

# Top 3 Questions about Open Relationships



By Natalie Vartanian

The way I see it is there are so many models for being in a relationship. Some people are naturally monogamous. Some people are not. Some people need variety. Some don't.

Instead of assuming a closed relationship is for you, or an open relationship is for you, really ask yourself the questions and be honest about your feelings. To help with that, here are the top three questions asked about open relationships:

1. How do you classify a relationship as Open?

Open simply means you are choosing to open up the physical part of the relationship. If you want to flirt, kiss, go on a date or have sex with someone besides your primary partner, that is totally fine. With your partner or alone. You may even choose to have multiple partners (relationships) that are equally weighted in commitment and energy/connection.

What people love about open relationships is the freedom to talk to other people. Pursue them romantically if they want. It is a belief in the idea that you can love more than one person and have an intimate relationship with more than one person. Without feeling bad or wrong about it.

**Related:** [Is He In It for the Long Haul?](#)

## **2. What about fear of getting emotionally attached to someone or jealousy?**

That may very likely happen: the attachment, care and love you feel when you are intimate with multiple people. Doesn't mean you won't encounter confusion or doubting your feelings for your primary partner (or any of your partners).

Being unemotional and detached is not the point. The point is enjoying the freedom, ability to love without definition and being open to the range of emotions. It is all part of the journey and self-exploration.

An open relationship requires a lot of communication and honesty, and self analysis. Jealousy is a natural part of open relationships. Identify the jealousy and deal with it appropriately.

Ignoring jealousy will inevitably lead to resentment and eventually heartache. There is a great article on jealousy as part of the list of resources included at the end of this post.

## **3. Any tips or lessons learned for someone contemplating an**

## open relationship?

There are so many pieces to a relationships besides physical, such as emotional, mental, spiritual, etc. So while the physical part of your relationship is important, it is not the end all be all either.

You have got to be clear about your level of desire and comfort up front and throughout the relationship. Open relationships are fluid. Once decided/agreed upon, it does not set it in stone. They can open, close, shift, expand, etc depending on where each other partners are in their level of comfort.

**Related:** [Return to the Dating World](#)

Remember to continually keep the lines of communication open and that will alleviate unnecessary stress on the relationship and allow it to be a thoroughly enriching experience.

*Natalie Vartanian, CPCC, ACC, is a certified life coach, talented writer, speaker, workshop facilitator and an expert when it comes to sex and relationships. She knows it's possible to have amazing love in an unconventional way. She works with individuals and couples to build better relationships and help them amplify the communication and intimacy, which always results in better sex. She has also worked in organizations such as Google to develop personal development curriculum and present around the importance of designing relationships in the classroom to educators, as well as personal leadership for education outreach professionals. Her work has been featured in Forbes.com, Good Men Project, Your Life Your Way and CTI's Transforum Blog. You can find her at <http://nataliethecoach.com>.*

---

# 5 Ways to Avoid Bad Breath While On a Date



By Dr. Joseph Banker

You're on a date and everything seems perfect until you get a little closer...and realize that maybe it's a little too close. Bad breath can ruin an otherwise perfect date- we can safely assume that there would be no Brangelina if Brad had bad breath on the set of *Mr. and Mrs. Smith*! However, avoiding bad breath starts long before the date even occurs. Here are my five top tips to avoid bad breath while on a date:

1. **Avoid smelly foods for at least a day:** Certain foods, such as garlic and onions, can cause offensive breath that lingers long after they are consumed. If you have a big date planned,

drink plenty of water and avoid these foods for at least 24 hours prior.

**Related:** [The Good, Bad and Ugly of Dating Advice Guides](#)

2. **Improve your oral hygiene routine:** Poor oral hygiene is the biggest culprit of bad breath. Regular dental visits are very effective in preventing bad breath and developing techniques to maintain optimal oral hygiene. Food that remains between teeth must be removed by flossing. Tongue scrapers are also effective in removing odor-producing bacteria that builds up on the tongue.

3. **If you have chronic bad breath, squeeze in a trip to the dentist:** The underlying cause of most chronic cases of bad breath is odor-producing bacteria, which are present in chronic infections that are often associated with advanced gum disease (periodontitis). Those with active periodontal disease tend to have a higher incidence of bad breath. Although many factors contribute to periodontal disease, there is also a genetic predisposition. There are so many techniques we can use today, such as lasers and targeted delivery of antibiotics that are extremely effective to eradicate these bacteria and get to the underlying cause of the problem.

4. **Say no to coffee and alcohol:** Coffee and alcohol are both responsible for causing a decrease in salivary flow. Saliva is needed to cleanse debris from the mouth and to flush away odor producing bacteria. Coffee also contains some compounds that may cause offensive breath regardless of its effect on the salivary flow. It may be a better idea to skip that cup of coffee at the end of the meal and opt for a glass of water.

**Related:** [5 Cue Cards for New Couples](#)

5. **Carry sugar free breath fresheners:** A sugar free mint or gum can freshen breath, which is always better smelling than the last course of food you ate. It could make the difference between a handshake and a kiss goodnight!



***Dr. Banker** is a member of the American Academy of Cosmetic Dentistry, The Crown Council, and has studied at the UMDNJ Dental School in New Jersey. He has been named a top New Jersey dentist five years in a row and has contributed his expertise to **Shape**, **Newsweek**, and **Good Housekeeping**. Please contact me if you would like to receive more information or set up an interview with Dr. Banker.*

---

## The Good, Bad and Ugly of Dating Advice Guides



By Sarah Showfety

**What can be gained from reading twelve dating advice books in a row? Some valuable insights, actionable information and after a while – a headache.**

After years of false starts and flame-outs, I decided to give myself a dating education, buying half the self-help section at Barnes & Noble to try and change my luck in love. I thought quick salvation lay in their pages. I thought if I put on my Love Lab Coat and followed instructions, fruitless years of speed, blind and online dating would be swiftly rewarded with a marriage-minded man.

Wrong! The books did work, but not in the way I thought they would.

### **The Upside of Dating Advice**

How did these dating books help? For the first time, I saw clearly the mistakes I kept repeating. These included being overly available, letting things ramp up too quickly and intensely (hence, the aforementioned flame-out), reacting emotionally if a guy pulled a Houdini and then reappeared, and pretending I was content to casually hang out when I craved a committed, exclusive relationship.

They gave me a toolbox of quick, easy tips to increase the quantity of men in my life. I learned where to go, how to use body language, what (not) to say. I learned to flirt better, keep first dates short, go places without a girl posse and decide what time I'd come home before a date started.

The books also flipped my usual story on its head. Through them, I saw that my poor track record wasn't due to the scapegoats I'd grown fond of blaming (men, "the scene," my parents). The responsibility lay with me – my self-perception and my choices. These were two things I could change.

**Related:** [QuickieChick's Video Dating Tips: Summer Love](#)

## Too Much of a Good Thing

Of course, there were drawbacks, too. The more I looked outside myself for answers, the more my self-doubt grew. *Did I say what I was supposed to say? Was giving him shrimp off my plate too girlfriend-y??*

I got overly focused on following a formula and trying to do it “right.” But the fear I was doing something wrong—that perhaps I was incapable of long-term romance—was the real issue. The very act of trying to “fix” myself reinforced the false underlying belief that something was wrong.

**Related:** [4 Steps to a Stronger Long-Term Relationship](#)

## The Takeaway

What I really needed was to trust my own value – only then would I stop compromising what I wanted. So after months of following textbook rules, I *stopped* trying so hard. I let go of the pursuit and gave up worrying I’d said too much or texted too soon.

Instead, I took care of me. I meditated, hiked, swam and went to outdoor concerts at Coney Island. Only after I cultivated my own joy was I ready and able to meet the man for whom I’d been looking. More than all the techniques, I had to love me and my life first. (Which is the primary message of all the books – though it took me a while to listen).

So, do I recommend dating guidebooks? Yes, so long as they’re not used as weapons of self-destruction. Skills and knowledge are important, but no amount of dating tricks will get you what you want unless you believe you deserve it.

