Instead, I am happy to report they are very much in love and planning to move in together.

It is so basic really, but so important. The crux of any relationship is being able to speak to your needs and real feelings in a way that doesn't carry blame. The hope is that you will each understand what the other person is experiencing. Once you are able to do that, you can put your heads together to find common ground and compromise, eventually realizing that the whole of your connection rises above each of your individual needs. Working on it means being willing to challenge yourself, to push yourself past your comfort zone, to be willing to be open, sometimes trying something new and different, which is not always easy. It means not reacting to the other person, but checking things out with them first. It means being willing to struggle with uncertainty and tolerate the frustration that goes along with waiting for changes to happen, and not knowing if they will. It is about balancing your hope for the future against your disappointments of the past, so you can continue to persevere together.

In the end it is that world and life you have built together that will fuel the effort it takes to do the work that makes it work. The art of problem-solving with your partner takes creativity and brainstorming, and makes you closer because you each feel cared about and supported, which is worth its weight in gold. It can be as valuable as anything else Beyonce and Jay Z create together.

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at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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# Relationship Advice: 5 Ways To ‘Affair-Proof’ Your Relationship

By Jess Brighton

Romantic relationships are often the most significant relationships we cultivate throughout our lives. We invest massive amounts of time, emotion and trust to build an intimate connection and history with the person we care about. Over time, our relationships (and even [celebrity relationships](#)) seemingly take on a life of their own. We become just as protective of it as we are of those we love. My role as a relationship coach is to help couples to protect what they have spent years building together, and help them maintain or rebuild a fulfilling and meaningful relationship. I’m asked all kinds of questions about relationships.

The two of the most common questions are ‘why do people have affairs?’ and ‘what can be done to

# safeguard a relationship from an affairs?'

People often have affairs because they've grown apart as a couple, are dissatisfied with the relationship and are no longer getting what they need from their partner. Once this happens, it becomes difficult to be open and ask for what they're missing. They often end up trying to find this missing piece with another person. On my website, I discuss ways to 'affair-proof' your relationship. On occasion, I'm asked if I really have a solution that guarantees a partner won't cheat. Although I don't have a magic potion or pill to keep your partner from cheating, I do have some valuable [relationship advice](#) that will help significantly reduce the risk of an affair in your relationship. Normally, I only offer these principles in my workshops, but I want to share them exclusively with Cupid's Pulse readers. So here they are in no particular order: the five principles to help you 'affair-proof' your relationship:

## **Develop A Positive Mindset.**

A positive attitude will get you a long way in your life, and the same is true in your relationship. How you view your relationship and partner is a major component of a happy and successful relationship. This is because you are the common denominator to everything that happens to you in your life. When you're unhappy or negative, so is your mindset. In this case, the way you interpret and respond to everything and everyone is with negativity. I suggest you start a new daily ritual. First thing in the morning, think of one thing that you are grateful for in your life. This will force you to think positive and eventually shift your mindset from negative to positive.

In addition to developing a positive mindset, you need down

time to relax and relieve stress. I use the example of an engine to explain the importance of down time. We power through life every day with meeting deadlines, challenges and obligations. Just like an engine needs scheduled maintenance to remain running at peak performance, we too need to schedule down time to maintain our busy lives. To help you maintain your positive mindset, you need to take time to do things that bring you happiness.

**Related Link:** [Dating Advice: How to Deal with Heartbreak](#)

### **Communication.**

Effective communication in a relationship includes the exchange of messages through verbal and nonverbal means as well as active listening. Both partners will be more willing to talk about issues when they know they will actually be heard. In addition, it's important to be aware of your tone when you are speaking. Phrases such as 'why do you do this' or 'you never do that' are aggressive. The person being spoken to will feel they're under attack. Instead, rephrase your statements and use 'I' instead of 'you'. Now you're simply expressing your feelings to your partner and not attacking or accusing anyone of a negative action.

### **Don't Ditch The Dates.**

Remember when the two of you first met? It was all wine, flowers and romance. Your time together was magical and you couldn't get enough of each other. Fast-forward to today, and it's a bit of a different story. The wine, flowers and romance have since been replaced with apple juice, deadlines, and exhaustion. Your time now is mostly in passing and spent discussing who will be taking which child to which practice. When you do get 'couple time' the last thing you want to talk about is the two of you or your relationship. These days, 'couple time' consists of planning the week and discussing work, bills and family issues. And what about your sex life?

Neither of you can recall the last time you had sex and the times you did, it was routine and took some serious advanced planning.

We naturally become preoccupied with our busy lives, and your romantic relationship often gets neglected. When you stop being intimate and making time for each other, your relationship begins to resemble a roommate situation. I suggest being proactive by planning regular date nights. Even if it's once a month, taking time out as a couple will help you maintain your intimate connection. Go out, have a few glasses of wine, hold hands, make eye contact and talk about what you love about each other and what brought you together in the first place.

**Related Link:** [Weekend Date Idea: Spa Day at Home](#)

### **Be Unconditional With Each Other.**

Being unconditional with your partner doesn't mean you're a doormat and willing to tolerate anything in your relationship. It does mean that you appreciate the person at a core level and accept the traits, passions and interests that make them who they are. This is easier said than done. Yes, you're a couple, but you're still two separate people with different views, values and preferences. At some point, you'll upset one another. In this instance, setting boundaries and being honest and open to compromise will assure you remain unconditional and maintain the healthy balance in your relationship.

### **Don't Try To Change Your Partner.**

When the two of you first met, you had instant chemistry and could not get enough of one another. Your time together was romantic, carefree and lighthearted. Your relationship progressed and eventually you took the next step and moved in together. Over time, the newness of your relationship wore off and you settled into day-to-day life. Early on in your relationship, you overlooked little things about your partner

that were slightly irritating. These days, it's a different story and those once small annoyances are now a big deal and hard to ignore. Trust me, something you find to be slightly annoying early on will only become more annoying and problematic down the road. Maybe it's a bad habit, an annoying best friend, or a philosophical difference. Whatever the case, the chances of your partner changing for you are very slim. The more you try to change a person, the more defiant they become. The best approach is to determine early in your relationship what you can live with in and what's a deal breaker.

