

7 Steps to Recover From Ending A Relationship



By Stan Popovich

Sometimes it can be difficult to deal with the stress and depression of going through a breakup with someone. You feel sad, anxious and defeated. Here are seven suggestions that can help you manage the stress of ending a relationship:

1. Give It Some Time

At first, you will feel sad and will not want to do anything, however things do get better as time goes on. Give it a month or so and you will feel a little better. You'll be up and participating in all of the hobbies you left behind when you were with your ex.

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2. Stay Active

During this time you might feel alone. In this case, think about doing some volunteer work to meet some people and make new friends. Getting involved by helping others will make you feel better and your help could assist many people who may be worse off than you. Go to your local church and see what kinds of volunteer activities are available in the community.

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3. Follow Your Interests

Instead of doing nothing, try to determine what interests you may have and pursue new things. Maybe you always wanted to travel somewhere and never had the time, or maybe you wanted to try a new hobby. This would be a great time to do it.

4. Work With Animals

Get involved at your local animal shelter. Animals can be a great source of companionship, and they can help uplift our spirits. Animals are a great way to prevent loneliness and many of them need your help. You won't be sorry if you spend some time playing with a dog, cat or other animal.

5. Manage Your Negative Thoughts

When you are depressed, you will tend to think of negative things. When this happens, remind yourself that worry exaggerates the problems you have and that things will get better. Try to avoid negative thoughts and remain positive.

6. You Will Meet Others If You Try

After ending a relationship, try to remind yourself that you will meet other people and make new friends. Try to go to places where you can meet other people and just be yourself.

You never know when you might make a new friend. The trick is not to sit at home and feel depressed. You need to go out and be around people. This will increase your chances of developing new relationships.

7. Talk To A Counselor

A counselor could give you additional insights on how to get over a relationship. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". For additional information go to: www.ManagingFear.com.

3 Ways to Fit Romance into Fall Madness





By Rebecca Garland

It's time to don your sensible shoes and grab the day planner, because the frenzy of fall is upon us. Little Johnny has football practice five nights a week that don't always overlap with Susie's drill team practice. The weekends are full of football games and dance competitions and that's before you make it to the grocery store and sew on the newest badges for the scout meeting next week. Life is crazy when we get back into the swing of school and extracurricular activities, so how can we ever keep romance alive in the madness?

Add Romance to Your Routine

The easiest way to stay romantic is to find places to actually feel romantic together with the things you're doing. If you have to fill out thousands of forms for the beginning of school, why not sit down with your man on the couch, turn on some soothing music, grab a bottle of wine and fill in all of the necessary contact information and health insurance numbers?

It may not make it into the movies, but sitting close, having wine and music – even when coupled with dress codes and parent contact forms – can be sexy.

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Enjoy Early Bedtimes

The kids are going to be worn out by the end of the week and you probably are, too. There's no rule saying that you have to stay up until eleven o'clock every night of the week.

Make it a new routine in your household to send the kids to bed at eight (or even seven!) on Friday nights to help them get caught up on rest. Meanwhile, the two of you should climb into your bed armed with a movie, some snacks and some serious cuddling.

Watch your movie, or create your own fun in the stillness of a peaceful Friday night – this may easily become your favorite night of the week. It's horribly unproductive in terms of shopping lists and multitasking, but it's a glorious way to relax and spend time together.

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Arrange Date Nights (And Keep Them Holy)

It can be hard to tear yourself away, but call up a babysitter and make it work. Take at least two hours one night of the week or every other week and go to dinner together. Try a new restaurant every time you go out to keep things interesting while still getting home in time for bedtime routines and a good night's sleep.

If you can't spring for the babysitter, have a light dinner and then plan on cooking together after the kids go to bed. A late supper with candles, drinks and charming company in the comfort of your home is always relaxing as well – and is a bit

more flexible with a crowded schedule.

Rebecca Garland is a freelance writing working hard to populate the internet with interesting, engaging content. With advanced degrees in information science and business, Rebecca enjoys a variety of topics including romance for hard working moms. Learn more about Rebecca on her professional site, www.internetauthor.net.

How to Get Ready for a Big Date



By Isabella Franklin

Got a hot date coming up? Then it's time to pamper and preen before the big day. Spend time on your appearance and impress your new flame with your ravishing looks (and wonderful personality, of course).

Here's how to prepare in five simple steps:

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

Take care of your skin.

