

Valentine's Day Outfit Ideas: Sophisticated



By Sarah Thaman

Excited about an upcoming Valentine's Day date? Even if you're going out with your husband or long time bf, it's a great excuse to shake things up and go out for a night on the town. Lost on what to wear? Never fear! I'm here with different looks that are sure to please you and your man. Here's the final of the three looks:

This Valentine's Day look is great if you're meeting up with your date after a long work day. Switch out your shoes for a flash of metallic and a big cocktail ring to jazz it up. Keep your makeup minimal and freshen it up with a highlighter to give your face a subtle glow. When swiped down the bridge of

the nose, the Cupid's bow, and near the temples, highlighter gives your face a gorgeous, fresh look. The pop of seafoam green in the fold-over clutch adds a surprising and polished detail. Again, keeping with the "fresh" and sophisticated look.

Enjoy a romantic night out looking fabulous! For more Valentine's Day inspiration visit this Gal's Guide to Valentine's Day at handbagheaven.com!

While Sarah Thaman may not be a professional stylist, she prides herself on choosing fashion that looks polished and classic, and she's always helping friends choose their date outfits. Although she's a writer for Handbag Heaven by day, outside of work she takes joy in being a matchmaker, a newlywed, and a momma to her precious puppy, Luna.

Valentine's Day Love Advice: Does Your Relationship Add Up?





By Donetta Huffman

Finding out if you and your sweetheart are meant to be is sometimes a gut feeling, judged by your relationship's strengths and flaws. However, many couples (more often women) seek clarity by visiting psychics and astrologers. Whether for fun or to validate some serious decision-making about the fate of a relationship, these 'supernatural' predicting methods are a trend for young women looking for advice. If you're a numbers gal, numerology may be the thing that you crave.

Numerology is the study of the symbolism of numbers to determine a couple's life path, destiny, soul and overall compatibility. It can lead you to some interesting romance facts. You may have heard about numerology, but thought it was a complicated mathematical process that was difficult to master. Don't worry; it's not like those hard to memorize, crazy x-y equations that made your palms sweat and gave your stomach butterflies while taking high school algebra tests. It's much simpler and can be easier applied and utilized in your everyday life. The

math is fairly simple. Here's what you do:

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

First, take the birthday of your boyfriend, husband, fling or love crush and add the numbers together one-by-one. For example, Justin Timberlake was born on: 1-31-1981. So add $1+3+1+1+9+8+1$. The sum that you get should be double digits. In this example we get the number 24. Now add those two numbers together to get the single digit Life Path for that person. In this case, Justin's Life Path number is $2+4=6$. This number has a meaning that numerology specialists use to decode relationships.

Take a look at these three celebrity couples below to see if numerology ranks true for these Hollywood Sweethearts:

Justin Timberlake and Jessica Biel

These two have very compatible numbers, Justin is a 6 and Jessica an 8. Both are goal-oriented and do not shy away from responsibilities. These two may pursue their goals in different ways, but as long as they play off of each other's strengths, their relationship has a chance to last. In addition, Jessica has an 8 Soul and Personality and Justin has an 8 Destiny, so the couple feels like they understand one another on a deeper level. Jessica feels protected by Justin, with his nurturing 6 Life Path. They actually share numbers with an actress who eventually became a princess. Grace Kelly transformed into Princess Grace when she left Hollywood and married Prince Rainier of Monaco in 1956. This is still known as one of the greatest [love stories](#) of all time.

Related: [Justin Timberlake and Jessica Biel Show PDA at Dinner Party](#)

LeAnn Rimes and Eddie Cibrian

This couple got off to a somewhat rocky start, as they were

both married to other people when they met. LeAnn is a Life Path 2 and Eddie is a Life Path 6. Considered one of the most loving unions, this is a romantic combination, as both numbers [love](#) easily, without holding back. Neither number is afraid to show their true feelings. Also, with LeAnn's 2 Life Path, she sees herself in Eddie's 2 Personality. His 6 Life Path recognizes her 9 Soul, thus having a deep artistic connection. LeAnn and Eddie are in great company when it comes to lasting relationships. With the same number combinations, Hollywood icon Bob Hope and his wife Delores were married for 69 years, while Kelly Ripa and Mark Consuelos have it all – three lovely children and very busy, successful careers.

Brad Pitt and Angelina Jolie

Somewhat of a curious combination of numbers, with Angelina's 5 Life Path and Brad's 4 Life Path. This can sometimes be a challenging combination, as 4's usually like routine, whereas 5's love change and the unexpected, but that is where the initial attraction might have started. They are so different, but could have found admiration in these qualities. Angelina not only has a 6 Soul, but also a 6 Destiny – it is no wonder she keeps having and adopting children. 6's are the maternal, paternal number. When she met Brad, she saw this in Brad's 6 Personality. The qualities they show to the world are that of loving parents. With Angelina's adventurous Life Path 5, life with her promises never to be boring!

Originating from the most well-known Greek mathematical thinker, Pythagoras, Numerology predates Tarot, and is quickly becoming the biggest craze in self help. Semi-Circle Numerology cards can give people the ability to feel powerful in the realization that they have been sent here for a purpose and given many tools to accomplish life's mission.

For more information on Donetta Huffman and Numerology or to purchase one of her many services, visit

Valentine's Day Advice: Indulge In Simple Pleasures



By Renee Lee

It doesn't matter if you live life in the fast lane, with family in the suburbs, or somewhere in between, Valentine's Day is a time to take a moment to appreciate yourself and those we love. My rule of thumb is to remove all pressures associated with the holiday and instead indulge in life's simple pleasures. Because I am a Matchmaker here in NYC, I've

ended up working in a very celebrity focused market. Therefore, let's take a look at recent heart break and hookups as examples on how to make Valentine's Day that much sweeter.

Treat yourself to chocolates

Going through a Demi Moore style break up is awful! The dread of Valentines Day looming ahead can feel more excruciating than the idea of an all day screening of *The Notebook*. But the key thing to remember is the Diva you are within. Forget the "I am no one, until someone loves me" stigma, and instead take a moment to be kind and celebrate the most awesome love of all – the love for yourself! Why be upset you didn't end up with some sad drugstore chocolate, when you truly deserve something as sophisticated as Frangelico Truffles? These truffles, created by my favorite sweet liqueur, are the perfect simple pleasure when it comes to treating yourself. Plus, once you realize your worth in chocolates, you will never again accept a boy to do a man's job.

Bring back the first meal you had together

For couples like Justin Timberlake and Jessica Biel who have been through the break-ups, shake ups, and make ups, why not take a moment to celebrate the joys of what brought you to the strong place you are in now? A great way to go back to the simple pleasures for dinner is to cook the first meal you ever made together. For a gift highlighting your life together, create a photo book of your life so far, with the last page saying "to be continued..."

Predict your own future

This will be the first Valentine's Day that Justin Theroux and Jennifer Aniston spend together, so why not get a little frisky? Jennifer is probably over tabloids predicting her future, and perhaps your family and friends do the same thing

to you. This time it's your turn. Create her own future with some custom fortune cookies. Nothing will be more of a surprise than an after dinner dessert that holds sexy hints to your next move for the evening.

Dedicate and decorate cupcakes

It's Heidi Klum's first Valentine's Day with just the kids and no Seal, so a great idea is to make cupcakes with a heart.

Put all the family members names in a hat, and have each person grab one or two. For the person you selected, you will decorate a cupcake as a dedication to them. No matter if it's for an ex-husband, best friend, book smart cousin or meddling sister, it's a creative way to remember those who make your life sweeter.