So, there you have it Cupid's Pulse readers, the five principles to protect your relationship from an affair. With this knowledge, along with your commitment and teamwork as a couple, you can have the relationship of your dreams! Maintaining a healthy relationship isn't easy, but it is certainly worth the effort after all of the years and emotions that both of you have invested.

*[Jessica Brighton](#) is your all-American girl, who had a good life and a good marriage, until the 2008 financial crash brought down her relationship. That's when she turned to escorting. And through that, she has gained insight into what makes up a successful relationship. As a former escort-turned-relationship coach, Jessica helps people build healthy relationships.*

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## **Relationship Advice: Why Are Women Attracted to**

# Unavailable Men?

By Dr. Jane Greer

Actress [Scarlett Johansson](#) revealed to *Cosmopolitan* that years ago, she was in a [celebrity relationship](#) with someone who was forever unavailable, and that was when she hit “rock bottom.” She described him as “so attractively unavailable.”

**Her story raises the question, why are women attracted to men who are unavailable? What is it about the “chase” that is appealing to us? Check out this [relationship advice](#).**

Whether you are in high school dealing with a boyfriend who you feel loves you too much, or you’re a movie star with people constantly asking you out, or you are recently divorced and getting more calls than you ever did, but none of them seem right, you might be in that funk so many people find themselves in where the men who are interested strike you as unappealing availability-wise, but the ones who won’t commit are “attractively unavailable,” as Scarlett described her one-time boyfriend. Sometimes the guy who wants to commit to you and does not hide his feelings is equated with the good and nice guy, as opposed to the one who says he will call, but doesn’t, and who instead is seen as the romantic bad boy. For some reason, the fact that the guy likes you so much makes you question his confidence and desirability. You might ask, why is he available in the first place? If he were more secure and attractive, wouldn’t he be taken by now?

**Related Link:** [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

There are also the possible elements of a challenge or a competition. If someone pulls away and becomes seemingly less interested, then you might feel the need to try to get them back. It can become more about having their love than actually sharing the love with them. Or, if that someone begins to give another woman attention, you might feel jealous and try to take that focus away from the new love interest and return it to you.

**Related Link:** [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

So why do so many women choose the undependable, withholding man over the one who is ready to profess his love to them? In terms of family dynamics, there is the question of what you did and didn't get growing up from family members, especially mothers and fathers. On the one hand, it may be that you are constantly trying to get what is out of reach. On the other hand, you might be more comfortable with less commitment and emotion in a relationship. That constant chase can also become a vehicle for your self-esteem and believing you are better and greater if you are able to attain the unattainable. In other words, if you can convince a man who is not eager or willing to commit to do so, then you must be extra special, and this can set you on a journey that does not have a happy ending.

If this sounds familiar, and you are constantly chasing your man, or not sure when he might call or ask you out again, it could be time to look at it from a different vantage point and turn it inside out. Why spend your efforts trying to get someone's affection that at best will be inconsistent and leave you wanting more, when you can instead choose someone who will be dependably loving and offer you a true sense of fulfillment? The goal is to feel valued, cared about, and loved for who you are and what you do, the qualities you already possess, rather than having to prove your worth to a guy who is not looking to ever really be fully involved with

you. Overhaul how you are going about seeking happiness and security. If you are lucky enough to be with a good guy who does nice things, accept it and believe that you are worth it. Look to reciprocate and build on a relationship with someone who is able to give you the closeness and companionship you are looking for. Try to stop seeing that as boring, and instead see it as rewarding and positive. In many ways it is like developing a new muscle. Do your best to stop flinching and being turned off by nice behavior, and begin to welcome and appreciate it so that you can feel good about yourself, rather than not.

It's important to be aware of these things, if, in fact, there is a pattern in play and you are continually choosing partners who can't be there for you, so you can make better choices in the future. Ultimately you want to strive to try to feel like a winner because of the things you can have, not for half-heartedly getting the things you can't. It looks like Scarlett has finally been successful at that.

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

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# Relationship Advice: 10 Tips for Couples from 'The Energies of Love'

By Donna Eden and Dr. David Feinstein

Our guests Donna Eden and Dr. David Feinstein recently gave us some valuable [relationship advice](#) around what they call *The Energies of Love*, also the title of their co-authored book.

## Check out these 10 tips for couples from *The Energies of Love*:

**1. Hug often.** Hugs get your positive energies to intermingle and meld. Relaxing even into a six-second full-body embrace increases serotonin levels, leaving you feeling closer and, if you were having a disagreement, less irritable. Even couples in strong relationships tend to touch less over time. Initiate hugs even if your partner doesn't, particularly at times of parting or reuniting.

**2. Give your partner a "spinal flush."** Reflex points that impact every one of your body's major energy pathways are situated along the spine. Have your partner lie face down and massage the points along both sides of the spine (but not directly on the spine), using your thumbs or middle fingers and using your body weight so strong pressure is being applied. While most people can tolerate and will enjoy considerable pressure on these points, check to be sure you are not using more than your partner wishes. Progressing from the bottom of the neck all the way down to the bottom of the sacrum, go down the notches along the vertebrae and deeply massage each point. Stay on each for at least 5 seconds, moving the skin too and fro or in a circular motion with

strong pressure. You can stop when you reach the sacrum or repeat the downward flush once or twice more. When completed, sweep the energies down your partners body with either one long swipe or several brush strokes. Use the palms of your hands to sweep the energy from the shoulders all the way down the legs and off the feet. Repeat the sweep two or three times.