*Sarah Showfety is a New York-based life coach and author. You can read about her experiences taking dating advice in her memoir [Dating by the Books: One Blundering Singleton’s Search for Love in the Self-Help Aisle](#). Connect with Sarah at her*



# Date Advice: 5 Conversations Every Couple Should Have Before Getting Married



By Mark B. Baer ESQ.

While it may seem odd receiving marital advice from a family law attorney, remember that people retain us to assist them in dissolving their marriages. Although the people and situations may differ, the reasons marriages fail tend to be

rather consistent. We are therefore in an excellent position to give marriage advice. Here are five conversions every couple should consider having before tying the knot:

## **1. Communication**

Poor communication happens to be a major cause of divorce. Since you are planning on marrying, you should already be familiar with each other's communication style. If you believe that your fiancé could use some improvement in that regard, it is advisable that you address that concern before marriage. After all, if the problem exists before marriage, what makes you think that it will improve with marriage?

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

## **2. Finances**

Before people marry, they have little need to discuss their relationship with money because it is not of particular importance. After all, as long as each person is pulling their weight financially in whatever manner is acceptable to both, there is no need for any discussion. However, as Harvey A. Silberman, family law judge for the Superior Court of Los Angeles County, in California likes to remind people, "Getting married in and of itself creates a pre-marital agreement – the *Family Code*." In other words, the terms of your pre-marital agreement can either be the terms set forth in the *Family Code* or terms that you specifically negotiated as part of the pre-marital agreement. What do pre-marital agreements address? They address financial issues. Therefore, you automatically become financial entangled with each other just by virtue of getting married. The failure to discuss such issues before marriage is a major regret for many. Such conversations should include the nature and extent of your respective pre-marital assets and debts, your values and beliefs with regard to spending and saving, expectations you each have with regard to the source of money to be used to pay for marital expenses,

and many other such issues.

**Related:** [Celebrity Couples Who Let Money Ruin Their Relationship](#)

### **3. Commitment**

Marriage is a wonderful institution that affords couples significant psychological, emotional and financial benefits, in addition to being a commitment of their love to each other. Problems ensue when the couple's level of commitment are not aligned. How will this play out if one spouse is a workaholic? Are you committed to the marriage if you are disrespectful of your spouse? A conversation on the issue of commitment would be wise.

### **4. Expectations**

People's expectations for themselves, their spouse and their marriage change over time. Those with the most successful marriages share these expectations with each other.

### **5. Human Nature**

Rounding off the list is human nature. People don't change and nobody is perfect. The question is not whether you can change someone, but whether you will be happily married to them warts and all. This requires a conversation because one might expect to change the other.

Enjoy a happy and healthy marriage.

*Mark is the owner of Mark B. Baer, Inc., a Professional Law Corporation. His is a Family Law Attorney, Mediator, Collaborative Divorce Practitioner, Author, Lecturer, and Keynote Speaker. He has been licensed to practice law in the State of California for over twenty years.*

---

# Wait To Marry Until You Are At Least Old Enough To Legally Drink!



By Susan Trombetti, CEO of Exclusive Matchmaking

Before you take the loooong walk down the aisle, make sure you are mature enough to make that commitment for better or for worse! Miley and Liam have been getting cold feet for years. Now, and before you warm up to the idea of getting hitched, hear matchmaker and relationship expert, Susan Trombetti's reasons why you may want to say "I don't" until you are older.

## **Top 5 Reasons Why Not to Get Married So Young:**

### **1. Money Matrimony Mess**

Unless you have a decent savings account, think twice before you book that chapel. Money is the number one reason couples divorce, so take some time to allow yourself and your hedge fund to mature. It is sad to say, but financial stability usually leads to marriage stability. No money, no fun.

**Related:** [Can People Really Fall In Love Too Fast?](#)

### **2. Room For Growth**

Don't go straight from living in a room in your parent's house to sharing a space with your spouse. Learn to live alone! Learn to live independently first before you wind up dependent on someone else.

### **3. Love Yourself Before You Love Someone Else**

Get to know yourself. You may not reach your full potential as a person if you have obligations to a spouse and a family. Live *your* life. You need to get out there, let your hair down, have fun and experience the world. There is a greater chance you will change as a person and your priorities will change if you and your partner don't change together... this spells a relationship disaster!

### **4. 'Till Death Do You Part With Your Problems**

Remember, marriage is supposed to be a lifelong commitment. Yes, there are the good times, but with those times do come some bad patches. If you marry someone too young you may not have the maturity to handle such a serious commitment and navigate the pitfalls.

**Related:** [What To Know Before You Say 'I Do'](#)

### **5. Stop In The Name Of Love Before You Become A Statistic**



Unless you want to end up like Kim & Kris in a 72 day divorce debacle... think twice and then a third time before you say "I DO". Bottom line, divorce rates are higher among younger couples... and no one wants to end up on the receiving end of a Taylor Swift song.

*Susan Trombetti is an expert matchmaker and relationship expert. She is CEO and founder of Exclusive Matchmaking and a certified executive member of the matchmaking institute. She has helped many upscale, discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking. She has also been featured several times in Cosmopolitan, Shape, MSN and many more. You can find Susan sponsoring local charity events or scouting for matches for clients at A- list parties and events.*

---

## 5 Cue Cards for New Couples





By Christina Steinorth MA MFT

Here's a piece of folk wisdom nearly every newlywed has heard: "If you can survive the wedding, surviving the marriage will be a piece of cake!" Weddings are indeed stressful because they involve a massive amount of planning, cooperating/compromising with your spouse-to-be, the convergence of diverse family and friends, decisions about religion and family traditions, and of course, lots of money.

After the wedding, many newly married couples experience what social scientists call "the honeymoon phase"—a period of several months in the beginning of marriage, characterized by passionate love and intense happiness. But in my experience working with couples, I've found that new marriage also comes with new stressors.

To sail through the first few months of marriage with minimal problems, here are 5 Cue Cards, or quick behavioral prompts, to help you navigate around the most common obstacles to newlyweds' happiness.

### **Cue Card #1: Managing your own family is *your* job.**

Even in well-adjusted and accommodating families, social slipups will occur. You or your spouse will inevitably get your feelings hurt by someone in your extended family or your partner's family. If your relative acts in a hurtful manner, it's your responsibility to address the issue with the offending family member and, if warranted, to ask that person to apologize to your spouse. When you manage your family, you show respect for your love partner.

**Related:** [What To Know Before You Say 'I Do'](#)

### **Cue Card #2: Keep disagreements between you.**

When you have a disagreement with your spouse, one of the best things you can do for your marriage is to not talk about it with your family of origin. Families can be a wonderful source of support, but in new relationships it's essential for a couple to establish an identity that's separate from their respective families. This engenders trust in one another, strengthens your bond and helps you make decisions that are right for the two of you, free of outside meddling and the resentment that can create.

### **Cue Card #3: Establish your own family traditions.**

When holidays come around, it's normal for new couples to grapple with whose family they'll visit, which traditions to adopt and how to juggle in-law demands. A good solution is to choose one holiday a year to establish your own tradition, and then alternate other holidays between families. This way, everyone gets to spend equal time with you. You can avoid the stress of having to travel to multiple holiday events. And it gives you an opportunity to create a holiday that's all your own—with the food, friends, fun and rituals you get to choose together.

### **Cue Card #4: Don't take it personally.**

One of the best ways to get your marriage off to a good start is to practice this one behavior over and over, and master it: Pause before you take what he or she said personally—it's usually not about you. When your partner is angry, sullen, or rude, stop and ask yourself, "Did she/he do or say this to be mean or to hurt me?" It's not easy to do, but if you can get good at controlling your knee-jerk reaction, it gives both of you the opportunity to find out what's really going on, and to talk about it calmly and with genuine concern.

**Related:** [Why 'Bachelor'-Inspired Values Matter In Relationships and Marriage](#)

### **Cue Card #5: Let unimportant things go.**

Before you engage in an argument, try to stop for a moment and ask yourself, "How important is this?" It's inevitable that you'll get on each other's nerves. And it's common to want to control your partner's behavior. But try to put the issue into the context of your entire relationship and then pick your battles wisely. This single piece of advice will help you minimize the number of arguments you have, and you'll learn how to love each other for who you are and the way you are.