Pimples usually appear at the most inconvenient times, but it's important to look after your skin nonetheless. Exfoliate in the shower to remove dead skin cells and moisturize on a daily basis – paying particular attention to dry or rough patches. Learn how to make one of these face masks recommended by experts and try to relax, as this should prevent a spot outbreak.

Get rid of unwanted hair.

Want to impress Mr. Right? Then make friends with your razor and get rid of stubborn stubble. Bristly legs and bushy armpits are not attractive, so make an effort to de-fuzz. If you're fed up of shaving all the time, waxing removes hairs at the roots and can last for up to six weeks. Laser hair removal is also available at many clinics and can leave your skin soft and smooth permanently. A number of sessions are needed to remove all follicles, but you can have it in between dates – perfect.

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Shape your eyebrows.

While we're on the subject of hair, don't forget to pluck your eyebrows. Shape your brows nicely and avoid over plucking as this does not look good – here are a few basic rules. The

inner edge of the brow should line up with the outside of the corresponding nostril and the highest point of the arch should be just at the outer edge of the eyeball. Not a fan of plucking? Then get your eyebrows threaded by a professional. This ancient beauty technique is very precise and is relatively pain free.

Book a haircut.

A new hairstyle can give you a confidence boost, so check into your favorite salon for a cut. Banish split ends with a trim or opt for something a little more drastic. Have a fringe cut in, experiment with curls or add a few sassy highlight. If you've already been for a cut recently, why not book a blow dry? Feel like a new woman and head out and about in style.

Dress to impress.

The right attire can do wonders for your figure, so dress to impress and look fabulous for date night. If you have an hourglass shape, show off your curves in a wraparound dress and if you're a pear, flaunt your slender upper half in a beautiful sleeveless top. Are you skinny or athletic? If so, choose clothes with frills and pleats as these will feminize you figure. Carrying a few extra pounds? Then wear a patterned top with a tailored jacket to trick the eye. Many surgeries offer liposuction surgery, but the right attire can slim you down.

Isabella has been a cosmetic surgery blogger since her days at university, she writes about various surgical procedures and non-surgical treatments. As well as blogging she enjoys spa days and exploring new beauty products, her latest new obsession is nail art.

How Raising a Child Can Bring you Closer Together as a Couple



By Nancy Parker

If you speak to any number of parents today about how parenting has affected their marriage, you may be surprised to hear many tell you that it has solidified their marriage. They will almost certainly tell you that parenting is hard work and incredibly stressful, but at the same time, they will tell you that they feel closer to their spouse after having kids than before. This may seem paradoxical. After all, enduring intensely stressful situations and bringing responsibility and hard work into your relationship seems like it may pull a couple apart. In many cases, however, the opposite is true.

There are a number of key reasons why raising a child can solidify your marriage despite being stressful:

1. Shared Love

In most cases, no two individuals love a child more than his biological parents. The love for a child may begin to grow almost as soon as the parents learn of the pregnancy, and this love deepens with each passing day. This is a love that the parents together share for the child, and they both work to provide the child with the best childhood experience possible. Sharing the same intense feelings for another person is a bonding experience, and this is a bond that can indeed solidify a relationship.

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2. Teamwork

Raising a child together is about more than just feeling intense love for the child. It takes a lot of hard work to care for and raise a child, and this hard work begins as soon as the child is born. During infancy, the couple must work together as a team to ensure that the baby as well as both parents meet their basic needs regarding feeding, sleeping and more. An infant is dependent on the care of the parents, and the parents work together as a team to fulfill those needs while also watching out for the health and well-being of each other. As the child grows, the teamwork approach transitions into different aspects of parenting such as discipline, education, childcare and more.

3. More Than Just a Couple

Before the first child is born into the marriage, the couple is simply a couple bound together by love and perhaps wedding vows. When you bring a child into the relationship, however, your relationship transitions into something more significant.

You are no longer a couple, and instead, you have transitioned into a family. There is a bond that deepens between a man and a woman when a family is formed. The deep feelings associated with creating a family with another person deepen the bond you have with that person.

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It is interesting to take note that giving birth to a child will not heal a relationship that is already on rocky ground. In fact, the hard work and stress associated with raising a child may be the tipping point in an already shaky relationship that could lead to the couple breaking up. On the other hand, when a couple that has a solid relationship brings a child into their lives, the experience of raising the child can provide a deeper bond than the couple previously had. With a look at celebrity couples, you may see how relationships like that between Victoria and David Beckham have been solidified with the addition of their children in their lives. On the other hand, other relationships that may have been on less steady ground to start with, such as that Tom Cruise and Katie Holmes, were not solidified with the birth of a child.