**Related Link:** [You are here. Home Relationship Advice On How To Fall In Love](#)

**3. Support the production of oxytocin.** Energy techniques can influence your hormone levels! We know that sex produces oxytocin, but so can this simple one-minute technique. It begins by breathing in slowly and deeply as you draw your hands up from your pubic bone until you get to the center of your chest. Before you exhale, move your hands up and out toward your sides as if you were tracing a heart above and around your breasts. Slowly exhale as you bring your hands back toward your pubic bone, completing the tracing of a large heart over your torso. Repeat a few times. Finish by drawing your hands up the center of your chest and holding them over your heart for two breaths. You are stimulating your “radiant circuits” and triggering the production of oxytocin.

**4. Stretch!** When you begin to feel stale or tense, stretch so the energies within you can move more freely. Stand and imagine an invisible rope hanging down from over your head. Reach up toward it and pull it down with one hand, then the other, alternating hands for at least a minute. Feel the stretch in your arms and all the way down the sides of your body.

**Related Link:** [How to Define Your Aura to Find Lasting Love](#)

**5. Hook-up!** If you are feeling disconnected from yourself or your partner, get the energies flowing between your own head and your body by doing the “hook-up.” Place the middle finger

of one hand on your third eye (between your eyebrows above the bridge of your nose) and the middle finger of your other hand in your navel. Gently press both fingers inward, pull them upward, and hold there for at least three deep full breaths.

**6. Scan for what you appreciate about your partner and state it.** Often! Simply staying alert for what you like about your partner and gratefully acknowledging even the simplest qualities stimulates the biochemistry of love and raises the energies between you.

**7. Use a gentle opening for tough topics.** The way you bring up a delicate topic will have an immediate impact on your partner's biochemistry and thus the energy that is activated in each of you and between you. Tracking the amount of accusation, blame, criticism, and negative voice tone and facial expressions in the early phase of a conversation has allowed psychologists to predict the outcome of a conversation with 96 percent accuracy! Be aware of your partner's sensitivities and find a kind and gentle opening for introducing a tough issue.

**8. Keep your energies moving in a criss-cross pattern.** When you are under stress, your energies tend to lose the natural cross-over configuration that supports your best thinking. A simple way to get the energies to cross over from the right side of your body to the left and from the left to the right is called the Crossover Shoulder Pull. Place either hand on its opposite shoulder and press in hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining the pressure. Continue, with less pressure now, to your opposite hip. Repeat two or three times. Shift to the other side.

**9. Balance your energies rather than battling your partner.** If tension begins to rise between you and either of you calls for a cease fire, you both should – by ironclad pre-agreement – STOP the argument, mid-sentence if necessary. Then,

immediately, set about shifting the energies within yourself. A simple technique to begin to do this is to place both hands over the center of your chest, close our eyes, and take three deep breaths. When you are both a bit more centered, do a shared energy exercise, such as the spinal flush, before returning to the discussion. You will come back with energetic bridges repaired.

#### **10. Get curious about your partner's Stress Response Style.**

Rather than judging your partner or going into your own defense mode, give your partner the benefit of the doubt. That alone shifts the energies. Get curious about how the behaviors and feelings you are witnessing make sense. This opens a soft space within you so judgment is replaced with compassion and understanding.

*Donna Eden is a pioneer in the field of Energy Medicine who has served in both traditional and alternative health care settings. She is recognized for her innate ability to accurately determine the causes of physical and psychological problems based on the state of the body's energies, and to devise highly effective treatments.*

*David Feinstein, Ph.D., is a clinical psychologist who has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. Author of eight books and more than 80 professional articles, he has been a pioneer in the areas of Energy Psychology and Energy Medicine.*

*Together, Feinstein and Eden have co-authored [The Energies of Love](#), *Energy Medicine*, *Energy Medicine for Women*, and *The Promise of Energy Psychology*.*

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# Dating Advice: What To Do When Your Relationship Gets Real

By Tracy McMillan

It says something about how intoxicating brand new love can be that while you're in it, you truly don't believe it's ever going to end. The butterflies, the long talks, the gazing into each other's eyes, and even (admit it) the sexting. There's nothing better! But sooner or later it happens – you get into an argument, you stop automatically clicking over when he calls, you choose drinks with your girls over dinner with your man. Your relationship is shifting gears. So what are some dating tips on how to make the transition from *Dangerously In Love* to *Irreplaceable*?

Check out this relationship expert's best [dating and relationship advice](#) on what to do when your relationship gets “real”:

**1. Don't Freak Out.** The first thing you need to know is: THIS IS NORMAL. It's easy to think that the first time you're not dying to jump into bed (or worse, he isn't) that the relationship is over. It's not.

**2. Separation Is Necessary.** Relationships follow a path that is sort of like child development. First, there's infancy, where forming a bond means you're all about 24/7 togetherness.

But after infancy comes toddlerhood, where you learn that you and your partner are actually separate people. And learning to be separate is just as important as learning to be together.

**Related Link:** [Why Time Away Is Important in a Relationship](#)

**3. Take Leaving Off The Table.** There comes a point in every relationship where you have to decide if you're in or out. Contrary to romantic comedies, this isn't a magical turning point on a moonlit night. It's a decision you make to commit to a partner (who is totally imperfect, btw) because you've decided that a long-term or lifetime partnership is what you want for your life. Then you carry out that commitment day by day.

**4. Go To Couples' Therapy.** Every relationship has issues – every single one! It's part of the purpose of a relationship to heal old unresolved stuff from childhood. This is why, in my opinion, going to therapy should be like going to the gym. It's something you do once a week not because there's something wrong, but because you want to build on what's right. And that is all about skillfully handling the emotional challenges that are part of being close to another human being.