*Christina Steinorth MA MFT is a psychotherapist and a popular relationship expert on radio and in print. Her advice has been featured in publications such as The Wall Street Journal, USA Today, Woman's Day, Cosmopolitan, and The Chicago Tribune, among many others. Her new book is **Cue Cards for Life: Thoughtful Tips for Better Relationships** (Hunter House, 2013). Learn more at [www.christinasteinorth.com](http://www.christinasteinorth.com).*

---

# Dating Advice: Technology, Social Media and Dating – The Good, the Bad and the Oops!



By Robert Manni

**It is the best of times. It is the worst of times...for dating.**

The deepening integration of technology into modern life has in many ways pulled the world closer together. Unfortunately, when it comes to developing basic social skills and maintaining a sense of privacy and decorum it has also pushed us further apart. Dating is a prime example of the fall out with both men and women paying a price. Here is a quick snapshot of how technology and social media can make dating easier and more challenging.



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

### **The Good.**

Hooray for online dating. I scored many dates with hot women while sitting at home in my tighty whiteys. My wife likes to say that she found me online. This saved me years of hanging in clubs, bars and gyms in search of Ms. Right. Dating online is fast, empowering and fun. All you need is spell check, a handful of flattering photos, and the mindfulness to read between the lines of another person's profile before investing your valuable time. Once you meet, it's business as usual. And when you meet online, you can end things swiftly. There's an unspoken rule that makes anyone we meet online more disposal. It's not necessarily fair, but I think you'd agree.

### **The Bad.**

Just because you meet someone online doesn't make him or her less deserving of respect. That's the flip side of eliminating someone via one keystroke. What is intended as expediency can come across as cold. Although there is an endless pool of prospective partners available online, an itchy trigger finger on the delete button can prevent you from getting to know someone you met via your handheld device a little better before tossing them back. Not everyone is at the top of his or her game on that first coffee [date](#). That's not to suggest that you waste time on a bad fit. Just keep in mind that everyone has feelings. After an awkward first date a woman I met online wrote to me and stated that she did not "feel the sparkles". How could I be upset?

### **The Oops.**

Between Facebook, Twitter, Google +, Instagram, etc. we live in an age of maximum exposure. Once it's online, it's there forever. You need to be mindful when being photographed at the party wearing just your tats and drinking directly from a

bottle of Rang Tang vodka. This might not be something you want to share with future paramours or potential employers. My policy when dealing in the online space is if you can't keep it positive; don't put it out there. That goes for this post, too.

**Related:** [Returning to the Dating World](#)

Technology and social media can be a dater's best friend or worst enemy. It's up to you to decide. Be kind, be mindful, be loving and technology will serve you well.

*Robert Manni is the author of the critically acclaimed novel, THE GUYS' GUY'S GUIDE TO LOVE. Visit his website [www.robertmanni.com](http://www.robertmanni.com) to read his syndicated blog and listen to his weekly Guy's Guy Radio podcast at [www.blogtalkradio.com/guys-guy-radio](http://www.blogtalkradio.com/guys-guy-radio). Robert is currently working on his next book.*

---

## A Strong Support: Helping Your 'Other' During Rehab





By Annette Hazard

If you have a significant other in rehab, it is important for you to understand that they made a positive decision in their life. Seeking help for an addiction or problem can be incredibly beneficial for the person who needs help, but it is also important for you to lend support to them so that they know that there are people who are there for them and that care about their well-being. There are quite a number of ways that you can support your girlfriend or boyfriend while they're in a rehab center.

### **Be Patient**

Addictions are normally very powerful and can overcome a person's life. Because of this, it can be very difficult for someone to get over an addiction that they've been struggling with. Instead of asking your significant other if they've gotten over their addiction yet when you visit them in rehab, it is important for you to tell them that you know it takes time and that you will be there for them throughout the whole process. When you are patient with someone who has an

addiction, you are allowing them to get healthy without too much pressure.

**Related:** [Brad Pitt Supports Angelina Jolie Through Double Mastectomy](#)

## **Be Gentle**

Being gentle with someone who is in rehab is very important for their recovery. Going into a rehab and calling your partner every name in the book to show them tough love is doing nothing but hurting their feelings and making them feel badly about themselves. Even though you should never tolerate an addiction, you should tolerate and be gentle with the person who has one. Showing tough love might seem like a good idea but for someone who has an addiction, it can be triggering to know that someone you care about thinks it's alright to call you names and tell you that you're weak.

**Related:** [Lea Michele Is Proud of Boyfriend Cory Monteith for Checking In to Rehab](#)

## **Be There**

If your significant other is in a rehab center, it is so important for you to let them know that you're always there for them and have not abandoned them. One reason why a lot of people avoid going to rehab is because they are afraid that their lives outside will fall apart while they're trapped in an addiction facility. Take advantage of visiting times and speak with the director of the rehab center to learn more about ways you can contact your loved one inside. Take advantage of everything offered by the rehab center and be with your loved one on a regular basis.

*Annette Hazard is a freelance writer that is currently promoting a rehab center that you can learn more about by visiting [www.gulfcoastdrugrehab.com](http://www.gulfcoastdrugrehab.com) . She usually writes about health related issues.*

---

# Top 7 Best-Dressed Celebrity Couples of 2013



By Dixie Somers

Celebrity couples are almost always in sync in the fashion department. They coordinate their clothes most of the time, so their outfits usually complement each other. Here are the seven best-dressed celebrity couples we would all love to imitate in 2013:

## 1. Will and Kate

Arguably the most adorable and loved celebrity couples, Prince



William and Kate Middleton always bring their A-game in the fashion department. The Duke and Duchess of Cambridge always look put-together, stylish and classy. From Will's elegant suits and crisp footwear to Kate's ladylike-chic look, it's no wonder why this couple tops the list of the best dressed celebrity lovebirds.

**Related:** [What to Wear on a First Date](#)

## **2. Liam and Miley**

This adorable couple has the same edgy street style that consist of grungy band shirts and polished jeans, but when they walk the red carpet, they definitely turn heads in a good way. Miley Cyrus usually sports an edgy/elegant dress that complements Liam Hemsworth's crisp suits in the best of ways. As a result, they will always be known as a fashionable couple.

## **3. Will and Jada**

Will Smith and Jada Pinkett-Smith always look superb on the red carpet. Because they both have a retro glamour style, they complement each other's look perfectly. Jada always wears sexy yet sophisticated gowns that fit her body perfectly, and Will always looks sharp in his suits and tuxedos.

**Related:** [Peter Facinelli's Girlfriend Jaime Alexander Stuns on the Red Carpet](#)

## **4. David and Victoria**

Posh Spice and Beckham always look amazing. Victoria's style is always trendy, always fashionable and always jaw-dropping. In fact, Posh is one of the most fashionable women in the world. Combine her fashion sense with Beckham's suave look and you've got a well-dressed celebrity couple who turn heads whenever they walk in a room.

## **5. Eva and Ryan**

Goodness, don't Eva Mendes and Ryan Gosling make such a cute couple? They also make a fashionable pair. Gosling always looks like, well, a celebrity, and so does Eva. Eva's glamorous flair pairs perfectly with Ryan's simple yet luxurious style.

## 6. Gwen and Gavin

This rocker pair always looks edgy and cool whether they're walking the carpet or just strolling. Gwen Stefani's edgy style looks amazing when paired with her hubby, Gavin Rossdale's similar rocker-cool look.

## 7. Emma and Andrew

This adorable couple is a match made in heaven. Emma Stone and Andrew Garfield have different styles, but they complement each other perfectly. On one hand, you've got Emma who wears some of the most beautifully sophisticated dresses on the carpet. On the other hand, you've got Andrew who likes to wear unexpected pieces like bold suits. Together, they look amazing.

*This article was written by Dixie Somers. [Reem clothing](#) offers trendy, fashionable clothing that is sure to spice up your man's closet.*

---

# Relationship Advice: Finding Your True Destiny After Losing Love



By Susan Russo

The other day a friend asked me, “What am I going to do? I can’t live without him in my life. How do I go on? He was my life.” When faced with being alone after your relationship ends, it literally feels as if you don’t know who you are, where you are and how you got there.

Your life was so intertwined with your partner’s life that it seems that the two of you became one. No wonder people tend to use the cliché, “A part of me is missing.”