Nancy Parker was a professional nanny and she loves to write about wide range of subjects like health, Parenting, Child Care, Babysitting, nanny, www.enannysource.com/ etc. You can reach her @ nancy.parker015@gmail.com.

5 Red Flags to Be Aware of In

Your Relationship



By Grace Pamer

I am a fan of the show *Dexter*, and was probably just as surprised as everyone else that the two stars, Jennifer Carpenter and Michael C. Hall, filed for divorce. The couple appeared happy, like best friends, being married and working as a team on the award winning show. When Michael C. Hall was diagnosed with cancer, Carpenter was at his side helping him through it all. But later, Hall's break trust via rumors of infidelity made their way into the relationship, resulting in its dissolution.

We may, as a society, idolize stars and follow the ups and downs of their relationships. But the truth is that their partnerships are very similar to us "normal folks," minus the

millions. We may be in shock when a famous couple that appeared so committed announces their divorce, but it can happen to any couple at any time. Though couples are, by definition, a team – they are also two unique individuals, with their own thoughts, feelings, experiences and emotional baggage.

The seemingly best relationship can go wrong, even mine. Noticing that there might be trouble is the key to trying to work things out before it is too late. Keep in mind that there can be valid reasons for the following relationship warning signs and that they in no way are intended to imply certain doom. There can be stress at work, grieving a loss, a family member moving in or a health issue that appropriately explains away any concerns in the short term.

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But sometimes there are no valid reasons for the following five red flags, which can appear in even what seems to be the healthiest relationship:

Red Flag 1: Losing Trust

If we find ourselves beginning to doubt our partner's honesty, we need to listen to our inner voices. Whether catching a mate in frequent, little lies is the trigger or there is a bigger concern because our lover is keeping longer hours and coming home late each night, losing trust is a signal to us that something could be wrong.

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Red Flag 2: Avoidance

If we begin to see our partner less and less, without explanation, this is another red flag. It can spell trouble when rituals such as watching favorite shows on weeknights, doing crosswords in bed, eating meals together or weekend date

nights begin to disappear. Keep in mind that avoidance doesn't have to equate to infidelity – it could signify fear and distraction over a health concern, depression and a host of many other things.

Red Flag 3: Acting Guilty

Humans are curious creatures and sometimes, without even knowing it, their actions speak much louder than words. A lover who traditionally was never one to bring home flowers or expensive gifts, if feeling guilty, might subconsciously begin to do just that.

Red Flag 4: Less Intimacy

If we notice less intimacy, that could also be a warning sign that there is an underlying problem. Intimacy isn't just about making love, though that is a big part in healthy relationships – it is about touching a lover's shoulder when we walk by, holding hands when taking a walk, massaging feet when lying on the couch. If usual intimacy levels begin to decline, we need to recognize the warning sign that something is awry.

Red Flag 5: Lack Of Respect

Respect is so important in any successful relationship. Being respectful is when we don't ridicule our lover for having his/her own opinion. It is about sharing the load and responsibilities of daily life. Respecting a mate also involves making sure both people's needs are met, not just our own. If the partner begins to criticize, ridicule or take the other for granted, there could be an underlying problem.

Aside from the red flags mentioned above, we need to simply be aware of any unexplained changes in the relationship. The goal here isn't to play detective and "catch" our partner in a misdeed, going on the offensive. That could backfire because an innocent partner being accused of guilt could cause irreparable damage. Consider how a lover would act if he or

she didn't want to burden us with the stress that there are rumors of layoffs at the workplace. There can be many valid reasons why a person starts acting differently.

It is our job to simply communicate our concerns in a peaceful, loving manner – stating only how we feel, not criticizing behaviors. When red flags appear, the only goal should be to find a block of time in a quiet environment where open, honest communication can take place. Behavior changes aren't always about infidelity and red flags aren't always bad – they can actually lead to a healthier, more stable relationship, because they force us to put our love first.

Grace Pamer is a work from home mom and author of www.RomanceNeverDies.com which provides a resource for all those seeking romantic ideas and inspiration whether for a date, a marriage proposal or in a long term relationship.

Cosmetic Surgery: How Does It Affect Your Relationship?