**Related Link:** [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

**5. Love yourself more.** Your negative qualities are unlikely to show up in the beginning stages of the relationship. But once things cool down, it's like the tide going out – you're suddenly going to see all the less-awesome aspects of the real you (and the real him, too). Loving yourself is all about being kind, compassionate, and patient – *with you* – even when you blow it at work and nothing fits but your fat jeans. Learning to love you no matter what is the single most important thing you can do for your partner. Because in the end, the only relationship you'll ever have with another

person is the one you're already having with yourself.

*Tracy McMillan is an author of the book [Multiple Listings](#), which addresses conflicts in both family and romantic relationships. Connect with Tracy on Twitter at [@TracyMcMillan](#) and on her [website](#).*

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# Dating Tips: Spring Cleaning Your Online Dating Profile

By Justin Lavelle

Online dating is all the rage, right? I mean, all of your friends say so. But after your last date with Logan, who turned out to be less hard-working intellectual and more mid-30-year-old living with Mom, and the one before, Scott, the self-proclaimed genius surfer from Arkansas, you're feeling a bit wary. Maybe the problem, aside from your questionable taste, is closer to home than you anticipated—maybe the problem is your profile. Your profile deigns who decides to swipe right on you, and you have a lot of power here. Follow our tips to spring-clean your profile, and wash away the negative energy and scarring first dates. Start fresh.

**Spelling and Grammar:** Glance over your profile: is everything spelled correctly? Bad spelling and grammar is the equivalent of having bad breath when you meet someone in person. It will also make you look careless or like you're part of an online scam. No one is interested in dating someone that comes across as if they haven't even finished elementary school, and bad grammar is an enormous turn-off. So wipe your profile clean of

typos and uneducated phrases, and start anew.

**Related Link:** [5 Tips for Creating a Perfect Online Dating Profile](#)

**Be Honest and Specific When Describing Yourself:** If you want to attract the right person straight away, be honest and specific when you describe yourself and your attributes. Then when you message someone or someone messages you, you'll be able to look at the profile, find similarities, and decide if this is someone you'd like to meet. Are you quiet or outgoing? Do you like sports or art house movies? Are you a creative type or in finance? Are you just interested in meeting new people or are you looking for marriage in the future? Throw out statements like, "People tell me I'm really nice and fun to be around" or "I like hanging out and getting to know new people." General statements like this describe half the population and say nothing distinct about you. Except that you're boring.

**Don't Focus on Flaws:** No one wants to read a bunch of negatives like, "I'm fat, but working on a fitness program," or, "I'm short and don't like my knees." While you might view this as a problem, there's no need to flaunt your insecurities. You're basically throwing yourself under the bus and giving them reasons not to like you. And if you write about your flaws, you will come across needy and self-conscious. Let's be honest, bad knees are hardly a deal breaker—but lack of confidence can be.

**Lists of Things you Dislike:** If your profile is full of claims like, "I hate liars, I hate cheaters and I hate smokers," you will be turning off most potential dates. It's objectively normal to dislike liars, but a list of everything you dislike seems pessimistic, grumpy, and off-putting. No one will be overly interested in a Debbie Downer. If you're allergic to smoking that's one thing, but a profile full of "hates" won't make you seem like much fun.

**Related Link:** [Love Advice: What Makes A Great Online Dating Profile](#)

**Pick Your Profile Pic Wisely:** Be honest in selecting your profile pic. It will only backfire if you choose an image that's 10+ years old, that is blurred or doesn't represent the true you. It's ok to do a little photoshopping or add a filter, but don't go crazy. The last thing you need is someone showing up and announcing you don't look anything like your profile pic. Sites like OK Cupid have posted helpful info on what makes for a good profile picture, so use this data to help you improve.

**Weed Out Bad Apples:** Before becoming emotionally invested in an online relationship, and definitely before meeting someone in person, perform an online background check through a service like [BeenVerified](#) on your date to make sure they are who they say they are. You'll be looking for basic information such as marital status and location, as well as arrests records, history of domestic abuse, gun permits, and more. This is an important step in protecting your safety and well-being.

So now that you've cleared out your spring profile of over-the-top edits, spelling and grammar errors, and negativity, start anew. May your gleaming, fresh profile give you the strength to persevere. May the odds be ever in your favor.

*Justin Lavelle is the Communications Director for BeenVerified. He regularly writes about topics related to online dating and romance scams for the company's blog. The company's mission is to help people discover, understand and use public data in their everyday lives so you can confirm whether your online date is a love match or a scam artist. With millions of app downloads and millions of monthly visitors, BeenVerified is a leading source of online background checks and contact information and allows individuals to find more information about people, phone*

*numbers, email addresses and property records.*

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# Relationship Advice: “Don’t You Dare Valentine Me”

By Mario P. Cloutier and Diane Sawaya Cloutier

We were at an airport recently, waiting in the gate area for our flight to board when an incident inspiring [relationship advice](#) presented itself to us. Sitting close by was a middle-aged woman who was literally unloading her romantic life frustrations on a lady, whom we hoped, was a friend of hers. She kept lining up one anecdote behind another about how insensitive her boyfriend was to her. With no apparent shame, (she was so loud that we wished she could have been the gate attendant giving us the flight status information) she carried on describing how “her guy” seemed to get a kick out of giving her stupid gifts and cards on special occasions. She said, “For my last birthday, he gave me a card that said, ‘Old age has its benefits. You can now have all your meals in a cup to go.’ and the accompanying present was a plastic cup with a straw and a set of fake dentures.”

**And just as we both thought we had heard everything there was to hear, the poor woman dropped the bomb on us. She said, “Now with Valentine’s**

**day just around the corner, I soooo much hope he will spoil me with something decent, you know... Something that will show how much he loves me. I just want to feel loved!”**

We exchanged looks for a moment, probably debating for a flip of a second if one of us should jump in the conversation, when all of a sudden we were gracefully saved by the bell. Our group had been called and it was time to board.