**Related:** [Returning to the Dating World](#)

## NEWS FLASH

*You’re normal!*

How do you think you’re going to feel after you’ve spent years

sharing *everything* together? That includes family, friends, vacations, pets, children, life ... and the most private and intimate details of who you are with the person you believed would be there forever. Is it any wonder you can't get your head on straight after this emotional volcano erupting in your life?

But rest assured, even though you feel like you'll never find your way out of the darkness, there is a light shining so bright at the end of the proverbial tunnel that you will bask in its glory when you're through it and this heartbreak is behind you.

I'll never forget the time Nicole Kidman was on *The Oprah Winfrey Show* after Tom Cruise had filed for a divorce. Her pain was so palpable you could hear it in her voice, feel it through her words, and see it on her face.

*I was crushed and it wasn't even happening to me!*

I'm sure millions of viewers could relate to Kidman's pain because they know there isn't anything quite like the devastation you feel when the person you love decides they don't want to be with you anymore.

*But...look at her now!*

## **PICKING UP THE PIECES**

**1. GRIEF:** *Cry until you're dry!* Grief is a process. You can't go around it, under it or over it. You have to go through it. Get it out so you can get on with your life.

**2. ACCEPTANCE:** This is the first step in letting go of the past. You will begin to pick up the pieces when you finally let go of all of the lamenting of how you wished things would've turned out differently and accept the reality of your situation.

**3. FORGIVENESS:** This can be one the toughest things to do, but

at the same time when you find forgiveness it is the most freeing thing you can do. It is a gift you give yourself.

**Related:** [Falling Out of Love and Back Into Life](#)

## MOVING ON

The end is just the beginning. There is life after this relationship and it's going to be a great one. Look at all of the people who have loved and lost and who are now happy. You'll find your soul mate when you let go of the past. So, embrace the future one day at a time and before you know it you'll be living the life you so richly deserve.

*Susan Russo is the author of: There Is Life After What's-His-Name, The 7 Keys to Unlock the Power Within You and is co-author of, Success and Happiness-16 Experts Reveal Their Secrets. A graduate from the EPIC Coaches Academy and with over 10 years' experience as a Life and Relationship Coach, she teaches you how to transform adversities into life changing opportunities.*

---

## Four Dates and a Wedding







By Lisa Becker

You've heard of the movie *Four Wedding and a Funeral*? Well, the story of how I met my husband online is *Four Dates and a Wedding*. Those online dates yielded some valuable lessons, which I'm happy to share in order to help other online love seekers:

### **Date 1: Justin**

When I dipped my toe into the online dating pool, I was reeling from a bad breakup. Too modest and emotionally-bruised to write glowing things about *myself* in my profile, I instead wrote what *other* people would say about me, such as my family and co-workers. For example, I wrote, "My friends would say I'm fun, easy going and incredibly loyal, and my nephew would say I'm incredibly silly but sing a mean rendition of *I've Been Working on the Railroad*." I received dozens of generic emails reading, "You sound interesting and I think we would have a lot in common." It felt as though these men were carpet bombing the online dating site in the hopes of getting *someone* to respond. Justin emailed me one simple line

that captured my attention and heart: “I would say adorable.” I was hooked! While it didn’t work out in the long run, he was as sweet, charming and sincere as I had imagined he would be.

Lesson: If it doesn’t sound as if he’s read your profile, he might not have.

**Related:** [3 Benefits of Meeting People Online](#)

### **Date 2: Pete**

From his profile and our brief email exchanges, Pete sounded like fun. He had three photos posted, and all of them seemed to be taken in a party setting where he was enjoying a cocktail. On our one and only dinner date, Pete’s true colors rang through. Every story seemed to begin with, “My buddies and I were out drinking one night.” I knew right away that he wasn’t the man for me.

Lesson: Pay attention to the little details, as they can often be quite telling.

**Related:** [How to Find Love Online with Non-Traditional Dating Sites](#)

### **Date 3: Eric**

After receiving an email from someone and deciding I wanted to start an online conversation, I sent a series of questions to see if we would be compatible, such as the last book he read or the favorite part of his job. I’m a huge fan of pop culture so I also asked questions to see if we would have fun bantering about various topics. Eric and I seemed to be twins separated at birth. We had so much in common that I was convinced he was perfect for me. Unfortunately for me, after our lunch date, it became quite apparent that Eric was gay. And to toss out a *Seinfeld* pop culture reference here: “Not that there’s anything wrong with that.” As lovely as he was

and as much fun as we had together, I was convinced that once he came out of the closet, we would both be competing for the same man.

Lesson: If he sounds too good to be true, he probably is.

#### **Date 4: Todd**

Typically, I would avoid anyone who didn't post a photo online because I heard that men who were married or in committed relationships would secretly troll the dating sites looking for hook ups. Todd didn't have a photo posted with his profile, but he was so charming via email that I decided to meet him anyway. We planned to meet at a local restaurant. Since I didn't have a picture to reference, he gave me a description of himself. It could not have been farther from the truth. Fortunately, he knew what *I* looked like, so he was able to spot *me* in the crowded restaurant. I don't know if he was delusional or trying to be deceptive, but either way, it was a turn off.

Lesson: If there's no photo, proceed with caution.

#### **Wedding: Steve**

Not long after my date with Todd, I had my first date with Steve, which turned out to be my last first date ever. We've been happily married for 10 years, which in Los Angeles is apparently no small feat. So, if it happened for me, there's hope for anyone!

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired [Click: An Online Love Story](#) and [Double Click](#). She is now happily married to a wonderful man she met online and lives in Manhattan Beach with him and their two daughters.*

---

# Three Hollywood Breakups That Offer a Lesson In How Not To Behave During Divorce



By Sheena Clarkson

While about half of all marriages end in divorce, in Hollywood the rate is undoubtedly higher. We look to celebrities to see the latest trends in everything from hairstyles and designer shoes to baby strollers and exercise regimes. But when it comes to breakups, stars aren't always the greatest role models.

If you're facing a difficult breakup, take a lesson in dealing with lost love from a few celebs that handled it less than famously.

**Related:** [Is Divorce the Best Option?](#)

### **Kim Basinger and Alec Baldwin**

At the center of this couple's divorce was a bitter child custody battle. Kim claimed to have been victim to physical and emotional abuse during the marriage. Meanwhile, Alec tried to discredit his estranged wife by portraying her as moody and unstable.

What really turned up the spotlight on this nasty divorce was when a voicemail was leaked to the press in which Alec, in an angry rant, referred to his 11-year-old daughter as a "thoughtless little pig". It was the voicemail heard 'round the entertainment world, and resulted in a judge ordering that Baldwin be temporarily banned from seeing his child.

*Lesson: Don't let frustration toward your ex spill onto your kids.*

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

### **Liza Minnelli and David Gest**

Having been married and divorced 4 times, Liza is one celeb who could single-handedly affect Hollywood divorce statistics. Though their marriage officially lasted about five years, after the first year of marriage the couple separated and things got messy fast.

Gest hurled accusations and lawsuits at Minnelli, suing the Oscar-winning actress for verbal and physical abusive, even claiming she had given him an STD. Though David Gest hurled a slew of allegations in the courts, the whole ordeal ended with his case being dismissed.



*Lesson: Toss the dirty laundry out with the relationship.*

### **Denise Richards and Charlie Sheen**

Nowadays, the name Charlie Sheen is pretty much synonymous with traits that are big red flags to most marriage-seeking women. Egomaniac? Check. Self-described porn-addict? Check. Drug and alcohol problems? Check, check. It probably doesn't come as much of a surprise that Sheen also has difficulty handling rejection.

When the couple split after three years of marriage Richards accused Sheen of being abuse, unfaithful, and an addict. Charlie responded with a string of voicemails and emails that make Alec Baldwin's post breakup rant sound cordial in comparison. In a message leaked to the press, Sheen calls Richards a "sad, jobless pig" and even makes fun of Richards' cancer stricken mother.

*Lesson: Don't resort to personal attacks.*

There's no getting around it, love has the potential to make us all a little crazy. But if you skip the angry voicemail in favor of some healthy self-reflection you'll rebound from heartache as a stronger, happier person.