By Ed Beardsell

In recent years, cosmetic surgery has become more widespread and acceptable in the United Kingdom. The taboo associated with plastic surgery is being replaced with a more general view that surgery is a legitimate way to improve appearance. The decision to go under the knife is often seen as a private and personal decision. However, the procedure and its results can often have a significant impact on the people closest to the individual undergoing it. This is especially true for partners who must face the changes cosmetic surgery will bring. Can it be said that altering one's appearance will really affect one's relationship?

The Positives

1. Confidence boost for the patient.

After cosmetic surgery, patients often have more confidence in themselves which can strengthen the relationship as a result. People with low confidence may shut themselves away and not want to socialise or try new experiences and surgery may

change all of this. The patient may even have the confidence to strive for more in life which could benefit the couple both financially and help bolster their confidence once more.

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2. Improvements in the bedroom.

Before surgery your partner may have been ashamed or embarrassed about their body so much so that their intimate relationships may have suffered. However, after surgery there is a strong chance that it will improve as their confidence grows which is of course, beneficial to their partner too (nudge nudge, wink wink).

The Negatives

1. "I like you as you are."

Many partners may be set against their other half's surgery as they believe they are fine as they are. After all, they fell in love with their partner looking the way they do and may think it is unnecessary to change. Partners can often fear surgery could change their partner's personality as well as their appearance.

Related Link: [Why You Don't Need the Perfect Body](#)

2. The cost.

There is no getting away from the fact the plastic surgery is expensive and indeed, even some quite minor procedures can cost thousands. The high cost of surgery can cause arguments and strain the relationship between even the closest couples.

3. Confidence can change a person.

A partner may worry that while cosmetic surgery may give their other half confidence, it could also change their personality. This may seem quite ridiculous however patient, galvanized by

their new found confidence may want to try new and exciting things whereas the partner is quite happy to stay as they were before the surgery.

4. Jealousy.

An improved appearance often results in more attention from the opposite sex. Whilst the patient may view this as a compliment, their partner often takes a very different viewpoint. The partner may not be able to deal with the extra attention their other half is now receiving and this jealousy could be detrimental to the whole relationship.

There is no doubt that cosmetic surgery has the possibility of affecting a person's relationship. We have seen how it could potentially improve or indeed cause a great deal of damage. It is, therefore, clear that potential cosmetic surgery patients must be fully aware of their partner's feelings before undergoing a procedure. If both sides are aware of the possible problems that could be solved as well as those which might arise, then there is a greater chance that any future issues will be calmly resolved.

This article was produced by Ed Beardsell who writes for the UK based plastic surgery portal Clinic Compare at www.ClinicCompare.co.uk. Clinic Compare are dedicated to providing potential cosmetic surgery patients with a comprehensive resource of impartial advice and guidance on a wide range of cosmetic procedures.

How to Pick a Perfect Gift

for Your High School Sweetheart



By Jon Dawson

Finding the perfect gift for your sweetheart is a challenge. You want to give her something that shows her how much you care, without emptying your wallet. If you need a little guidance on how to find a great affordable gift, you can't go wrong with these ideas:

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Jewelry

Jewelry does not have to be an expensive pair of diamond earrings. You can purchase a charm bracelet, stud earrings or

a similar item at a local retailer for less than \$20. Without spending a lot of money, you can give your girlfriend a gift that complements her style and makes her smile.

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Personalized Playlist

Does your special someone have an MP3 player? Consider creating a personalized playlist of songs that mean something to you as a couple. Because songs are just a dollar or so apiece to download, you can make this gift fit your budget, yet it will be meaningful as your sweetheart will have something to remember you by every time he or she turns on some tunes.

Moonlit Walk in the Park

Many high schoolers dismiss parks as unexciting places filled with playground equipment that they have long since outgrown, but nothing says romance like strolling in the moonlight, hand in hand. Take a turn on the swings to show your sweetie your playful side, or just lie side-by-side on the ground and look at the stars.

Write a Letter or Poem

Written mementos of your affection are something your boyfriend or girlfriend will treasure forever. While writing a love letter may not seem overly important to you, it will mean the world to the recipient. Of course, the best part about this gift is the cost – unless you need to buy stationary, it's free! All it takes is a little effort and creativity, and you have a winning gift.