Of course a lot could be said about that story and the lady in particular. But in spite of it all, what it really triggered and reminded us, was how much importance many people tend to put on Valentine's Day, and how they literally place it on a pedestal. For several, it doesn't matter how dysfunctional the relationship may be the rest of the year, as long as when February 14th comes along, “I get spoiled and the whole wide world gets to see HOW MUCH I AM LOOOOOVED!”

## **Relationship Coaches Share Relationship Advice on Valentine's Day**

### **Here's the 1st part of the whole Valentine deal:**

There is nothing wrong with having one or more calendar dates that remind you when it all began or how blessed you are to have each other. In fact, that's what it boils down to – individuality and specificity. It's something that shouts loud and clear that this relationship of yours is special, and, it is your own. It's not Cupid's ...

Love is not about conformity. Love is individual and specific.

### **Here's the 2nd part of the whole Valentine deal:**

If you've not shown me in the past 364 days, through your day-to-day small attentions, talks, gestures and overall affectionate behaviour that you love me and cherish our relationship; or if we've just started going out and your only smart and funny way to show me your love is with some sort of boneheaded gift or card, I'm telling you right now...

"DON'T YOU DARE VALENTINE ME!"

*Authors, relationship coaches and [HuffingtonPost](#) contributors Diane and Mario Cloutier found each other in 1998 after they both had experienced unfulfilling relationships. Their new book, [Re Lovenship™ – Look Within to Love Again!](#) (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find "the one." Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's Re Lovenship™ book and seminars. For booking inquiries or to learn more about the authors, go to [ReLovenship.com](#).*

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## Relationship Advice: What Makes a Marriage Strong?

By Dr. Jane Greer

Actor Hugh Jackman's marriage to Deborra-Lee Furness has stood the test of time. He recently appeared on *The Ellen DeGeneres Show*, where he spoke fondly of his wife saying, "it gets better and better" with time. This [celebrity couple](#) has been together for more than 20 years, and are a perfect example of

a couple making marriage succeed. It's heartening to hear, especially in Hollywood where there are a lot of exit opportunities as well as added stressors that can tax any relationship. So what's the secret (or [relationship advice!](#)), for them and for anyone who manages to have a marriage with mileage?

**How do two people love and respect each other, learn to work through conflicts and problems, and maintain intimacy, attraction, and desire for the long run? The bottom line is, how do you make it strong so that it lasts? Check out this [relationship advice](#).**

### **Appreciation.**

Many things go into keeping two people together for the long haul, but there are four core ingredients that stand out to me as important in keeping that union humming. The first is appreciation. I can't stress its power enough. Being grateful and recognizing the things your partner does for you, and the TLC they give you, can go a long way. Without realizing it, you can get used to all that and, as it becomes part of your average day, you might stop noticing it and even take it for granted. But you want to start taking the opportunity to show your spouse that the things they do for you mean a lot. It is a real chance to build and strengthen those fibers that go into constructing the fabric of your connection. Oftentimes in my office I hear one partner express how angry they are about the things the other partner doesn't do. However, when I help

them change their expectations to see who their partner really is instead of who they want them to be, it allows them to stop seeing their spouse coming up short and instead to see them as tall, looking up to them for the support they do show. It enables them to feel lucky that their partner is there for them by focusing on what they do rather than what they don't do. It makes all the difference.

### **Consideration.**

Another important ingredient is consideration. It isn't that you always have to agree with your partner, or do just what they say, but to let them know that they are important to you and are being considered when you're deciding to do something. If you're planning to go out with your friends on Friday night, check in and make sure it works for your spouse instead of just telling them. That way they will feel considered and probably tell you to have a good time. If you simply announce what you are doing they are likely to feel abandoned and might become angry. The goal is to avoid resentment building because it then turns into bricks that will make you feel divided, keeping you apart rather than feeling on the same team. By considering each other's needs, and knowing you are each part of the equation when it comes to making plans and choices, you at least leave room for both of you to voice your preferences before making the final decision.

### **Acknowledgement.**

The third key factor in a successful marriage is being able to acknowledge the other person. I can't tell you how often I sit in my office hearing one person complain that when they talk to their partner at home the other person doesn't answer them, doesn't look up from their computer, doesn't look at them directly, so basically they feel ignored. Consequently, the first person winds up either repeating themselves because they haven't felt heard, or asking in an annoyed tone, "did you hear me?" It's really important to pay attention and convey to

your partner that you are listening when they talk to you. A simply okay, fine, I get it, I hear you, that works, any verbal acknowledgement as well as looking at them goes a long way. Even if you disagree with what they are saying, you can reply, “well, I don’t necessarily agree, but I do hear what you’re saying, and we can talk about it at another time.” This will prevent one person from feeling ignored and neglected, and the other person from feeling nagged and badgered by their partner’s saying the same thing over and over.

## **Laughter.**

Finally, laughter. It seems so obvious and simple, but it has such tremendous healing power. It takes effort to keep up with all the communication, appreciation and everything else in your daily lives, and all that work needs an antidote – which is laughing together because it creates instant intimacy. Developing a Morse code with a shared joke or funny expression is a default button that can diffuse the heat of any argument, and give you a chance to let it go and clear the resentment rather than letting it turn into a big deal. When you’re married you learn you have to pick and choose your battles, otherwise there are so many things to go to the mat over, and you need a tool that says this is not that important, let’s laugh it off. You can then revisit the more important issues later to address them in a serious matter.

If you are able to keep these four very potent techniques in mind and you begin to use them regularly, you’re likely to find that you and your partner start to feel happier with each other.

The key to a positive marriage is to feel that your spouse has your back and is looking out for you, and they know that you always have theirs as well. It certainly seems that Hugh and Deborra-Lee have their secret to making their marriage strong.