*Sheena Clarkson is a freelancer who writes for McKinley Irvin and others. While researching this article she learned more than she ever wanted to know about Charlie Sheen.*

---

## **Dating Advice: 3 Ways to Use**

# the Psychic Edge to Find Mr. Right



By Louise Helene

Celebrities face the same challenges in love as everyone else, only their mistakes and heartbreaks are made public. Many of them seem to be repeating the same mistakes. If they would just listen to their inner intuition, or their “psychic edge,” their love lives would be much happier. Here are a few exercises that can help them *and* you:

**Related:** [Is That You, Mr. Right?](#)

## **1. Visualize Your Dream Man**

Visualization is a powerful tool not only to draw to us what

we want, but to exercise our psychic muscles. When we focus on something, we help the universe send it to us. I psychically feel Kim Kardashian longs for her soulmate. Because of her numerous failed relationships, many people wonder if it will last with Kanye West. Kim should lie down in a quiet place and get comfortable, closing her eyes and taking a few deep breaths. When she is totally relaxed, she should visualize the man of her dreams, being as detailed as possible. Once she has a clear image, she needs to say out loud, "Darling, I will know you when I meet you," repeating this five times. Kim's main problem is not recognizing her dream man when he comes along; this exercise will help her – and you – to do just that.

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

## **2. Command Him into Your Life**

Never underestimate the power of sound, especially your own voice. Sound vibrations are very powerful in the universe and help us focus intuitively, helping us make the right decisions. Taylor Swift is one celebrity who's famous for singing about her Mr. Wrongs. She could use a psychic nudge to attract Mr. Right.

Every morning when Taylor wakes up, she should look in the mirror, close her eyes and take three deep, relaxing breaths before saying out loud, "Love of my life, come to me." She should say this three times, with confidence and belief, and repeat this mantra before she goes to bed. Done regularly, she might be planning a wedding in the coming year.

## **3. Write Down the Possibilities**

There are many potential conclusions to any romance. Writing down these possibilities gives us a powerful psychic edge. What does your gut say? Just imagine the heartbreak that could have been avoided if Katy Perry, Selena Gomez, or Demi Moore had tried this simple exercise.

Whenever you have a question about a man in your life, write several statements about him down on slips of paper and fold them in half. For example: "he is a cheater," "he loves his ex," or "he is my soulmate." Put all the slips of paper in a bowl. Close your eyes and meditate for a moment before randomly choosing one of the slips of paper. What is your immediate reaction to the statement? Many times our conscious mind suppresses our natural insight. This is a wonderful way to feel the subtle sensations of your own intuition.

Romance is very challenging for all women, famous or not; that's one thing we all have in common. We need to start using our psychic edge to find the happiness we deserve.

*Louise Helene is a second-generation psychic, Tarot reader, and crystal ball gazer who has conducted thousands of readings during her thirty-year career as a spiritual advisor. She is the co-author of I Saw Your Future and He's Not It: A Psychic's Guide to True Love. [www.louisehelenethepsychic.com](http://www.louisehelenethepsychic.com)*

---

## Relationship Advice: Is He In It for the Long Haul?





By Abraham Morgentaler, M.D.

One of my goals in writing my new book was to help women understand men better. Over the last 25 years of talking with thousands of men with their pants down – literally and figuratively – I’ve learned what makes a man tick when it comes to love and romance. Although there’s no foolproof way to tell if he’s really in it for the long haul, a number of clues can help a woman tell if her man is smitten. Hopefully those clues are easier than figuring out if he’s faking orgasms during sex, like the young man in love in my book.

### **Men and commitment**

Contrary to popular “wisdom,” men have a tremendous capacity for commitment and loyalty. However, men will not happily commit to any woman unless he feels manly with her. I say “happily commit” because some men do wind up with women who don’t make them feel good about themselves. Those marriages are doomed before the wedding vows are over. Trust me, you don’t want that. No, you want a man who commits to you because he adores you.



**Related Link:** [What To Know Before You Say 'I Do'](#)

A happy romantic commitment by a man requires two key elements. First, he feels like a good provider, inside and outside the bedroom. If a man can find a woman with whom he feels gallant, big and capable, then he's more than halfway home to his own vision of romantic love. Second, he has to make his own decision to commit.

### **Promising signs**

Here are some promising signs that he thinks of you as more than just a casual girlfriend:

- He introduces you to his family and friends
- He invites you to join him for his reunion scheduled a month or more away
- He is attentive to your sexual pleasure
- He opens the car door for you or insists on buying the popcorn at a movie long after the second date

**Related Link:** [Guys Edition: How To Behave Like A Gentleman](#)

### **What if he doesn't seem ready to step up?**

Many couples stay together for a while because things seem fine and easy. However, a more serious commitment requires more serious feelings. Sometimes it's just not there for the man. And sometimes the man does want more but isn't sure whether the woman feels the same. If your guy seems really into you, but the relationship isn't progressing, take a moment to consider whether you've stepped up for him.

- Have you introduced him to your parents or other family members?
- Do you invite him to work events as your boyfriend?

If you don't seem proud to be identified with him among the important people in your life (not just your roommates or best friend), he may well believe you don't see him as "the one."

Finally, show some self-respect. If you're not already monogamous, tell him he'll now need to be or you'll be unable to see him any longer. If you don't believe you're worth it, he won't either.

*Dr. Abraham Morgentaler is the author of [Why Men Fake It: The Totally Unexpected Truth About Men and Sex](#), and you can follow him on Twitter [@DrMorgentaler](#).*

---

## Dating Advice: 5 Signs It's Time to De-Clutter Your Love Life





By Rachel Sussman

Spring is the season of renewal and fresh starts; as the days start to get longer, you may begin to see your relationship in a new light. So how do you know when it's time to do some "spring cleaning" in your love life?

Online dating sites ChristianMingle and JDate recently surveyed more than 2,700 singles for their inaugural State of Dating in America report, revealing what they really think about dating, sex, marriage and more. The stats in the report can help you see how your relationship stacks up in comparison to other U.S. singles.

To help determine if it's time to do a clean sweep of your love life, I've compiled a list of five tell-tale signs based on the report's findings:

**1. If he won't commit:** More than one-third of singles surveyed think that one to two years is the minimum amount of time to date before getting engaged, and only two percent said that more than five years is the appropriate amount of time. So if you want to take that next step and after five years of dating

he still shows no signs of proposing, it may be time to move on.

**Related:** [Falling In Love: When to Say the L-Word for the First Time](#)

**2. If he doesn't get along with your friends:** As the saying goes, chicks come first, so it's no surprise that women say their friends have the most influence on who they date. It's important to make sure your friends and your guy get along, for the happiness of all.

**3. If he's unfaithful:** This one might seem like a no-brainer, but in fact data shows that men and women have different views on cheating. Women are more likely to believe that having an emotional relationship, texting or online flirting is cheating; make sure you discuss these issues to prevent future conflict or misunderstandings.

**Related:** [You've Cheated, So Now What?](#)

**4. If he doesn't like your pet:** One quarter of singles would break up with someone if their pet didn't like that person. Fido or Fluffy is going to be in your life for a long time, so it's important that they mesh well with any humans you bring into the family.

**5. If you have different world views:** Nearly three-quarters of singles are looking for a partner who shares their religious faith. If you and your mate have vastly different views on religion or other important issues, it's not an issue that will easily go away, and could cause conflict down the road.

*Rachel Sussman is a licensed psychotherapist, relationship expert, author and lecturer. She is the founder of Sussman Counseling, a psychotherapy practice specializing in treating couples and individuals with relationship dilemmas. She is the author of THE BREAKUP BIBLE: The Smart Woman's Guide to Healing from a Breakup or Divorce.*

---

# Relationship Advice: 7 Secrets to Make a Long-Distance Relationship Smokin' Hot



By Dr. Diana Kirschner

You meet a hottie and it is a glorious, soul mate relationship. You are dreaming about an amazing future with this great match, who definitely feels like the One. The only problem is, he or she lives a long way away from where you are, and you are afraid that this will be the kiss of death



for the whole relationship.