So this year, take a minute, de-stress and think about those simple pleasures that make life sweet; whether it's a Frangelico truffle, time with your children or something as easy and nice as a meal and a great book.

Renee Lee is a Matchmaker in NYC and has a Master's Degree in Counseling from New York University's Department of Applied Psychology. She's been featured in publications such as OK! Weekly, In-Touch Weekly, People Magazine, and The New York Daily News, and also hosts her own radio show "Your Dating Truth with Renee Lee."

Valentine's Day Outfit Ideas: Sweet



By Sarah Thaman

Excited about an upcoming Valentine's Day date? Even if you're going out with your husband or long time bf, it's a great excuse to shake things up and go out for a night on the town. Lost on what to wear? Never fear! I'm here with three different looks that are sure to please you and your man. Here's the second installment:

If the sophisticated and sexy styles aren't really you, go for a sweet look with pinks and reds! After all, it is Valentine's Day. Take a cue from the holiday's signature colors and pull together a feminine ensemble. Don't worry, this "sweet" look won't be too candy hearts and lollipops. This dress hits on the color-block trend and the sheer fabric makes this look extra flirty. A red wedge offsets the outfit, and the quilted handbag makes for a great shoulder bag. Use a light pink makeup palette to keep your face soft and pretty.

Enjoy a romantic night out looking fabulous! For more Valentine's Day inspiration visit Handbag Heaven's Gal's Guide to Valentine's Day!

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Valentine's Day Outfit Ideas: Sexy





By Sarah Thaman

Excited about an upcoming Valentine's Day date? Even if you're going out with your husband or long time bf, it's a great excuse to shake things up and go out for a night on the town. Lost on what to wear? Never fear! I'm here with three different looks that are sure to please you and your man. Here's the first one:

Go for an understated, sexy look this Valentine's Day. Instead of baring it all, choose a dress with a fair amount of coverage, and just the right amount of skin. This one-shoulder body con dress is sure to do the trick. Plus, it's navy, which happens to be the new black. Keep accessories nude and minimal to bring the focus to your face. A nude lip and smokey eye would pair beautifully with this look, and so would a low messy bun. The clutch purse with a large buckle is a great match for this look! Be fierce and fabulous in this sexy look.

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Valentine's Day Advice: How Successful Women Can Ditch Dating Duds





By Jane Atkinson

A few weeks ago, on the new hit show *Whitney*, one of the characters was freezing her eggs in order to delay finding a partner and having children. Is this a sign of the times?

Both women and men are waiting longer and longer to get married for the first time, according to the Census Bureau, and fewer women are having babies before their 40th birthdays, the Centers for Disease Control reports. Interestingly, more and more women are having babies well into their 40s. Could it be that it has become more difficult for couples to connect romantically?

Related: [Romance Resolutions for 2012](#)

“Women are likely to be more independent and professionally successful than they were a generation or two ago, and that’s wonderful, but it can come with baggage,” says Jane Atkinson, author of *The Frog Whisperer: A Three-Step Approach to Finding Lasting Love*. “We’re less likely to think about the energy we’re putting out to others, particularly the opposite sex,

and that energy has a lot to do with how people react to us.”

The thing is, finding Mr. or Ms. Right requires taking your eyes off of work and focusing on yourself more. What can you do to become the person *you* would want to date? Atkinson offers some tips for finding “the one.”

Related: [Fishing for Mr. Right – Types of Guys to Throw Back](#)

Figure out what you’re looking for: Have you thought hard about what kind of person you’re looking for? One trick is to visualize your perfect day. Are you at the beach? Traveling? Is the man with you quiet or chatty? Is the woman serious or funny? Does he want children? Does she go to church? This will help you identify the characteristics and values of your Mr. or Ms. Right so you can recognize them when he or she comes along.

Get happy in your own head: Once again, it’s all about attraction. Putting out positive, confident energy will attract the same. Besides, it’s never a good idea to rely on other people to make us happy. If you need to recover from old hurts, lose weight or find a job, take care of that business first.

Think you’re ready? Test yourself with this quick quiz.

1. Are you happy with yourself? (Or are you miserable because you’ve put on 50 pounds since your divorce?)
2. Are you looking for someone to rescue you or take care of you? (If you answer “yes” to this one, you may not be ready.)
3. Is there room in your life for a relationship? (Or do you have three kids and work a 60-hour week?)
4. Has enough time passed since your last relationship? (Or are you still wounded?)

Now, get yourself fabulous. Rather than, “Why can’t I find a good man?” ask yourself, “Who do I need to become to attract the man (or woman) who is perfect for me?” It’s not about

changing you; it's about being your best you. Part of that is your mojo – your self-esteem. If your mojo is slipping, you'll attract control freaks, players and jerks. Pump it up with a makeover, a workout, a sincere inventory of your attributes.

Get out there! Put on your sexy jeans get yourself out the door. Where to start looking? If you enjoy working with your hands, volunteer for a Habitat for Humanity project. If you've always wanted to learn Italian, take a class. If you love to do yoga, check out a new studio (ladies, you'll find a surprising number of guys there.) Perhaps you find a new church or take a class on Buddhism. The list of meeting spots for singles is a long one: bookstores, dance clubs, supper clubs, book clubs, gyms, golf courses, rowing clubs, dog parks.

Atkinson's tips come from real-life experience. At 40, she realized she'd been [kissing](#) a lot of frogs and found not one prince. She applied the model she developed for her business, tweaked it and came up with "The Frog Whisperer" – *and* a prince of a husband.

Although it was never in her playbook to have children, when she got married, she became an instant stepmom and grandmother (G-Ma) to now 4-year-old Jayden. Looking back, she realizes it sure beat freezing eggs and starting down the difficult road to conception in mid-life!

Jane Atkinson is the author of The Frog Whisperer and The Frog Whisperer Journal as well as a Positive Practice audio CD to help women (and men) get mentally ready for meeting their perfect mate. She lives in London, Ontario, with her husband of four years, John.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common



By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass—Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who’s ready to replace their chemistry experiments with a winning romantic concoction that lasts:

Related: [Demi Moore Proves There’s Hope After Divorce](#)

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it’s possible with those you’re [dating](#).

Related: [Amy Spencer Talks About ‘Meeting Your Half-Orange’](#)

Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you’re looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism #3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

Charly Emery

Personal Strategist | TV Personality | Author



Heidi Klum and Seal: What Blew Up Their Marriage?

Cupid's Pulse
* Celebrities. Love. Opinions. *



By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

After almost seven years of marriage, Heidi Klum and Seal have

decided to part ways. Many people were surprised by their announcement, since they made such a point of telling the public how truly happy they were. For a time, they even seemed like a model couple, defying the odds with two high-powered careers and balancing that with their home life, which included four children, three together and one from Heidi's previous relationship whom Seal adopted. Now, however, it seems that the separation may have been in the works for sometime as they dealt with something more than their love, success and family: Seal's reported anger issues.

TMZ was the first to report that the pop singer has a "volcanic temper," and that his inability to control his anger has become too much for Heidi to take, in part because it is affecting their children. They may very well have been honest about their love for each other, but dealing with an angry spouse can take a toll on a marriage, even a seemingly strong one.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

The reason couples can go on for so long in this situation is that the outbursts are often self-contained, and when they are over, they are over. Life goes back to normal. That is, until the next one. For a while you learn to live between the explosions in the land mines and focus on the good while you can. However, it eventually comes down to this: in an intimate relationship, everyone ultimately seeks a loving and safe shelter, a place where you can let down your guard and know someone is looking out for you. You want to be able to trust that your partner has your best interests at heart.