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# Relationship Advice: Understand What You Don't Want

By Venus Rouhani

If we are truly going to know and, eventually, accept ourselves for who we are, it's crucial for us to have clarity not only on what we value, like, and enjoy, but also on what we don't—and ask ourselves why. Probing our dislikes helps us discover what are our deepest values. This is essential because self-awareness and self-acceptance are key parts of the foundation of all successful relationships. In an interview with *Entertainment Tonight*, Will Smith was asked how he and his wife, Jada Pinkett Smith had managed to have a successful 20 year marriage. His [relationship advice](#) was, “If there is a secret I would say it's that we never went into working in our relationship” ... “We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously.”

**Relationship Advice: Your self-knowledge deepens when you recognize what you do not want and helps you realize what you do want and need in a long-term**

# relationship.

## **Improve Self-Awareness**

Through this process, as you keep learning more about yourself, your self-awareness also increases. Without this self-awareness and admitting to yourself who you really are, you'll keep chasing relationships with partners with aspects of their personalities that, in fact, you do not want.

You may not be willing to admit to yourself what you don't want for the fear of what that reveals about you. If instead of being honest with yourself you pretend, then you and your partner are going to pay the price in the long run and find yourselves in an unhappy relationship. You cannot hide your true self from your partner forever, so it is best to never start.

## **Create A No-No List**

For example, your list of wants might include a desire for a supportive, funny, and good-looking partner. But, those qualities do not particularly tell you much about your personality. However, when you make a list of the traits you don't want and cannot tolerate in a partner, such as being needy, controlling, stingy, sexist, or egotistical, and then elaborating further on those traits you get much closer to revealing your true self. The same handsome, funny, and supportive person could also be needy, a know-it-all, controlling, or so on. If any of these personality characteristics are among your deal-breakers, your relationship with this person will end up being joyless and unfulfilling. By having carefully defined your deal-breakers, or what I call your No-No List, you can eliminate those people with whom a relationship with will cause heartbreaks and unhappiness in the long run.

## A “No” Reveals A Lot About You

When you state that you don't want someone who is needy or who doesn't trust you, that reveal that you value independence and individuality and hate to be on a “short leash.” You may want to be there for someone, but you don't want to be the one person your partner relies on to do it all. It can also say that you want a relationship in which both of you express your individuality and both of you are capable of taking care of your own selves.

## Embrace Labels

Also, be aware that a trait that one person might think is your most shallow quality, another person might believe as simply practical. While one person may believe the things you don't want make you flakey, another person might see you as a free spirit. Don't be afraid of labels. The purpose of creating a list of the things you do not want is not to judge you or to blame you.

*Venus Rouhani is a renowned psychotherapist and author whose approach to relationship counseling emphasizes the importance of using the rational mind to guide the desires of the heart. Specializing in pre-relationship, pre-marital, couples, and family counseling, Venus encourages those looking for love to develop a deep understanding of their non-negotiables as a foundation for lasting relationships. To learn more about her new book, The No-No List, how to spot Mr. Wrong so You Can Find Mr. Right, please go to [www.VenusRouhani.com](http://www.VenusRouhani.com).*

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# Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships

By Steven DeSalvo

When we are our true, authentic selves in a new relationship, we begin it with honesty about who we are and what we desire. It gives the partnership a solid foundation from which it can grow into a long-term friendship or potential romantic adventure. When we are not our authentic selves, the relationship starts on uncertain ground. Despite good intentions, over the long run, it can create bigger problems.

**Here are five pieces of [relationship advice](#) to help you put forth your authentic self:**

**1. State clearly what you need:** You can't go into a relationship saying "yes" to everything, or you will end up pleasing your partner at your personal expense. You can say "yes" when it is comfortable, but you must also be willing to say "no." "No" is not always rejection when it comes to articulating desires, needs, and expectations. Both answers can provide your partner with timely feedback so all desires or expectations are known and understood.

**2. Be your authentic self to develop trust:** You want to be liked or loved for who you are, not for who you think a person wants you to be. This can be the hard part because we all want to be liked and find love. To do so, we may go down a path of being someone different just to please another person, but eventually, the truth will come out. You can't fake it 'til

you make it!

**Related Link:** [Love Advice For a Stronger Long-Term Relationship](#)

**3. It takes energy to be someone else:** Being yourself is the most comfortable and easy state of being and it is actually more attractive to people than being someone you are not. It also makes the time you spend with someone more authentic. The fact is, if you act in a different way just to please someone, you'll eventually tire of the façade and revert back to being yourself somewhere down the road anyway. It takes too much energy to be someone else. So, why not start as yourself from the very beginning?

**4. Over-giving eventually exhausts you and your resources:** When we give too much of our time, energy, or other personal resources in a relationship without getting anything in return, we will eventually feel exhausted or put out. Giving what you feel comfortable giving – versus over-giving to please someone – is the most optimum. Over time, there must be a reciprocal give and take in your relationship for both parties to feel satisfied.

**Related Link:** [Top 5 People Tools for Relationships and Love](#)

**5. Articulate your feelings clearly:** This is important in all stages of relationships, as our true feelings should be known and shared. New relationships need reassuring signals along the way to show that there is enough interest to continue. In longer partnerships, we have to continually be true to ourselves and express our feelings on an ongoing basis to show how we love, care for, and value our significant other.

As these five pieces of relationship advice show, being anything other than our true selves builds a relationship on the shaky ground of untruth and uncertainty. When we show up as our authentic selves, we set a relationship in motion from a foundation of honesty and respect that endears us to others

and deepens our connections.

*Steven DeSalvo is an author of the book [Relationship Dynamics](#), which looks at how we develop deeper and healthier connections that will fulfill our desire for lasting and meaningful relationships. Connect with Steven on Twitter at [@BecomeAdult](#) or visit [www.BecomeAnAdult.com](http://www.BecomeAnAdult.com).*

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# Relationship Advice: Are You Ready For Storybook Love?