Your fear is well founded—long-distance relationships have lots of built-in obstacles. Consider what recently happened to Michelle Williams and Jason Segel. Jason couldn't let go of his successful LA life to come and be with Michelle in Brooklyn. And by most reports, this played a big role in Michelle breaking up with him because she felt that in this kind of a distant situation she simply could not commit to him.

You wonder: *Just how do you keep a long-distance relationship smokin' hot so you can have the happiest-ever-after you are dreaming about?* Here are seven secrets:

**1. Bookend your days with connection.** Each morning and every night make sure you talk with your Beloved on the phone. This will cement you in as a regular part of their day.

**2. Utilize technology.** Use Skype or the phone strategically to bond with your partner and keep the spark alive.

**Related:** [How to Find Love Online With Non-Traditional Dating Sites](#)

**3. Text or call throughout the day...** so that you are in contact and talking about what is happening for each of you.

**4. Take turns coming to stay with each other.** During this time make sure you have a lot of fun and intimacy, which releases oxytocin, the bonding hormone. Over time make these visits longer so that you can see how you do as a couple when you are living together.

**Related:** [Tips for Making a Long Distance Relationship Work](#)

**5. Be supportive.** If your Beloved has a crisis, drop everything and be as supportive as possible. Show him or her that they come first in your life.

**6. Consider making a sacrifice.** If the relationship is growing for a year or more in a way that feels more intimate, committed and nourishing, consider making the sacrifice of giving up the life you have in order to move in with your long-distance partner. If you do this, take time to work out a contract about what your partner will do so that he or she is supporting you and making his or her own sacrifices to establish your new life together with the least stress possible for you.

**7. Make it possible for your partner to move.** If you do feel that the relationship has been developing well for a year or more, but moving in with your partner is not feasible: discuss with him or her what you would be willing to provide in terms of financial, emotional, networking, job search or other support if your partner would consider moving in with you or into housing together in your area.

When you use some of these tips, a long-distance relationship can work out to be your happiest-ever-after! So give it a try and see if you and your Beloved can grow together despite the obstacles involved. True lasting love is well worth it.

*Dr. Diana Kirschner starred in a PBS TV Special on love. She is the best-selling author of **Love in 90 Days** and **Find Your Soulmate Online in Six Simple Steps**. Through her unique phone/Skype free coaching program Dr. Diana has helped thousands all over the world find and keep a passionate lasting love relationship! Her free Dating Tips & Relationship Advice newsletter is available at [www.lovein90days.com](http://www.lovein90days.com).*

---

# Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner



By Dixie Somers

Dealing with an addicted partner can be one of the hardest things that you may ever have to go through. Day in and day out, it's the same thing over and over again. As soon as you walk in the door, you notice that they're either drunk or high on some sort of drug. Whether they're drinking hard liquor, using drugs, or addicted to sports exercising, putting up with their antics is something that you shouldn't have to deal with. If you've tried to reason with them in the past, but haven't gotten anywhere with possible recovery options, these five must-knows can help you in dealing with your addicted

partner and putting them on the right path to sobriety:

## **Put Yourself First**

You are not able to help your partner if you can't even help yourself. If you are also struggling with addiction, it's time to break the habit and get clean. By putting yourself and your health first, your partner may notice a change and want to get clean as well. Even if you do not have an addiction, simply dealing with someone who does can put a major toll on your health and well-being. Take the wife of Guns N' Roses rocker Slash. She helped him seek help and get sober after he was diagnosed with congestive heart failure from continued drug use. Make sure you take time out of the day to spend to yourself, healing yourself emotionally and psychologically to be in the best place possible.

**Related:** [10 Reasons Women Stay in Bad Relationships](#)

## **They Are Who They Are**

Before you can help your addicted partner, you must realize that they are who they are and that you are not able to change them if they are not willing to receive the help. They must want to put in the time and effort that it takes in recovering before they will reach true sobriety. Catherine Zeta Jones was a smoker until she was caught by the media smoking while pregnant. She realized the danger she might be posing to her children, and this encouraged her to quit for good.

## **Educational Material**

To deal with these sorts of addictions, you will want to educate yourself on the types of substances that they are using and why they may be turning to drugs and alcohol as a crutch. You must know what you're dealing with in order to effectively help them. Books and 12-step meeting programs will provide you with a little more insight into the current

addictions that they are facing and how you can be there for them.

**Related:** [Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?](#)

### **Do Not Enable Their Habits**

Enabling your partners habits will never help them to recover. You must put your foot down and say enough is enough. Do not provide them with money to purchase drugs or go out to get them alcohol. According to experts at DelrayRecoveryCenter.com, Enabling will only further their disease and addiction.

### **Going to Meet With Them**

Attending meetings with your loved one will show them that you support them on their road to recovery. You can participate in these meetings by simply being there, hearing the stories of others and sharing your stories which can be a very helpful recovery method. If your like Grey's Anatomy star Eric Dane's wife, encouraging them to get help is a great way to get them started. Attending meetings can also be encouraging for lasting sobriety.

*This article was written by Dixie Somers and coauthored by Stanley Martinson. Dixie is freelance writer and blogger who loves writing about entertainment, family, and health and topics.*

---

**Relationship                      Advice:                      5**



# Lessons to Learn from Celebrity Divorce



By Dixie Somers

The pain of divorce is a well-known one in our society today. Lending to this general awareness is the constant influx of celebrity break-up news that seems to flow endlessly. Although viewed negatively by some, such news can provide high-profile educational experiences. Take a lesson from these celebrities. Here are five lessons we can learn from celebrity divorces:

## Watch the Signs

Sometimes it can be conveniently blissful to ignore certain signs. Ignoring the signs can lead to even greater heartache and woes in the future. Take it from Elin Nordegren, ex-wife

of golf legend Tiger Woods. According to various reports, Elin had ignored many troubling signs of the dozens of affairs. Today, Lindsey Vonn is dating Woods. Apparently she isn't one for signs either.

**Related:** [Is Divorce the Best Option?](#)

### **Don't Rush**

Time and time again, we see the perils of marrying too quickly. Britney Spears became infamous for rushing to the altar in such a fashion. After a very quick, whirlwind romance excursion, Spears and Jason Alexander got married in a Las Vegas chapel. Sure, they had known each other for a long time before. But the topic of marriage had been fairly instantaneous and unplanned; so too was the decision to end it merely days later.

### **Get a "Prenup"**

Prenuptial agreements protect the marrying parties and their individually owned assets and worth. For chivalry, for love, or maybe just for sheer lack of knowing, some go without any such protective measures. The results seen can be devastating: Mel Gibson paid \$425-million, Michael Jordan paid \$168-million, Madonna paid approximately \$80-million – the list goes on. Talk with a Lexis Nexis lawyer to make sure you've done your prenuptial agreement right.

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

### **Don't Cheat**

In case you didn't know it, cheating is bad, destructive, and a quick end to an otherwise successful marriage. Take Jesse James for example. He had it all – wealth, a name, reputation, career, and last but certainly not least, Sandra Bullock, America's sweetheart as his wife. So what does the genius do? Cheat. We have seen the sad results for James as Bullock has

moved on.

## Be Sure

It's always important to understand your potential partner in marriage on a deep level. You need to really "know" them. Kris Humphries found this out with his brief and now alleged "fake, staged" marriage to socialite celebrity, Kim Kardashian. We still can't figure out if we should pity Kris and his situation, or simply point to it all as one big public service announcement.

There you have it; five more reasons to be take a second look before saying your vows. If your getting married, do it right. Take a few tips from these celebrity divorce stories.

---

# Relationship Advice: What To Know Before You Say 'I Do'





By Nicole Noonan

Asking the right questions and identifying what issues are deal breakers for you before getting married is important for everyone, whether or not you live a life in the spotlight. Addressing possible issues enables you to work through potential differences or, in the worst-case scenario, have the ability to walk away should you reach an impasse. If there are serious warning signs before you head down the aisle, marriage is not going to fix them! Here are some important tips:

**Related:** [5 Celebrity Couples Who Said 'I Do' in Vegas](#)

### **Know the Financial History**

Marriage is a huge step in anyone's life, and it is important you prepare yourself not only emotionally, but financially as well. Love doesn't pay the rent or mortgage. When you marry someone, their credit history soon become yours too. Ask your significant other, "what is our ultimate financial goal regarding annual income? By what means and through what efforts can we achieve this?"