When one of the partners has frequent temper tantrums, that feeling of safety is slowly etched away. Over time, you lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time your spouse might blow up. If you aren't in physical harm's way, you are at the very least in emotional harm's way. When your spouse rages, you feel

frightened and upset; you feel that you are being attacked, and often it is hard to understand what is behind that fury. You feel like you are walking on egg shells, afraid that one wrong move can make your partner irascible. That pattern of behavior destroys the foundation of your mutual trust and commitment.

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

Eventually, the question becomes: how long can you live that way? I can only speculate about the havoc Seal's volatility wreaked on he and Heidi's union, but I can tell you what I've learned over the years with my patients. The first thing to do is to put checks and balances in place so that you feel you can gain some control. Wait until the anger has dissipated so you can have a calm conversation. At that time, when things are more peaceful, suggest to your spouse that you put all of his or her complaints into a box, and then you can pull them out one by one and talk about them in a rational way. Even more important, though, would be to talk to your spouse about getting outside help. This can be daunting, but necessary, because without that help you might skip from talking about getting support to learning how to handle conflict in a constructive way to talking instead about getting out of the marriage completely.

It is when your spouse refuses to seek help, or when he or she will get the help, but then flat out refuses to change, that you might reach the point of having to decide to take yourself out of the danger zone, as Heidi has done. All the renewed vows in the world won't fix that, but hopefully, with help, you can.

Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.

Heather Locklear: What Is She Running From?



By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

No matter how talented, beautiful, or rich you are, none of those things are sure antidotes for misery. Heather Locklear is a clear example of this. The Melrose Place actress was rushed to the hospital last week, reportedly because she mixed alcohol with prescription drugs, after her sister found her unconscious. This newest crisis follows years of trouble and heartbreak including two stays in rehab, an arrest for a DUI, two divorces, and her more recent break up with Melrose Place

costar Jack Wagner. With all this in mind, it seems that Locklear's latest episode might be part of her attempt to outrun her unhappiness, but unfortunately she doesn't seem to be getting any traction.

There are many ways people try to escape their sadness. Alcohol is a big one. Illegal and prescription drugs are another way. Sometimes the two are mixed which can lead to dangerous consequences as we saw with Locklear. As a result, the substance abuse becomes the problem that is focused on, but what really needs to be looked at is what got her to the place of needing to use it and what is it that she is unable to deal with.

Related: [Amy Wine House Sadly Joins the 27 Club](#)

Lots of times we see the troubled behaviors – drinking excessively, using prescription drugs, the rehab visits, the DUIs – as the issue when, in fact, they are the person's best effort to bury whatever is torturing them. It is in the core of that sorrow where the real complication that is holding them back from moving forward lies. Instead of focusing on what they are doing to block it out, it can be more helpful to look at what is underneath and when it started.

It is hard to know exactly when Locklear's depression began and what she is working so hard to avoid. With Wagner, it seemed that for a while she was trying to walk down the aisle but, for whatever reason, was unable to get there. Could she be considered a runaway bride even though she had been married before because she may be afraid to remarry after her two failed marriages? I do know that one of the awful things she had to deal with in her past was the betrayal of her second husband Bon Jovi guitarist Richie Sambora when he cheated on her with her best friend Denise Richards. In a situation like that not only are you reeling from the betrayal of your husband but from a best friend as well, leaving you confounded

and wondering who can I trust? Sometimes these emotional assaults take their toll not just when they happen but in the future where they can rage on below the surface. As a therapist I see this every day, people soldiering on in the face of upheaval, be it an unfaithful partner or a broken marriage, and for many the aftermath of that event can become too much to handle. It has leveled their foundation, oftentimes destroying their ability to trust themselves let alone another person. In my book *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about how so many people get on with it, but they don't get over it. They try to leave their pain behind but it is always at their heels. The broken trust becomes too much to bear and often they are left scarred. Consequently it feels almost impossible to trust again. Perhaps this is what is keeping Locklear from making another trip to the altar.

Related: [Keith Urban Says Wife Nicole Kidman Saved His Life](#)

In order to avoid the rollercoaster that Locklear and so many others have been on, it helps to appreciate the blow you sustained and not only give yourself time to get over it, but realize you have to take measures to come to terms with what happened and begin to fix the damage. With support you can do this so you can give yourself room to heal from broken trust.

This means redefining what you base your trust on, and learning what to look for so you can determine if someone is trustworthy. Then you can avoid jumping into a new relationship before you have gotten over your fear that you will get kicked in the teeth again, and feel safe to trust again.

For Locklear it may be that her fears of the past have become her fences of the present. Hopefully she will get the help she needs to be able to tackle the underlying problems, instead of trying to numb what she is feeling, so that perhaps she can finally be able to stop running. Sometimes the best thing to do is to stand still.

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Reduce Stress and Maximize Romance this Winter



By Lindsay Kriger

During the hectic holiday season, it's easy for stress levels to rise, which can sometimes equal the downfall of romance and

intimacy.

To ensure you and your sweetie don't turn sour on each other, here are some of my personal tips for relaxation that you and your partner can practice to help keep you breathing easy this season:

1. Devote a little time to indulging in like-no-one's-watching fun.

Newlyweds Nikki Reed and Paul McDonald are known for loving to hit the dance floor. They've been seen together at many a club cutting a rug. That said, it's time to take their lead and relax with your mate by going out dancing. You'll not only enjoy an intimate evening due to sensual physical contact, you'll also melt away stress and raise your serotonin levels with all that great exercise. And you'll burn lots of calories to boot – by shaking your booties!

2. Share spiked hot cocoa by a fireplace.

If no fireplace is at the ready, light lots and lots of candles. Bring some blankets into the mix. A touch of quiet flame-lit togetherness will soothe your addled nerves, and it's has been known to seriously soften the mood.

Related: [Date Idea – Spend an Intimate Night Inside](#)

3. Get outdoors with your sweetheart.

Take a cue from lovebirds Ryan Gosling and Eva Mendes, who were recently photographed strolling around Paris hand-in-hand. Even if Paris isn't in the cards this winter, getting outside and breathing in some chilly fresh air might be an invigorating and rejuvenating move. Leaving your phone at home, put on your coats, hold hands and walk together – even if it's just around your own neighborhood. It'll enable you to devote time to connecting, talking and truly listening to one another – all of which are essential steps to

strengthening your bond.

Related: [First Date Oufit Ideas – Outdoor Festival](#)

4. If it's too cold to venture outside, stay in and cook together.

Learn how to bake apple pie from scratch. Rolling and punching dough is fantastic stress relief – plus it's kind of sexy. Also, studies have shown vanilla and cinnamon to be some of the ultimate aphrodisiac scents, so be sure to mix lots of these flavors into your recipe.

5. Take a hot bubble bath together.

While you're at this indoor-activity stuff, since the weather is foul, climb in a hot bubbly bath together. Lots of delicious-smelling products and lots of physical intimacy are your ticket to a stress-free night. It's like a free couples' therapy session.

6. Do yoga – and strrrreettttttcccchhh the stress out of your body.

On your own, yoga is great for your mind and body and can really help reduce the anxieties of everyday life. Bringing your partner into the experience is great, too, as it adds in a touch of sensuality. After all, it's always wonderful to have the opportunity to touch and be touched by your partner.

As you each help the other to move your bodies in new ways, it might even give you new ideas for how to move your bodies once you're off that yoga mat. Yep, a few good downward-facing dogs and you may both find yourselves feeling refreshed and energized for romance in no time!

Lindsay Kriger is a New York University grad with a B.A. in Psychology. She has trained with the PAX Mastership and Leadership Program, taught by internationally recognized Relationship Expert Alison Armstrong, and at 22 is the

program's youngest trainee to date.