Lotion or Body Spray

Do you know your honey's favorite scent? If you do, pick up some lotion or body spray in that scent when the next gift-giving opportunity arises. If you have the money for the fancy

stuff, then that's nice, but the great thing about giving the gift of lotion or body spray is that the generic, store brand stuff usually smells pretty good, too.

It may be the thought that counts, but when you are buying something for your sweetheart, you need to make sure it is meaningful and conveys your feelings well. Gift giving is not an exact science. You have to know the person you are buying for to find the perfect gift, but each of these options is a good choice if your funds are limited, but you still want a meaningful gift.

Jon knows what it's like to try and find just the perfect gift. He's always on the lookout, and shares his findings and musings over the web. His most recent find was <http://www.birchbox.com/>, a great venue for unique men's and women's gifts.

5 Dating Rules You Need to Break





By Karl Stockton

It should be fairly clear to most people that are trying to rekindle their love life that the way people meet and get to know each other has changed significantly in the last few years. Between online dating, and shifts in what is considered socially normal, it's a shame that so many people still seem to stick to the same, tired old routine when it comes to dating, especially first dates. Here are five common rules that should probably be avoided:

1. Dinner and a movie are acceptable for a first date.

Breaking this rule actually has little to do with stepping away from cliché, and a lot to do with wanting to put yourself in an environment with your date where you have an easier time interacting them. This will result in doing the most productive thing you can be doing on a first date: getting to know them on a more personal level. While a dinner is almost universally acceptable for this, it's definitely advisable to skip the movie, or at least save it for a later time. There's nothing to be gained from sitting next to your date for two

hours in complete silence.

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2. The man should always pick up the check.

Due to a number of unfortunate factors, it's becoming a widespread reality that most middle-class households in the future are going to depend on more than one income. A willingness to help out with the expenses associated with a pleasant evening out on the part of the woman, at least every now and then, isn't about the death of chivalry, or any other such nonsense. It's about an acknowledgment that times are tough, and that she's perfectly willing to be a part of a two-person team effort to make life just a little bit easier.

3. Never kiss on the first date.

It simply isn't the 1950's anymore. Nobody's saying that a woman has to compromise her own sense of morality when it comes to intimacy, and romance should certainly be allowed to progress at its own pace. Still, if a man treats a woman to a nice evening out on the town, and she genuinely had a good time, a nice, direct kiss when he's preparing to tell her goodnight will tell him more about her desire to see him again in the future than words ever can. It's the ultimate way to make sure that he'll be thinking about her pretty constantly until the next time he talks to her.

4. Avoid awkward silence during dinner.

This is a rule that seems to appeal more to an innate desire to not feel conscious of oneself while getting to know someone new than anything else, but it's actually fairly silly. After all, you're in a restaurant to eat, and if dinner is the only chance you've given yourself to get to know your date for the evening, you're probably doing something wrong. Certainly, conversation shouldn't be avoided, but there's no point in breaking a sweat from trying to come up with filler just for

the sake of avoiding silence. Silence among two people that are clearly attracted to one another can even denote a sense of comfort and compatibility, in its own way.

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

5. Talk at length about your personal history.

Even if you've gotten to know your date before first meeting with them, such as through online chatting or phone conversations, the importance of pacing yourself when allowing them to get to know you in person really can't be stressed enough. Information about people you've dated in the past, or traumatic experiences that are sensitive talking points for you should probably be saved until you've spent a significant amount of time with your new partner. This is particularly true on first dates, and trying to reveal too much about yourself too quickly can be a good way to scare off someone that might actually be good for you.

This article was written by Karl Stockton, a writer with interests in relationship dynamics, corporate culture, and dating trends. This particular piece was penned for speeddate.com; visit them to see an online dating service, a critical aspect of modern dating.

Why It's OK to Have Kids Later In Life





By Ken Myers

It wasn't that long ago that women were expected to have kids in their 20's, and any woman that ventured into motherhood after she turned 30 was seriously testing her fertility waters, not to mention was destined to be an old mom who wouldn't be able to keep up with her young children. However as women continue to gain a stronger foothold in the corporate world and are experiencing a shift in personal goals, they are also invoking a serious delay in when they decide to have kids; many are opting to have their children well into their 40's.

Actress Uma Thurman is a prime example of this trend. Thurman, who is 42, just recently welcomed her third child into the world, and while many fans have rallied behind her in support, an equal amount have pronounced disgust at her decision to have kids so late in life, holding fast to the notion that women need to be young moms to be good moms.