By Elaine Taylor

A couple of decades ago, my dog was sprawled out snoring on the sofa, belly on a pile of unfolded laundry, tail stuck in an empty Ben & Jerry's tub. I was slouched beside her stroking her hindquarters, glumly ticking through the carcasses (figurative, not literal) that made up my dispiriting trail of my relationship roadkill. I had recently completed a reverse sprint down the aisle (not my first) with Peggy Lee's, "Is That All There Is?" echoing through my disenchanted heart.

**Was I ever going to find a true love who didn't walk on four legs and woof for his breakfast? Here's what I found in the way of [relationship advice](#).**

Desperate for an answer, I took a jaunt into California woo-

woo: went to see Allie B, astrologer/psychic. She closed her eyes, did that deep-breathing, blahblahblah chart-reading thing and assured me I was destined for the kind of love about which stories are written.

“But,” she said, “not until you’re ready.”

**Related Link:** [Relationship Advice On Finding True Love](#)

Ready? My mani-pedi was fresh enough you could still smell the polish; I’d had a Brazilian so recently you could ... well, I’ll let you come up with your own image. My roots had been darkened, my highlights brightened. How much more ready could one woman be?

“What the heck am I doing wrong?” I whined.

“Guess what, chickie-poo. Wrong question. Try asking, ‘Why do I keep doing it wrong?’”

“OK, why?”

“I’m a psychic, not a mind reader. Go sort it out with your therapist.”

Seriously? Ugh.

**Related Link:** [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

With teeth-grinding resistance, I trudged off to sit on Julia’s couch and ask my why question. She countered with, “Do you love yourself?”

Uh oh ... Strong stench of psychobabble. I tapped my finger on my bottom lip. “Hmmm. Do I love myself?” Was I supposed to? The concept alone made me squirm.

So I yuck-yucked and went with a wise-ass, “Oh, you mean self-love. Like they do in porn films. Kinda personal, don’t ya’ think?”

Julia gave me that undeterred shrink stare. I knew she could outwait me; and I definitely did not want to go where she seemed to be trying to lead. So I canned therapy and took another run at California woo-woo.

**Allie B said, "You want storybook love? Start with these three things."**

**1. Understand that emotions are an all-or-nothing deal:** "You want the light, happy ones—like true love and contentment—you have to embrace the heavy, ugly ones. Heartbreak. Fear. Jealousy. Shame—the whole shtick."

**2. Examine, from a different perspective, the stories you've always told yourself about the people who did serious damage to your little-girl psyche.** "Those adults with all their human flaws? Their little-kid psyche was wounded, too, by someone who was supposed to love and protect them."

**3. Knock down that barricade you built around you heart:** "Confront the abandonment and betrayal and loneliness of your redneck-Texas, girls-aren't-worth-a-damn childhood." (*Oh brother, not that cliché childhood thing, again.*) "Unless you do all that," she said, "you won't be able to forgive. If you can't forgive, you'll never heal the wounds of the past. Until you heal the wounds the past, Prince Charming ain't GPS-ing you."

I argued, I fretted, I weaseled. But a few months later, my devoted four-legged love was diagnosed with cancer and soon after departed my world. Heartbreak, fear and loneliness crashed my heart defenses. I was on my emotional knees. I crawled back to Julia's couch and began to clean out the hurts and betrayals of the past. Both those done to, and by, me.

**Over a years-long process I discovered three critical truths:**

**1. It is not possible to find long-lasting, deeply satisfying love until you believe yourself worthy of it.** (Yes indeed, I

had to learn self-love.)

**2. As a woman clawing her way in a man's world, I defined "emotional strength" as all sharp-edges and impenetrable boundaries.** I had to relearn that tenderness and vulnerability are the DNA of true emotional strength. When the time came, I used that strength to love Jake, a Ferrari-driving doctor who had once broken my heart. A man who, then on his deathbed, desperately needed to receive love, even as he could not return it.

**3. I accepted and found peace with the fact that Allie B might be wrong. I might never have that storybook life hiding in her crystal ball.** So what would I do with all the love my newly opened heart yearned to give? I stopped focusing on what I did not have . . . and sought a way to offer compassion and caring to those who needed it most. I began to volunteer at a homeless shelter for families—the kind of place that, but for the grace of God, I could have landed in my early, below-the-poverty-line, single-parent years.

As for that long-lasting, deeply satisfying storybook love? The psychic foresaw that it would come via a "karmic pact" between me and Jake, that dying man whose hands I cradled as he breathed his last breath.

Two years after his death Allie B said, "I was channeling Jake. He's sending someone who will love you for the rest of your life. Someone who will love you the way you deserve to be loved."

Ten days later I was introduced to a man whom I never would have met had I not reopened my heart to Jake. This year we celebrate our fifteenth Valentine's Day together.

Thankfully, I was ready for love—I was ready for him ... when he found me.

*Elaine Taylor is the author of **KARMA, DECEPTION and a Pair of***

*Red FERRARIS: A Memoir.* She is a former IT headhunter and Contingent Workforce Management consultant. She served on the Board of Raphael House in San Francisco. She can be found at [www.KarmaDeception.com](http://www.KarmaDeception.com).

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# Relationship Advice: Love the Second Time Around

By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

## How do you know when an old loved has the potential to come back to

# life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

**Related Link:** [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

**Related Link:** [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there

is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

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## Relationship Advice: 5 Ways to Unpack Relationship Baggage

By Donna Arp Weitzman

It's virtually impossible to enter any new relationship without hauling in some personal baggage. We all have our histories—children from a former marriage, ex-spouses, ex-partners, or ex-in-laws. Your new special someone comes with emotional luggage. We all do. Even [celebrity couples](#) like Jada Pinkett-Smith and Will Smith have been there. So have Kate Capshaw, Steven Spielberg, Demi Moore, Bruce Willis, Catherine

Zeta-Jones ... the list goes on. Each of them ventured into the world of new coupledness with a hearty amount of histories on their shoulders.