How to Dignify Your Relationship Daily



By [Donna Hicks, Ph.D.](#)

Why we can so quickly get into an argument with the one we [love](#)? What is it about intimate relationships that leave us all vulnerable to lashing out against the person we care about the most? Does it have something to do with dignity?

One of the common desires we all share as human beings is to be treated well. We all want to be seen, heard, acknowledged

and understood. In short, we want our worth recognized, no matter what kind of relationship we are in. This desire becomes even stronger when our connection involves romance.

We have a hair-trigger sensitivity to when we are dismissed, ignored, criticized, judged or treated badly by our partners.

Add to it that the reactions we have to these insults to our dignity usually happen behind closed doors, and out of the public eye. As a result, the worst part of us can appear in a matter of seconds.

Assaults to our dignity create a fast track to our primal, self-defensive impulses, and we can turn into fighting men and women without even being fully aware of what is happening.

What's the result? We get locked into a never-ending cycle of indignity that is hard to break. We can say and do the cruelest things when it feels like our own worth is on the line.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

My experience working with people all over the world tells me that most conflicts in intimate relationships, at their core, have underlying and unaddressed dignity issues that are keeping them from experiencing the deep love and connection for which everyone yearns.

Related: [How Happy Is Your Love Life?](#)

This is all easy to say, and we can agree that dignity is important in relationships, but what would it look like if we did honor the dignity of our loved ones on a daily basis, making it the glue that holds us together? Here would be some results:

1. Vulnerability: We would recognize how important dignity is and that we are all vulnerable to having it injured and react positively when it's honored.

2. Assumptions: We would make a conscious decision to give our partners the benefit of the doubt, and to assume they have integrity.

3. Responsibility: We would acknowledge when we have done something hurtful and not assume we are the innocent victims when the relationship breaks down.

4. Viewpoints: We will switch our default setting. Instead of focusing on all the things that our partner has done wrong, we will ask ourselves, "What might I be doing that has contributed to this conflict? What am I doing that could be violating the dignity of my partner?"

5. Constructive criticism: We will ask our partners to let us know the ways in which we might be violating them, and we will listen instead of getting defensive.

6. Congratulations: We will ask our partners to let us know when they feel we have honored their dignity, and then do more of it!

Feeling listened to, heard, responded to and taken seriously is what we all want. It communicates to our partners that what they say and how they feel matters. We all have to work at it and make conscious decisions about the way we want to treat others and how we want to be treated. After all, what is love if not a mutual honoring of each other's dignity? It is far more than just saying "I love you." We need to act like it.

Donna Hicks, PhD, psychologist and Associate at Weatherhead Center for International affairs at Harvard University is the author of DIGNITY: The Essential Role It Plays in Resolving Conflict.

How to Deal with Online Dating Rejection



By Debbie Lamedman

When you're dating online, you never know to whom you're talking. It's a voice in the dark. All you see is someone's profile and a picture, and if you contact them and there's no response, you move on. It's a rejection, but there's no reason to take it personally. How can you when the person you've attempted to contact doesn't even know you? Well, that's easier said than done.

Britney Spears recently got engaged again, this time to Jason

Trawick. You can bet that she dealt with rejection upon the termination of all of her previous relationships, but she is persevering. People get rejected right and left, especially when they date online. If you start to let it get to you, it will take a toll. It becomes more difficult when you've actually made contact with the person and suddenly that contact between you ceases. This happens often, and there is logical reason for it. You can make up stories about why the person stopped returning your emails after many lively conversations, but you will never know the real reason unless they reappear in your inbox. You never know what's going on in someone else's life, and you never know what someone's motivation is for starting to date online. That said, there are definitely ways to deal with rejection.

Unfortunately, we saw Spears' downfall and witnessed her reactions to rejection from many people in her life. To avoid crashing into depression, you must learn to maintain a certain level of detachment while your online relationship evolves. This may sound harsh, but people take off as often as they stick around, so protect yourself, your heart and your self-esteem.

No one likes feeling rejected. If you've never met your date in person, you can't take their rejection personally. Unfortunately, people tend to judge others for the smallest things. If it was something about the way you looked in your photo, or something you said in your profile that turned the other person off, so be it. You can't please everyone.

Related: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

Take online dating rejection lightly, and move on. After all, there are plenty more matches where they came from. People you meet online will fall by the wayside, leaving you with the room and opportunity to meet quality people who deserve your time and attention. If you've met your online date in person

and things don't work out, there's no reason to take that to heart either. Just go back online, and keep hunting!

How to Get Back Into the Dating Scene After Divorce



By Nicola Winters

Divorce is on the rise. We all know it and we all, at some point in our lives, have been a part of it. But whilst Kim Kardashian may not be able to relate to the below experience, maybe you will.

After a lengthy marriage, a person's confidence is lacking and

the thought of getting back out onto the dating scene is daunting. It might not be so hard for Kim Kardashian or Jennifer Lopez to find themselves a new man after the ordeal of a divorce, but it's not so easy for the likes of us non-celebrities. 72 days has nothing on 30 years, four children and a mortgage, and that's not to mention the few extra pounds you may have gained along the way.

We all don't want to be gossiped about like former singleton Jennifer Anniston, so to ensure that doesn't happen, follow these steps to restore your confidence in both yourself and the opposite sex:

It's important to take care of yourself: Now is your chance to look after number one. Join a gym or exercise class. Not only will you meet new friends, but you will also feel better about yourself, inside and out.

Develop new hobbies: Engage in activities that you never had chance to before. By developing a new hobby, you will automatically find that you have something new to talk about and new people to discuss it with. However, if new isn't really you, and you aren't that susceptible to change, then why not re-visit an old hobby? Work, home and family commitments can get in the way of enjoyment. Now is the chance to re-kindle that special love with a particular activity or past time.

Be true to yourself: Remember that you are more likely to meet someone special at a place of genuine interest. Ever wondered why actors are dating actresses, models are dating designers and footballers are dating...well...whoever really? You're not going to find the man of your dreams on the dance floor of a packed nightclub if clubbing really isn't your thing.

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

Don't rush things. Finally, and probably the most important

point of all, is to take your time. Don't expect to jump into another long-term relationship immediately. Take the time to learn about yourself before committing to another. It's almost too easy to rely on another person and sometimes even string them along. Cheryl Cole was never really serious about Derek Hough; she was simply grieving for a past love. Not only is it unfair on them, but on you as well.

Divorce can be a really awful experience for any person (including celebrities). But back here in the real world, we can't rely on lavish parties, celebrities' ceremonies and movie premieres to get us back out again. We have to rely on ourselves. So keep busy, look after yourself and make the most of the support network you already have.

This is a guest post by Nicola Winters on behalf of Panonne, the divorce specialists.

Five Ways to Cut Down on Dating Costs





By Cory Reynolds

Dating can be stressful and expensive in the best of times. With the economy in the dumps and extra money being harder to come by nowadays, searching for that special someone seemingly got much harder. Daters are not the only ones feeling the pinch, however. Many local businesses that thrived on expendable income and romance are feeling it, too. Almost every business is trying new things like coupons and specials to bring in some of that lost revenue, so the economy is actually a good climate for those that do a little extra work to find some deals, and those that are looking to cut down on dating costs. Here are five ways that you can do it, too:

Check Groupon

Groupon is one of the best things ever to happen to daters. From restaurant specials and farmer's markets, Groupon has really leveled the playing field when it comes to savings. Finding a 75% discount on a flight simulation may not seem like a great idea to do solo, but if you are paying pennies on the dollar, it could really be a memorable experience.