So why are women waiting longer to have kids these days? Here are five reasons that many women have decided it's OK to wait

to have kids until in your 30's or even 40's:

1. Their career comes first: It's taken a long time for women to gain equality in the workplace, and many women are reluctant to give that newfound career equivalence up to have kids. Instead they are opting to further their career first and have kids second, whereas not too long ago it was the other way around.

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2. Time spent with their spouse is more important: Many women are opting to spend more quality time with their spouses before trading in alone time for time spent with kids. This is usually done in an effort to experience as much of life as possible with their significant other while they're still young, instead of waiting until the kids are out of the house to do so.

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3. Their education is taking the front seat: With more education options available and many people choosing to further their education by pursuing their masters and doctorate degrees, the decision to have kids early is being put on the backburner.

4. Achieving financial security is a priority: Most parents will tell you that you'll never be fully ready to have kids; however, despite this, many couples are putting a higher value on ensuring they have a more guaranteed financial security net in place before they decide to try having kids.

5. Personal maturity: These days many women are recognizing that they simply don't feel ready to have children at such a young age, and are waiting to have kids until they've developed more as an adult.

Whether you decide to have kids in your 20's or your 40's makes no difference, no matter what anyone else may say. Sure, some women may have more trouble getting pregnant right away the longer they wait to have kids, but your age has no bearing on your ability to be a good mother.

Ken Myers the editor in chief is a frequent contributor of www.gonannies.com. Ken helps acquiring knowledge on the duties & responsibilities of nannies to society.

6 Tips for Texting Your New Crush



By Emily Hellman

Ah, the joys of texting. Texting seems like the ideal way to communicate, right? Simple, easy, and to the point. Texting can even define celebrity relationships, like Kristen Stewart and Robert Pattinson's. Rob reportedly used to text Kristen 400 times a month, Kristen allegedly broke off her affair with Rupert Sanders through a text message before the affair was exposed, and now, after their breakup, it's been rumored that Rob will ONLY communicate with Kristen via texts.

So what happens when we jump the gun and start replacing real communication with texts?

Related Link: [How to Communicate the Need for Communication](#)

Although women aren't the only sex that does this, I have to admit we do it more. We say something coy and seemingly innocent like, "I had a great time last night. I always have fun with you. You make me smile... I can't wait to see you again!" and he writes back, "me 2". We're dumbfounded. You, too...what? You had fun, too? You always have fun with me, too? I make you smile, too; You can't wait to see me again, too? All of the above?? Or...wait...are you too busy to come up with an original reply? Or too distracted? Maybe by some hot chick? Or maybe you just don't care enough to take five seconds to write more than that? Or maybe you're not interested anymore? Are we breaking up? Have you already moved on???

This all seems silly to you men out there I'm sure, but unfortunately some women inherently function this way.

Here are some easy tips to follow if you choose to use texts to communicate early in a relationship:

1. Don't have expectations. When you send a text, it should be to relay information or just to say "Hello." You can't be tied to a specific response, or you're doomed to be disappointed.

2. Don't expect "feelings" to be reciprocated through a text. Some people just aren't comfortable with – or sure of – the way they are feeling, so trying to put their feelings into words on a phone just isn't possible.

3. Be aware of your partner's circumstances. Don't text them in the middle of a work day and expect an immediate response!

4. Don't put time limits on a response, and don't play games. Enough said.

5. Don't make assumptions. If you get a short response (or no response at all), give them the benefit of the doubt and don't assume something is wrong.

6. Fight the urge to read into a text conversation. If something is bothering you or you don't understand something, it needs to be discussed in person. A phone call or face-to-face conversation is required at this point!

So remember – texting is meant for the straightforward, not the emotional. Men, take a second to TRY to respond with more than a word or two. Women, give the guy a break. They don't process like we do. Save the texting for directions, times, "I'm running late", and maybe some fun, harmless flirting.

Emily Hellman is the founder and CEO of www.CaliberMatch.com, where she uses her dating and matchmaking expertise to give a personal touch to those seeking love online. She couples her background and degree in Psychology and coaching with her passion for helping others find and maintain healthy relationships. Emily is married and has two daughters.

Can You Be 'Just Friends' After Dating?