## **Know the Family**

When you marry someone, you also marry that person's family. Kris Humphries married not just Kim Kardashian, but the whole Karadashian/Jenner clan. Your future spouse comes as a family package, so it's important for each of you to know what you are getting into. Ask yourself, "what place does your partner's family play in our family life? How often do we visit or socialize together?"

## **Know the Friends**

The phrase "you are whom you hang out with," is one to consider. Get to know your partner's friends before you head down the aisle. Also, introduce your own friends. Often our friends can see things about our relationships that we cannot. Socialite Sale Johnson Rashad did not like Ahmad Rashad becoming friendly with Tiger Woods. Now they are divorcing.

## **Know Plans for Religion and Children**

According to reports, SNL's Fred Armisen broke up with Mad Men's Elizabeth Moss because her religion was more important to her than their marriage. Elizabeth is a devoted Scientologist. Others, such as Jennifer Lopez & Marc Anthony, and Tom Cruise, Nicole Kidman and Katie Holmes also were rumored to have parted ways because of religion. It is important to discuss what religion, if any, you will embrace as a family. One or both partners might suddenly feel strongly about raising their children a certain way.

## **Know Each Other's Goals**

Are you both comfortable with the other's level of ambition? It is important that partners considering marriage understand what each believes is a success. You should be comfortable and supportive of your spouse's success as much as your own. A marriage may start with both partners at the same "level," but one partner then has greater success than another. This



could lead to envy and resentment. In the case of Chris Judd and JLo, he was a choreographer when they married and she a dancer. What a difference a year makes it cost JLo \$14 million.

### **Identify Roles**

Talk about the roles you envision for your marriage. Will one stay at home with the children or will both parties work? Do you see yourself in an “I Love Lucy”  $50\%$  role where wife stays home and husband is the breadwinner? Perhaps there is a balance, like in Angelina Jolie and Brad Pitt’s relationship, where they take turns doing movies so one is always with the children. You and your significant other need to be on the same page.

### **Most Importantly Know WHO you are Marrying**

Take the time to really learn about your significant other. Regardless of what your friends and family may be pressuring you to do, or what your biological clock says, you do not need to be rushed into a marriage. It should be seen as the biggest commitment of your life. Though not everyone has the same view of marriage, Renee Zellweger and Kenny Chesney met in January 2005, married in May 2005 and had the marriage annulled that September, citing “fraud.” Other examples of rushing to the altar include Dennis Rodman and his bride Carmen Electra, and the lengthy marriage of Britney Spears and her childhood friend, Jason Alexander, married for just 55 hours.

Nicole Noonan is the Executive Director of BBL Churchill Group, a Divorce Finance company that provides essential funding to people involved in divorce proceedings, enabling them to pay legal fees, expert costs and living expenses when they are due. Noonan is dedicated to bettering the lives of her clients, utilizing her legal background and business education to provide solutions for those in need.

---

# Relationship Advice: The Most Powerful Tool to Help You Find Your Soul Mate



By Sue Frederick

Intuition can navigate you successfully toward finding true love as effortlessly as a dream in the night. It works better than dating sites, speed dating, or singles' events. Love is the gateway to your intuition. You'll never be as intuitive as when you fall in love because your energy centers are most open and receptive, and your monkey- mind quiets down. You look into a stranger's eyes and remember him from another

time. You know when he'll call. You feel his embrace long before it actually happens. And you sense what he's feeling even when the two of you are apart.

We're all a little more comfortable with intuitive loving than we are with intuitive living—using intuition for our everyday life and career choices. Yet we can tap into this portal of sacred guidance whenever we open our hearts. When you fall in love, nurture this sacred gateway to the unknown. When you're not in love, love anyway. It will open the door to your divine intuition.

### **What to Do Before Going On a First Date**

Before going on a first date (especially a blind date) write down your date's name and place your hand over it. Close your eyes and do a short meditation with mantra or sacred sound to quiet your mind. Now ask to see what the person looks like and feel their energy. If the energy you feel and the person you see makes you smile and giggle, that's a "yes" from your intuition. Your higher self is telling you that this person will be a loving presence in your life.

**Related:** [Five Conversations to Avoid on the First Date](#)

If the energy feels bad in your stomach and makes you feel anxious, cancel the date. If the energy you feel revs up your sexual chakra, that's telling you what the focus of this relationship will be. If you don't feel a loving warm energy in your heart while picturing and feeling this person's energy, this probably won't be a long-lasting or fulfilling relationship.

**Related:** [6 Great First Date Questions \(and 4 to Skip\)](#)

Also, if you have the person's date of birth, decipher their birth path by adding up all the numbers in their day, month and year of birth. Write his name and birth path on a sheet of

paper. Put your hand on this information and meditate to quiet your mind. Ask to feel the person's energy and understand his journey. Ask if this person is someone you should connect to for your highest good. Pay attention to the feeling you get and note whether it's positive or negative. Write down any thoughts about this person that come to you during your meditation. Trust your gut. If it feels bad, don't pursue this person no matter how beautiful they look or how perfect they seem.

Keep practicing. Use this intuitive technique with potential hires at your workplace or to decide whether to take a new job. The more you use your intuition, the more you'll trust it. Eventually you'll realize how good you are at trusting your intuition.

You are now becoming a master of intuitive living, an approach that will put you right into the juicy flow of your life and bring you love, success, and happiness each day.

*Sue Frederick's is the author of "[I See Your Soul Mate: An Intuitive Guide to Finding & Keeping Love](#)," and her work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in the New York Times, CNN, Real Simple, Complete Woman, Yoga Journal, Natural Health, Fit Yoga, and Nexus Magazines.*

---

# **Is Tiger Woods Capable of Being Monogamous with Lindsey**

# Vonn?



By Susan Trombetti, CEO of Exclusive Matchmaking and Relationship Expert

The breaking news this week is that pro golfer Tiger Woods and popular skier Lindsey Vonn are officially dating. Many are skeptical of this situation, as Tiger is still getting over his reputation as a cheater stemming from the scandal with his ex-wife, Elin Nordegren. Well, let me just say that Tiger has so many cheating scandals in his history that I doubt he could be faithful again unless there are some drastic changes involving his inner circle, lack of opportunity to cheat, and possible therapy.

**Related:** [Kourtney Kardashian and Beau Get Therapy](#)

Why, you ask? For one thing, he is surrounded by “yes” people



who's financial situation is dependent on Tiger. I don't see them becoming moral against all odds and tying him up when he has the urge to cheat. They are loyal to him and will enable what isn't good for him just to make him happy. They may rationalize: "It's just women, and boys will be boys."

Other celebrity examples of this is Anna Nicole, who was surrounded by enablers like her attorney, and Michael Jackson, who was backed up by his doctor. These are drastic examples, but it's hard to say "no" when your boss says "jump". In Tiger Woods' case, he has his inner circle and his mother enabling his addiction to cheating. Plus, he has a history of it, as his dad cheated in the past. This is all he knows. In my opinion, what he really needs is some therapy or a 12 step program to become fully aware of the reasons behind his bad behavior and poor choice in so many trashy women. Then, Lindsey may have a chance.

**Related:** [Get Date Therapy and Get in Touch With Your Ideal Mate](#)

Here are some signs that a guy might be a serial cheater and unable to commit:

1. He excludes the word "faithful" in his marriage vows and takes issues with it like South Carolina governor Mark Sanford.
2. He tells you he cannot be faithful to any one woman. Let's face it, that is what they are saying when he tells you he cheated on all his exes.
3. They have an addiction to cheating like David Duchovny.
4. They have cheated in the past, like Eddie Cibrian or Bill Clinton.
5. They are powerful men who think the rules don't apply, like Silvio Berlusconi and Arnold Schwarzenegger.

6. They are men with big egos, deep pockets, and lots of opportunity, like Kobe Bryant and Tiger Woods.

7. They tend to go for the “bad boy” or “bad girl” like Sandra Bullock did with Jesse James.

*Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking.*

---

## Why ‘Bachelor’-Inspired Values Matter in Relationships and Marriage





By Susan Shapiro Barash, Author of *The Nine Phases of Marriage*

What could be more appealing in today's slick, fast paced society than to watch a dashing handsome bachelor who is also pristine make his commitment known to us? It is little wonder that 28-year old Sean Lowe captured the attention and curiosity of so many female viewers.