Date during off peak times

Another way that businesses try to rake up business is to offer specials during off peak hours. Movie theaters, dining and theme parks offer great deals if you choose to go during the week, or during the day. Instead of waiting until Friday or Saturday to go on a date, consider seeing a movie earlier in the evening on a Tuesday, or even going on a Sunday afternoon. Another advantage to going during off-peak hours is that there will not be as many people around, and you will be able to enjoy whatever you are doing without the throngs of people getting in the way of romance.

Related: [First Date Outfit Ideas: Dinner and Movie](#)

Go Dutch

Splitting costs, especially earlier on in a relationship, can help with dating costs, and no unneeded pressure is placed on either dater. There is nothing wrong with today's modern woman paying her own way to the movies or to dinner and most people understand about being frugal.

Get outdoors

The typical dating traps like dinner and a movie are not only clichéd, but they can be expensive, too. There are tons of great things to do outdoors that are free to see. Being outside is almost guaranteed to be good for conversation and takes pressure off the moment. There is hardly anything worse than sitting over a costly dinner with a glass of wine and straining for conversation. Doing an activity outdoors can save not only money, but also win you points for being unique as well.

Related: [First Date Outfit Ideas: Outdoor Festival](#)

Cut your date short

Your date has gone well, you have impressed one another, and

you two have really clicked. It is still early on in the night and that twinkle in her eye says she is hoping for a nightcap or drinks after dinner or that long walk through the planetarium. One way to save is to cut the evening short, and call it a night. Alternatively, consider finding a park bench near a lake or the beach, or even a table at a Starbucks. If you can save on drinks, or paying more to spend more time together, you have that little bit of extra cash for next time. If you decide to call it a night, then you will also help to build suspense for the next date.

Cory Reynolds is a writer for classesandcareers.com – a site with great information about online classes.

**It's Time to Stop Asking,
'When Will It Be My Turn?'**





By Danae Matthews

The short answer is, I have no idea. I have no idea when you will meet your significant other, if you will be bound to singledom the rest of your life, or if you will in fact run into your future spouse on the train today. Any of these scenarios has a chance of happening.

Recently, I was reading a book that suggested that if you're single, it's probably because you just haven't met "the one" yet. It said that if you're currently single, you should stop thinking about it and rest assured knowing that love and commitment just hadn't happened yet. If you tend to be annoying, no worries, because there is still someone for you.

Are you emotionally unavailable? According to the book, one day your prince will come.

Although I don't necessarily want to believe that certain people are bound to live their lives in solidarity, I also think that ignoring the possibility of it happening is ill-advised. I mean, it *could* happen.

The thing is, the idea that the reason you aren't in a relationship is because "it just hasn't happened yet" buys into beliefs about fate, omnipotent planning and the notion that everyone has a soul-mate. Although those beliefs are beautiful, I wouldn't be so fast to take the bait. Let's face it: No one would give that advice about your career, physical appearance or personal achievements. If the "it just hasn't happened" way of thinking isn't good enough for the things that take real effort, why would it ever be good enough for your love life?

There's going to come a time where you may have to take an inward look as to why it is you are dateless. Maybe you're insecure, too loud or maybe you smell. There's a great chance you have halitosis, and no one has ever told you about it.

Seriously, your breath may wreak! By re-evaluating yourself, you are ensuring that when you meet people you are presenting the most put together, emotionally sound and happy version of yourself.

Regardless, anything worthwhile is going to take at least a minute amount of effort on your part. You have to be willing and able to put the work into your love life if you want to be in love. You may have to get off the couch, and go out on the weekends or attend therapy sessions. You may have to stop dominating every conversation in which you participate. The bottom line is, you may have to really put yourself out there.

Getting yourself together in hopes of getting a date is sure to benefit your life in multiple ways. You'll value yourself more and will therefore make better decisions about who to date in the first place. Basically, you're telling the world, "Look at me. I'm *fabulous!* No smelly breath here!"

The bottom line is that you have to stop sitting around wondering, "When will it be my turn?" Instead, get out there and really *try*. It's going to be scary, and at times it will probably suck. Nothing good in life was accomplished without

trying, so in the meantime, embrace being single and enjoy the time you have dating around!

Danae Matthews writes for the on-line women's health resource Women's Health Base.

Important Decisions to Make as a Couple



By Dee Mason

Recently, Emma Watson's boyfriend Johnny Simmons had a life-changing decision to make. It's been reported that Watson asked him to move not only states, but countries, to be with

her. Specifically, she asked Simmons to move to London as she completed a year at Oxford University. At the time, the move was even more monumental because it was still early in their relationship. In November this year, reports surfaced that the duo were suffering from problems related to Simmons' refusal to follow her to England.

Moving to be near your partner is no small choice ... and there are many more decisions where that came from. Here are four important choices you'll inevitably encounter in your serious relationship, and factors to consider with each:

Going on vacation

It may seem like a fabulous idea, but before you book any last minute cruises, it's imperative that you think carefully. A getaway will see you either cementing your relationship, or realizing you're just not meant to be. Being in someone's company all day is a challenge to many couples when they're just starting out. Think before you grab that bargain on impulse, as it may come with more consequences than you're ready to handle.

Related: [Take a Walk on the Wild Side of the Caribbean](#)

Moving in together

Meeting your partner for drinks and dinner is one thing, and seeing their dirty socks lying on the floor is quite another. Moving in together a big step, which can either spell the end of a blissful relationship or the beginning of something really special. If your partner's a keeper, then you'll have to make the decision sooner or later.

Getting married

People tend to know, deep down, if their partner is the right one for them. Ask yourself if your partner is your best friend and if you want the same things in life. If you don't

feel you can ask them anything or you get bored in their company, it may be time to reconsider the relationship. If you can imagine wanting to be with someone else eventually or you don't consider them a priority, it's probably cause for concern. If, on the other hand, you can confront these issues positively, then it's safe to say you're on to something.

Marriage is always a risk, but both an educated and emotional decision can lead to a new and exciting phase of your life.

Related: [Vanessa Minnillo and Nick Lachey Get Married](#)

Having a baby

This choice is a big one. You no doubt love your partner, but are you both ready for the patter of tiny footsteps? Although there is no right answer, it's important to be aware of all of the difficulties and responsibilities that come with parenting. Whatever you do, never make this decision on impulse. Your body sometimes decides for you, so put your sensible hat on until you've talked it through properly.

Related: [Hugh Grant Has Baby Girl with Mystery Woman](#)

These decisions are whoppers. The key is to make sure you want to know the answers before you ask the questions. Emma Watson and Johnny Simmons may have just found that out.

How to Determine the Expiration Date of Your Relationship



By Allison Pescosolido, M.A. and Andra Brosh, Ph.D.

When you think the milk in your fridge has gone bad, you look on the side of the carton for the expiration date. If the date of expiration has passed, you simply toss it in the garbage, and buy a new one.

Relationships can also have expiration dates, but unfortunately there is no stamp on your partner's forehead that tells you it's time to move on. As a result, many people stay too long in a sour relationship, which can be toxic and damaging for everyone involved.

Sometimes the last breath of a dying relationship happens early on, like with Kim Kardashian and Kris Humphries. In other situations it comes much later, like with Al and Tipper Gore. Deciding to stay in a relationship or get out is complicated. While there are no hard and fast rules about when it's time to leave, here are a few tips to help you

finalize your decision:

Related: [When Is It Time To Break Up](#)

1. Have a bottom line: Be very clear about what you are willing to accept as part of your relationship. Ask yourself if you are sacrificing your own integrity to save the relationship, and decide on what you are willing or are not willing to live with going forward. For example, once Sandra Bullock discovered that Jesse James was a serial cheater, she knew that the time had come to move on. She quickly separated and began a new life on her own with her adopted son.