## Here are 5 pieces of [relationship advice](#) to help you change your outlook, and unpack relationship baggage:

**1. First of all: Do you want to carry his bags?:** If you peer into the future and see nothing but problematic suitcases standing between you and your partner, it's time to figure out what you're going to do about it. If he's not worth the luggage, move on. But if you think he's got what it takes, get ready.

**Related Link:** [Will Smith and Jada Pinkett Smith Discuss How They Make Their Relationship Work](#)

**2. Don't view the past as a burden:** If you truly care about your partner and want to make things work long-term, don't run from the past. Welcome it. You can't shift into the future if you're stuck in the past.

**3. Remember: You have baggage, too:** Even if you don't have an ex-spouse or children from a former relationship, you aren't perfect. In an ideal world, we would meet our soul mates, fall in love, and live happily ever after. Life unscathed. But that's not how it works. There's nothing wrong with looking at someone else's luggage—just be sure to check yours, too.

**Related Link:** [Will Smith Says Family Is All About Love and Communication](#)

**4. "Divorced" doesn't mean "damaged":** Unless you're in your 20's, you can hardly throw an engagement ring without hitting

a divorced guy. But just because he's divorced doesn't mean he's damaged. Think about it. He's been divorced, which means he's been married, which means he understands what it means to commit, and what it takes to make a marriage work. (I know what you're thinking: If he knows how to make a marriage work, how come he isn't married anymore? But keep this in mind—one way to find out what works is to know what doesn't.)

**5. Don't be afraid of kids:** They aren't that scary, I promise. Yes, I know that kids come with that aforementioned ex-spouse, which means they come with a mother, which means you have to be compete. But here's the catch: You don't have to compete. They already have a mom. If your partner is worthy of serious commitment, you can't view his kids as "add-ons." They're essentials. One great thing about dating a dad is they understand and appreciate what it means to put others before yourself. If your catch is also a great father, that tells you volumes about his character.

*Donna Arp Weitzman is a wife, mother, and businesswoman who enjoys writing and a good pair of Manolo Blahniks. Donna earned her BSE and MSE in Counseling from Midwestern State University and completed the Harvard Business School OPM Management Program. Weitzman has served as a mayor and leader in local city government and continues to serve the greater Dallas community in a variety of civic and cultural roles. However, it's the lessons she has learned in the school of life that she most wants to share with others. Cinderella Has Cellulite is Weitzman's first book and has been adapted into a screenplay, which is currently being optioned for a major cable TV series. Her writing has previously been published as a columnist for The News and Times, Tri-Cities, and she's recently been interviewed on Good Morning Texas and KDFW. As a frequent public speaker, she enjoys making others laugh and opening their eyes to a new perspective on some of life's most challenging experiences.*

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# Dating Advice: Don't Be Afraid to Sparkle During the Holidays—Even If You are Single

By Cathy Maxwell

No one special in your life? The holidays can be tough for single celebrities and non-celebrities alike. Many activities around this time can intensify whatever doubts we are feeling about ourselves or our relationship status, if we let them. The main piece of [dating advice](#) is to enjoy all the fun of gatherings without the angst of being the odd man out. Or worse, wallowing in pity for being alone.

**So, how do we do that? First, I believe in grabbing hold of life with both hands. I not only survive the holidays, but thrive by putting into practice three sparkling principles:**

**Love is a word of action.**

I love. Feel the power? The statement breathes. It speaks of me: I love ideas. I love community. I love men with glasses. I love being at the gym. I love to read. The list of my passions goes on and on. When I focus on what makes me feel alive, I

get out of my own head and begin to enjoy what is happening around me. Who cares if there is an odd number at the table and I'm the one responsible? Let's talk about books, movies, tidbits from the news. Better yet, let me love my friends for who they are. Let me demonstrate my care for them by being interested in their lives, instead of mooning over what mine lacks.

**Related Link:** [Top 10 Sexy, Successful and Single Celebrity Women Over 40](#)

### **Always be ready to participate.**

Yes, this goes for introverts as well. Just because I don't have a date doesn't mean I shouldn't spend some money on myself for fun holiday polish and bling. Indulging is what this happy time of the year is about. Winter is coming; shine now! And life should never be lived waiting for some mythical someone to come along. Or feel I must shoehorn myself into a relationship to fit in with social groups. Yes, I understand shyness. Without a partner, it would be easier to stay home . . . but the cost is high. We were meant to live fully and completely. Decorate where you live. Act as if the holidays have meaning. Take part in the traditions. When you are invited out by friends and family, don't say no automatically. Remember, you are special exactly the way you are, and don't be afraid to flaunt it. There's power in being able to come and go as you please. Use it.

**Related Link:** [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

### **Create the party.**

I adore dinner parties. When I found myself single, I refused to be cut out. I invited the most interesting people I know to my place and I sit at the head of the table. If I want to go to the movies, I put out the word. If I want to carol or go dancing or hiking, I'm happy to organize. Plus there are groups I can join and form new friendships around these

activities. When I found myself single, I let people know I wanted to be included by reaching out first. There is more to me than the man in my life. Yes, it is a couple-ly universe, but true friends value my presence.

After all, life is meant to be celebrated and I don't want to miss a second of it.

*Cathy Maxwell believes Love is so important, she devotes her writing to it. She is the USA Today and New York Times best-selling author of over thirty historical romances. Click here to order her latest novel, The Match of the Century. Fans can contact Cathy at [www.cathymaxwell.com](http://www.cathymaxwell.com).*