And while the heat was on to see his final choice and we waited with baited breath, it was refreshing to learn about a young, charismatic man who has a traditional attitude toward marriage and family. On March 11th when Catherine won Sean's heart, it underscored how much values mean in a relationship. Not only were we watching this couple move forward with great anticipation, but this next step also jolted us into thinking about what it takes for a marriage to be successful.

### **The Pillars of a Love Relationship**

According to the media, the lucky couple hopes to start a family right away, and this of course is a big part of the picture. When it comes to commitment in a love relationship,

there are other factors as well. The foundation of a solid relationship and marriage include:

**1. Honesty and respect:** There is no better way to build the relationship and sustain it through the ups and downs of daily life.

**Related:** [Justin Bieber Proves Honesty is the Best Policy](#)

**2. Commitment and Communication.** A couple should, ideally, discuss their views in depth on the following (in no particular order) family –including in-laws, friendship, children, work ethics, finances, and religion ahead of time with full disclosure, in order to secure the relationship.

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

**3. Flexibility and Understanding.** Both parties should know one another well enough to roll with the punches and support one another in times of need.

### **Shared Values Protect the Relationship**

Many times couples are too caught up in the excitement and the passionate phase of a new relationship and pending marriage to address the important issues stated above. The problem here is that if expectations are implicit and not fully discussed and recognized, this can lead to problems later. If a couple is not prepared as a team for the ups and downs of life (illness, loss of job, problems with children, relocation) and has not discussed the 'what if's, there can be friction ahead and this can drive a wedge into the relationship.

It is wise to remember not only that life throws us curve balls, but that it is our esteem for one another, our shared points of view and methods of coping that will get us through.

*Susan Shapiro Barash is the author of 13 books on women's issues and is frequently sought after by national media to comment on gender and relationships issues. Most recently, she*

*appeared on ABC's 20/20 to discuss "The Truth About Lying" in marriages. In her recent Huffington Post piece, "It's Wives Who Want More Sex and They Are Getting It," Barash reveals some surprising statistics she found about wives and their intimate relationships.*

---

## Top 5 Hot Hair Tips You Should Be Taking from Celebrities



By Dixie Somers



Many celebrities are known for having great hair. It's no surprise that people want to recreate their styles for themselves ... and their partners. Here are five hot celebrity hair tips that can easily get you that fresh look for your next hot date:

### **Blunt Bangs**

Have you just gone through a rough break up and you're looking to spice up your look? Go with the blunt bangs. Celebrities like Jessica Biel and Olivia Wilde often wear blunt bangs. It's a simple style to have done at a hair salon (or at home with the right experience). To get this look, hair will be combed forward, in front of the face. Then it will be cut straight across to the desired length. An easy way to maintain it is to simply use a flat iron on low heat, or use a round brush and blow dryer.

### **French Braids**

Going on a hike or a fishing trip with your man? It's time to try out the French braids. Rihanna and Anne Hathaway have been spotted many times with this look. It takes only minutes to achieve. Simply choose the desired location of the braid(s) and separate dry hair from that area into three equal sections. Then braid those sections and tie the end. Straight hair is easier to braid and looks neater, so a flat iron can be used for curly or frizzy hair.

**Related:** [Date Idea – Road Trip Your Way to Romance](#)

### **Soft Wave Curls**

Going out for a night on the town with your girls? Hit the club like a celebrity with the soft wave curls. Beyonce and Megan Fox frequently dawn soft wave curls. It's one of the most versatile hairstyles that look great on almost everyone. This look is simple to achieve, all that is needed is

hairspray and a curling iron. The first step is to separate dry hair into small sections. The next step is to grab each section, one at a time (holding the hair at the ends), and lightly spray each section. Last, with a medium sized curling iron on low heat, wrap each section around the barrel for about ten seconds.

**Related:** [Beyonce NYC Sleek Styles](#)

## **Sleek and Straight**

If you've got a fancy dinner date with your boyfriend, the sleek and straight is a classy look you can't go wrong with. Mila Kunis and Jennifer Aniston love this look and it only takes two products to get the same results. All that is required is a flat iron and a protective heat spray. First, lightly apply the spray (it will protect hair from excessive heat damage and also add shine). Then, flat iron dry hair by grabbing one small piece at a time. Using a flat iron that is one to two inches is recommended.

## **Slicked Back**

Want to go for something a little different, but still classy? Show your boyfriend you've got the guts to do something new with your hair. The slicked back look is fresh and sexy, so it will turn heads. Jennifer Lawrence and Hayden Panettiere regularly wear this style casually and on the red carpet. It can be worn in two ways. One way is the wet look. To get this style, simply apply hair gel and comb hair in a backward direction. Another way is the soft look. It's the same procedure, just replace the hair gel with hairspray. It may seem simple, but it's in style right now.

---

# Expert Relationship Advice: 5 Ways to Turn “Me” to “We”



By Dr. Beth Gineris

In order to create successful partnerships in our lives, we must learn to shift thinking from an independent state (me) to a mutually interdependent state (we). Our mindset becomes both caring and supportive, rather than self focused. Here are some details of the two different relationship styles:

## **The Me-style in relationship**

This is a style that is dependent, co-dependent, dramatic, and needy. The two people act as halves who come together and make one whole, with weak or non-existent boundaries. In the Me-style both parties feel lonely, unheard and unseen. They

are desperate to feel connected.

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

**Example: Britney Spears.** She needs others' approval, is insecure, and has found herself entangled with men unavailable to her and lacking stability. She has had great difficulty stepping up to her strength without constant reassurance from others.

### **The I-style in relationship**

This is a style that is independent, solitary, and where individual credit and competition are paramount. Connection is via an intricate tally-sheet of each other's actions; two I's walking side-by-side, with rigid, inflexible boundaries, without interdependence, and lacking dependability.

**Related:** [Katy Perry and Russell Brand: What Went Wrong?](#)

**Example: Russell Brand and Katy Perry.** Russell Brand's reasoning for their split was that when you see that you may be incompatible, it's best to call an end to it.

These Me-dependent and I-Independent styles lack empathy and negotiation; either due to an inability of the person to get outside of him or herself to see the other's point of view and weak boundaries of self- **Me-style** OR due to a foundational insecurity of autonomy and competence resulting in rigid boundaries of self- **I-style**.

### **The We-style in relationship**

This is a style that values interdependence, mutual give and take, negotiation, dependability, and trust. The two parties work together toward shared and individual goals; Boundaries are osmotic allowing interconnections without loss of self.

**Example: Jennifer Garner and the newest Best Picture Oscar winner Ben Affleck.** They describe a dependable foundation of

trust, collaboration and mutuality toward both individual and collective goals.

**Here are five specific ways to bridge the gap between “me” and we”:**

**1. Discover your style of relating.** Which descriptors fit? Possessive, needy, manipulated, insecure? **Me-style**; Defensive, competitive, antagonistic, or a fear of being engulfed? **I-style**; Valued, heard, accepted, dependability? **We-style**

**2. To turn Me to We begin with yourself first.** Determine what is keeping you in a Me or I-style of relating. Is it an issue of security? Is it something you learned from early life-experiences or a misunderstanding of your true strength?

**3. Define when, how, under what conditions you feel secure.** Create those conditions. Security can take the form of financial, emotional, physical, or spiritual security.

**4. If you are in a Me-style you have to create independence before you move to interdependence.**

**5. Share your insights with your partner.** Invite your partner to follow these steps. Trust the process.

*Dr. Beth Gineris holds three graduate degrees, in business, counseling, and Oriental medicine. She has spent twenty years as a psychotherapist, over fourteen years as a strategic management consultant, and eight years as an acupuncturist. She is devoted to providing supportive, solution-focused teachings that allow people to live a more harmonious and happy life. She is the author of ‘Turning NO to ON: The Art of Parenting with Mindfulness’, and ‘Turning Me to We: The Art of Partnering with Mindfulness’.*