2. Know thyself: Knowing if a relationship is healthy can be tricky, especially if you don't have any good role models to draw from. Many people know that their loves lives aren't happy, but can't really figure out why. Happiness comes from within, and knowing how and when you feel happy will help you decipher if it's you or the relationship that isn't up to par...or maybe both.

Related: [How Do You Know When It's Time To Call It Quits](#)

3. Trust your gut: If you know in your heart of hearts that the relationship has not felt right for a long time, trust your gut. It's easy to rationalize away the negative to avoid confronting what you don't want to face. Telling yourself lies so you don't have to leave will prevent you from making a rational decision. Look at the whole picture, not just the one you want to paint for yourself.

Allison Pescosolido, M.A. and Andra Brosh, Ph.D. are experts in Divorce Recovery and starting over. They co-founded Divorce Detox, a full service center to transform the lives of individuals transitioning through divorce. Both have advanced degrees in the field of Psychology and are certified Grief Recovery Specialists®. Andra and Allison are proactively changing the stigma of divorce on a national level by treating

divorce as an opportunity for personal growth and a new life. The Divorce Detox programs transcend traditional forms of treatment by providing the tools, support and guidance for efficient and lasting results. www.divorcedetox.com

How to Handle Your Crazy In-Laws Over the Holidays



By Evan Fischer

While Kim Kardashian and Kris Humphries may no longer have to worry about dealing with the in-laws, there are plenty of newlyweds out there facing the first real test of their

matrimonial commitment this holiday season: meeting their new family members. For Jerry O'Connell and Rebecca Romijn, who recently renewed their vows, this will be old hat. But celebrity couples like Wills and Kate and Blake Shelton and Miranda Lambert will find themselves in the same boat as every other newly joined couple in the world; facing the uncertainty of several days trapped with their in-laws. The good news is that there's no need for stress. By following just a few simple guidelines, newlyweds everywhere can have an enjoyable and relaxing holiday, even if the in-laws are a little bit crazy. Here's how:

Related: [Ways To Impress Your In-Laws](#)

1. Offer to help: The best way to get in good with the in-laws is to offer assistance here and there. Your mother-in-law may not want you in the kitchen while she's cooking, but perhaps she'll let you watch her make her special recipe (no doubt she'll be flattered by your interest). And you can always offer to set the table, wash some dishes or otherwise make yourself useful. Don't be pushy, but offer frequently.

2. Clean up after yourself: Even if you're treated more like a guest than a member of the family, you need to be a responsible adult and try not to make more work for your hosts than necessary. This means picking up after yourself, doing your own laundry (towels included), washing dishes (or at least putting them in the dishwasher) and generally making an effort to leave a room just as neat as you found it.

3. Set aside "me" time: There's nothing wrong with taking a little time out for yourself, especially if it saves you from a meltdown. No matter what you do, there's going to be some pressure to perform for your new partner's family. So give yourself breaks here and there to decompress; take a bath, a nap or a walk to get away. And any time you can manage it, drag your new spouse along for some alone time.

Related: [Dealing With Difficult In-Laws](#)

4. Participate: You've joined a new group, but you'll always be an outsider unless you integrate yourself. Even if you don't want to play board games, sing carols or look at family photo albums, be a sport. It will help you become a family member a lot faster than opting out.

5. Delegate "handling" responsibilities: This is a biggie, and it could just save your holiday. Each spouse needs to handle their own family, including making arrangements and dealing with any issues that arise. The person that approaches in-laws in an aggressive manner is going to be seen as an interloper, so don't try to be dominant. You handle your family, and let your spouse handle the in-laws. Less stress over the holidays will greatly reduce your chance of winding up in relationship counseling in the New Year.

Evan Fischer is a freelance writer and part-time student at California Lutheran University in Thousand Oaks, California.

Last Minute Holiday Shopping Guide for Your Partner





By Thomas Doane

With the holidays just around the corner, some people are starting to panic as they worry about what to buy for everyone. Of particular concern for many is what to buy for their significant others. Whether you are newly attached or longtime lovers, everyone wants to find a gift under the tree.

Believe it or not, even celebrities have these worries. After all, behind the fame and glamour, they are flesh and blood humans. Just like us, they have similar worries and doubts.

In that spirit, here's a guide to holiday shopping for your significant others, whether you're famous or not:

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

If you've just started dating, think small.

Not only will your new love not expect a large gift, but it may freak them out a little, which is definitely not what you want or need at this time of year. Try to find something small and meaningful for under \$50. This could be something simple like an item of clothing, or you could be a little more

personal and plan a candlelit dinner at home. Whatever you choose, be sure to look for deals, and don't feel pressured to overspend.

George Clooney and Stacy Keibler should take this advice! The pair has only been together for a couple of months and shouldn't worry about lavishing each other with expensive gifts. In fact, due to George's infamously skittish nature, Stacy may want to go the dinner-at-home route, in order to appear appropriately aloof.

Related: [Simple Ways To Please Your Man](#)

If you have crossed the one-year threshold, then you can splurge...a little.

Still keep spending to a reasonable amount, but try to find a gift that reflects your feelings for one another. Once you have reached the one-year mark, it is likely that you are in love, so go for something romantic, if all else fails, like a weekend getaway for two, or a small piece of jewelry.

This would be a good guide for Justin Bieber and Selena Gomez, who recently celebrated their first year together. While this pair is awfully young to be worrying about jewelry, they obviously like vacationing together, and should feel comfortable expressing their feelings for one another. In doing so, they can be assured of one another's affections, and their budding love will continue to bloom.

If you are in it for the long haul, then go all out.

Whether you are married or in a long-term relationship, the holidays are the perfect time to show your devotion and hope for a bright future together. Accordingly, buy your loved one something that shows how much they mean to you, and emphasizes your familiarity with their likes and dislikes.

Brad Pitt and Angelina Jolie are preparing for yet another

Christmas together, and despite repeated rumors of their demise, it looks like they are still going strong. Now would be a great time for them to travel to another country, away from their passel of children, and reaffirm their love to one another so that next year will be even better than the last.

Regardless of where you stand in your relationship, the thing to remember is that the holidays are *not* about who gives the best gift or how many you receive. The true reason for the season is spending time with your loved ones and preparing for a great new year. So, just relax and spend the day with your sweetie. Happy holidays!

Thomas Stone is a freelance writer and frequent contributor at the SprightlyShopper.

Engagement Rings of the Rich and Famous





By Nan Gibbons

If we're being honest with ourselves, we know that a 2 million dollar engagement ring probably isn't in our future. Although you may not be able to afford a multi-million dollar rock, you can still channel inspiration from celebrities to choose a quality, stylish ring for your upcoming engagement. Your personal taste and style mixed with the splendor of celebrity rings will result in the perfect look for you. Here are some styles to consider:

Related: [Rosie O'Donnell Proposes with a \\$100,000 Ring](#)

Classic Elegance

You can never go wrong with classic engagement rings. The timeless beauty of a studded band like Carrie Underwood's or a simple set of diamonds will always do the trick. Underwood's ring combines the style of a wedding ring with the sparkle of an engagement ring and makes for a pretty amazing result!

Standard rings with diamonds in the center of a plain band never fail to draw "oohs and aahs" from family and friends.

Vintage Charm

If you're drawn to the idea of a vintage ring, there are several ways you can work this angle. You can choose to go with an older style or base it off of family history. Prince William combined both of these tactics when he gave his then fiancé, Kate, the same ring his mother Diana wore when she was engaged. The gem had the splendor of an older style, plus the emotional value of family tradition. Going for an older style ring or re-purposing a family heirloom can be a great way to re-create the style of Kate's gorgeous ring.

Related: [Five Celebrity Couples Who Got Engaged During The Holidays](#)

Bright and Colorful

Thinking outside the box and considering a less traditional ring is great for couples who enjoy being one-of-a-kind. For her recent engagement, Jessica Simpson was given a stunning bright red ruby framed by two diamonds and set in a gold band.

It looks much more unique than the standard, but still incorporates the classic timelessness of diamonds.

No matter what your style preference, there is a great and affordable ring with your name on it. Whether you prefer sparkly diamonds or colorful gems, you can use celebrity styles to inspire you in order to find the perfect ring for your budget.

10 Love Lessons from Bruce

Springsteen



By TopDatingSites.com

When it comes to the ups and downs of love, The Boss has shared some valuable lessons with us over the years. Here are some of the most important points in a romantic education, Springsteen style:

1. Love Makes it Impossible to Sleep – In the oft-covered “I’m On Fire,” Bruce rumbles the line “at night I wake up with the sheets soaking wet/ and a freight-train running through the middle of my head/ but you/ you cool my desire.” Anyone who’s ever felt the pangs of a complicated love affair can immediately identify with this exhausting sentiment.

2. You Can Be Your Own Worst Enemy– We’ve all done our share of damage to our love lives, but the gravelly voice of the

Boss can make us feel the pain of those regrets when he pours his heart into the apologetic "Back In Your Arms." His plea for forgiveness is wrenching with lines like "All the love I've thrown away and lost/ I'm longin' for again/ Now darlin' I just wanna be back in your arms."

3. Love Isn't Easy – Even the best relationships come with their share of struggles; few songs capture the reality of love on a day-to-day basis like Springsteen's "If I Should Fall Behind." This plainly stated, touching ballad is a mature realization of the ups and downs that come in any love affair, especially during the last verse: "Now everyone dreams of a love lasting and true/ But you know and I know what this world can do/ So let's make our steps clear that the other may see/ And I'll wait for you/ If I should fall behind/ Wait for me."

4. Lost Love Can Be Haunting – This 2003 gem is a great example of how lost love can haunt you, long after it's gone. The atmospheric backing sounds paired with the edgy, effects-laden guitar serves as a perfect vehicle for lyrics that show The Boss at his tortured best; it's almost impossible not to think of a love gone wrong when he says, "There's nights I still hear your footsteps fall/ Your key in the door, your voice in the hall/ Your smell drifts through our bedroom/ I wake, but I don't move."

5. Love Really is All You Need – Despite his frequent pessimism, "This Life" finds Springsteen in a point of contentment. The toe-tapping rhythm and doo-wop vibe is infectious; when he sings "This life and then the next/ With you I have been blessed," it's easy to believe that sometimes, love really is enough.

6. Being in Love Means You Never Fight Alone – The straightforward folk sound of "When You Need Me" might bring Townes Van Zant and even Gram Parsons to mind, but the message is pure Boss: life is hard, and everything goes wrong, but

love gives you strength. The pared down arrangement is a far cry from the arena-anthem hits that most people associate with Springsteen, but lines like “And when those mean days come along/ We’ll stand together and we’ll take ‘em on” still bear his trademark blue collar, ready-to-fight fingerprints.

7. You Have To Be Willing To Take a Chance – The rollicking, sing-along chorus of “Countin’ On a Miracle” perfectly captures the moment of throwing caution to the wind and hoping for love to work out against all odds. From the first verse promise of “If I’m a fool, I’ll be a fool/ Darlin’ for you,” to the shouted ending of “I’m countin’ on a miracle to come through,” this 2002 track shines.

8. Love Gone Wrong is a Kind of Prison – This synth-driven track builds from an almost somber first verse to a bombastic chorus that perfectly frames the feeling of an ill-fated, inescapable love affair. As he almost whispers, “I know someday I’ll walk out of here again” before the passionately shouted “Well, now I’m trapped,” he paints a painful picture of the kind of captivity that only comes from loving someone who will never treat you well.

9. A Broken Heart Leaves Scars – The bluesy “All the Way Home” from Springsteen’s 2005 album *Devils & Dust* tackles the fear of giving love a chance after being burned one too many times. The aw-shucks appeal of the second verse, “Now you got no reason to trust me/ My confidence is a little rusty/ But if you don’t feel like bein’ alone/ Baby, I could walk you all the way home,” is the Boss at his best: honest and unflinching.

10. Love Never Really Fades – Everyone has a love they can’t quite let go of, even if it’s long gone. “Hearts of Stone” is a perfectly executed boardwalk ballad about those late-night phone calls, after you’ve both moved on. When he wails “I can’t talk now, I’m not alone/ So put your ear close to the phone/ ‘Cause this is the last dance/ This is the last chance

for hearts of stone,” you can almost hear doors to the past slamming shut. “Hearts of Stone” is a testament to the fact that the lines of love are rarely drawn clearly.

With a career that spans more than three decades and over two dozen albums, there are few lessons in life that Bruce Springsteen can’t teach.

The Most Romantic Hotels for Couples –and Celebrities!



By Isabel Eva Bohrer

Finding a secret hideaway as a famous couple is difficult.

Paparazzi follow you everywhere, and you need some good fences and security to really make that vacation a relaxing one. Despite these difficulties, there are some places that make it possible. Read on for information on the most romantic hotels and which famous couples have stayed the night there. To make your very own reservation, check out www.luxury-hotels.com.

1. GoldenEye Hotel & Resort (St. Mary, Jamaica)

Once owned by James Bond creator Ian Fleming, this hotel is a purely romantic experience with a celebrity twist. It is not an ordinary hotel, but instead a compound of luxurious private villas. Each of them offers its own private world, set amid spectacular tropical gardens and embellished with extraordinary comforts, amenities and service. Fleming's three-bedroom villa is particularly popular as it still contains the writer's Jamaican red bullet wood desk. This also includes three individual bedrooms (each with outdoor garden bath and rain shower), a private swimming pool and a secluded beach. During the day, you can explore the coves and at night, sit at Fleming's old desk to write a love letter – or perhaps even the next great spy novel.

Related: [Justin Timberlake and Jessica Biel Show PDA at Chateau Marmont](#)

2. Chateau Marmont (Los Angeles, USA)

Ever since its opening in 1929, the Chateau Marmont hotel has been a discreet movie star getaway. In addition to the private guest bungalows, the establishment comes with the popular Bar Marmont, and a see-and-be-seen restaurant. Kate Bosworth and True Blood's Alexander Skarsgard were spotted kissing at Chateau, while Lindsay Lohan and Avril Lavigne had a bar brawl here. Twilight stars Kristen Stewart and Robert

Pattinson spent the night together at the hotel, whilst Tila Tequila and Meghan McCain were seen lunching.

The courtyard has welcomed Jennifer Aniston, John Mayer, and Billy Crudup, and the patio has been home to Eva Longoria and Christina Applegate. The restaurant's living room is where Sienna Miller and Josh Hartnett cozied up and on one single night, actresses Lindsay Lohan, Charlize Theron, and Mary-Kate Olsen all graced the halls. You won't just feel like a star at Chateau Marmont, you may actually see some while you're here.

Related: ["The Bachelor" Spends Time in South Africa](#)

3. Oyster Box Hotel (Umhlanga, South Africa)

Prince Albert and his wife Charlene Wittstock went all the way to South Africa for their honeymoon (after all, the bride is a native). Here, they decided to stay at the Oyster Box Hotel. Set on the Indian Ocean and opened in 1947, this hotel quickly gained a legendary reputation thanks to its combination of colonial charm, impeccable service, lush tropical gardens and breathtaking seaside setting. If you want the presidential suite where Prince Albert and his wife stayed, be prepared to splurge – it has its own terrace and private dining area for \$7,350 a night.

4. Gramercy Park Hotel (New York City, USA)

The Gramercy Park Hotel is the place to be if you want to be hip, famous and beautiful. Even if you're staying the night elsewhere, you can still visit the Rose Bar, whose velvet-heavy décor has made it the epicenter of the New York bar scene. Janet Jackson was recently there to admire the artwork on view at the Rose Bar, while Kid Rock smoked a cigarette outside. Chace Crawford, in turn, met some business partners there, while Sting was also seen staying at the hotel. The celeb legacy dates all the way back to Humphrey Bogart who got married here, and Babe Ruth who was a regular among the bar

guests.

Why Men Look at Other Women



By Marcelina Hardy

How many people look at Demi Moore and think, “Wow, she is so hot!” ... and yet Ashton Kutcher couldn’t stop turning his head, body and well, everything else towards other women.

So what is it? Why do men look at other women when they have the lady of their dreams standing right beside them? Don’t worry ladies. It’s much less heart wrenching than you think,

but yes, they still need to quit it.

Related: [5 Reasons Why Men Cheat](#)

Creating Perfection When There Is None

No one is perfect, not even Demi Moore. Guys have this wish fulfillment that they can create the perfect woman by piecing them together. What they do is look at the huge boobs on one girl and then places it on the tight butt of another. Then they take the perfect, long, tight legs of another girl and join it with the flat tummy of another. In their minds, pieced together, is the perfect woman. They daydream about this with all of their pieces put together.

Something is always missing though, and it never seems quite right. This is why: It's the one thing that makes them love you for who you are, no matter what you look like – your heart and soul.

See, the images they collect of other woman are just that, images. It's like taking puzzle pieces, putting them together and seeing a complete image, but they can't do anything with it. They can't have fun with that, and they aren't in love with that. They aren't attached to the image, and they just don't have any sense of belonging and care for it.

Related: [How To Gracefully Deal With Rumors In A Relationship](#)

Sure, it's exciting for them to see the "perfect woman" because it's something they created. However, the thrill is gone once they create it and realize it's not real.

Stopping the Wandering Eyes

Does that give men the right to continue to gawk over other women? No, it's disrespectful to you and to other women. The next time your man turns his head, don't make a big production about it. Wait until you're not emotionally charged about it

and then calmly say:

I noticed that you looked over at that woman earlier today. I just want to let you know that it upsets me. It would make me happy if you wouldn't do that.

Do not say anything more. He will most likely feel defensive about it, but also surprised that you aren't starting trouble over it. Watch his behavior change right before your eyes. Soon, he'll be staring at you and no other women will matter.

Are you having a difficult time communicating with your partner? Communication is essential in a healthy relationship. If you need help in your relationship, Marcelina Hardy, MSEd can help. She is a relationship coach with 10 years of experience helping people improve their relationships and move on from relationship trauma. Visit her website, Relationship Repair for help.

How to Define Your Aura to Find Lasting Love





By Pamala Oslie

Ever wonder why you feel drawn to some people and not others?

There's a reason why certain people are compatible, and that reason is that their energies, or auras, mesh well together.

An aura is an energy field that radiates from you and broadcasts who you are at all times. People can feel your essence, just like you can sense theirs. In fact, different aura colors reveal different personality types, and certain color personalities are more compatible than others.

Take this simple quiz to find out what your aura colors say about you and your most compatible partner:

Related Link: [Finding Lasting Love- The Last Blind Date](#)

Aura Colors Quiz

Yes No **Color #1**

___ ___ I like to laugh, play, and cheer people up.

___ ___ I tend to look younger than my age.
___ ___ I like to be creative, artistic,
athletic or a healer.

___ ___ Total

Yes No **Color #2**

___ ___ I am analytical and logical, not an
emotional person.

___ ___ I enjoy working with computers,
machines, or electronics.

___ ___ I prefer to work for others & enjoy
working on details.

___ ___ Total

Related Link: [Tips For Having A Happy Love Life](#)

Yes No **Color #3**

___ ___ I tend to be a workaholic,
perfectionist, ambitious, and strong-willed.

___ ___ My top priorities are money and
accomplishing goals.

___ ___ I am organized, efficient, and often
write lists.

___ ___ Total

Yes No **Color #4**

___ ___ I tend to help, counsel, and nurture
others.

___ ___ Love, spirituality, and relationships
are my highest priorities.

___ ___ I tend to be emotional and can cry
easily.

___ ___ Total

Yes No **Color #5**

___ ___ I have a strong desire to help save or improve the planet.

___ ___ I have always felt that I was going to be famous, be a leader or do something big and important.

___ ___ Freedom, travel, and independence are major priorities to me.

___ ___ Total

Highest number of "yes" answers: Color # _____

Second highest number of "yes" answers: Color # _____

Your Aura Color Key

#1 = Yellow

#2 = Tan

#3 = Green

#4 = Blue

#5 = Violet

Most people have two main aura colors, so the personality traits of both colors will apply to you. Below, notice what you'll need in a partner and which colors are your best match:

Yellows: The fun-loving Yellows need playmates. They need to laugh and enjoy life. They enjoy partners who are playful, happy, spontaneous, curious, optimistic, physically active and healthy. Best partners: Yellows, Blues, some Violets and Tans.

Yellows: Goldie Hawn (Yellow/Blue), Johnny Depp, and Mike Myers.

Tans: Practical, down-to-earth Tans value long-term commitment. They need partners who are logical, devoted, reliable, sensible and who can be content with a basic, secure lifestyle. Best matches: Tans, some Blues, Yellows, and Greens.

Tans: Clint Eastwood (Tan/Violet), Harrison Ford and Brad Pitt (both Yellow/Tans.)

Greens: These movers and shakers are intelligent and ambitious with a strong, commanding presence. They're driven, often workaholics and may not be at home much, so partners need to be independent and self-reliant. Greens need mutual respect and to feel intellectually stimulated by their mates. Best partners: Greens, Violets, and some Tans.

Famous Greens: Barbara Walters, Bill Gates, and David Letterman (Green/Yellow.)

Blues: Blues are nurturing, devoted partners. They live for love and a committed, monogamous relationship. There is nothing Blues won't do to keep their relationship together. What Blues needs from a partner is love, loyalty, emotional connection, faithfulness, mutual trust, and long-term commitment. Best mates: Blues, Yellows, Violets, and some Tans.

Blues: Ellen Degeneres, Jennifer Aniston, and Kate Hudson (All Blue/Yellows.)

Violets: Violets have strong, dynamic personalities. They're visionaries and leaders. They typically radiate charisma and sexual chemistry. Violets need to live big lives so they need partners who can soar with them; equal, inspirational partners who share their visions. Violets must experience excitement, growth, expansion, and passion. Best partners: Violets, Blues, Greens, and some Yellows.

Violets: the Beatles, Oprah, Martin Luther King Jr., George Clooney, and Spielberg. (All Violet/Yellows.)

For over 27 years, Pamala Oslie has helped people better understand themselves and live happier lives by using her

psychic abilities and her rare ability to see auras. She has discovered different colors in the aura reveal a person's personality, best life direction, and more. Check out www.LoveColors.com and www.AuraColors.com for more information.