By Matthew Sullivan

Many different writers and relationship experts, not to mention everyday people, have pondered the dilemma of whether or not two people can remain friends after they've dated. Clearly, this question has no easy answers. Whether or not a couple can remain friends after their exclusive relationship has ended depends on a host of different factors, especially the personalities of the individuals involved. In order to accurately answer this question, it's important to look at and consider the different scenarios that might lead to a friendship:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Your relationship was very casual: Sometimes two people date fairly informally before coming to the mutual conclusion that a relationship simply isn't in the cards. In this scenario, a friendship is a distinct possibility. For example, Kylie Minogue and French actor Olivier Martinez were courting back in 2007. Their relationship did not have much time to mature and they decided to split, however to this day they remain good friends. Casual courtships like this can easily turn into a solid friendship as long as both parties agree that a continued dating relationship is not the best idea. It's always easy to still be friends when deep romantic feelings emotions have yet to develop between two people.

2. Your relationship was more serious: When relationships develop beyond the casual stage, a friendship becomes much less likely. Many people have attempted to befriend their exes, but it's rare that they have any long-term success. In many cases, this is because breakups in serious relationships are rarely, if ever, mutual. The idea of friendship serves as a consolation prize. The party that agrees is in the midst of being broken up with and eagerly agrees in hopes of hanging on and winning their lover back. When the two parties are operating on these different wavelengths, the new friendship rarely works.

3. Neither party was wounded: Of course, as with all things in life, there are always exceptions to that rule about serious relationships. Actors Bruce Willis and Demi Moore were married and had three daughters together, but their break up did not appear to be dramatic and they were further bonded in friendship by their responsibilities to their daughters. This made their separation one of the most amicable among celebrity couples. In fact, when Demi Moore later broke up with Ashton Kutcher, Bruce Willis was quite supportive of Moore. In the case of Willis and Moore and many similar situations, neither

party was wounded from the breakup, meaning there are few lingering thoughts to make a new relationship with the ex.

Related Link: [Is Dating Your Ex Off Limits?](#)

4. You've taken your time: In order for a friendship to legitimately grow out of a romantic relationship, time is essential for both parties to heal and for the emotional connection to dissolve. A solid six months in which the former lovers do not speak is often necessary for the emotional wounds to heal and for each person to decide if a friendship would be helpful. After that period, the two parties can come together and attempt a friendship. However, even in that situation, you can never guarantee success.

Remember, none of these scenarios are guaranteed to work out in these ways. Even more importantly, there isn't one answer that applies in all scenarios. It's best to know yourself when figuring out whether or not to try.

Matthew is a freelance writer and lifestyle coach. He enjoys writing on various online lifestyle publications, including the DatingWebsite.com.

Pumped Up Kicks: Decoding His First Date Shoes





By Rachel Seliger, JDate.com Community Manager

As community manager of JDate.com, the premier online community for Jewish singles, I know about the importance of first impressions, especially on a first date. That perfect first date outfit can either set you up for a second, or spell utter failure before the “nice to meet you” handshake. When it comes to decoding his first date look, pay special attention to the pumped up kicks. It’s common knowledge that we women love our shoes, but what men don’t know is that their shoe selection can also be a form of non-verbal communication, sending messages about their personality to a potential partner. Men and shoes happen to be two of my favorite things, so I’m here to help you figure out if your potential man is worth a second date, or if you should head for the hills:

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

1. Sandals: If your date wears sandals, you can never bring him home to Mom. If a guy doesn’t put in the effort on the very first date, he never will. The one exception to this rule: beach activities. Any guy who *doesn’t* wear sandals to

the beach is hiding something unsavory.

2. Running shoes: Running shoes show that a man isn't big on commitment. It's a huge red flag if a man goes on a first date looking like he's ready to bolt.

3. Sneakers: Casual wear like this shows that a guy is subtly sexy. There's something about a nice pair of sneakers—the understated “cool factor” has a way of sparking a girl's curiosity. As long as he doesn't step out in his limited edition lime green and pink Kanye sneaks, that is.

4. Loafers: Loafers reveal a spontaneous personality. In addition to being casual-yet-classy, loafers can be dressed up for a nice dinner or dressed down for a more casual date at a bar.

5. Dress shoes: Give him an A for effort. If women are expected to endure the pain of five-inch heels all night, it's only fair that men be dressed to impress as well.

6. Boat Shoes: Anyone who chooses boat shoes is likely to be out-of-touch with reality. Who wears boat shoes unless they're a New England governor trying to “connect with people” at an ice cream parlor? No one, except for actual boat captains.

Related Link: [9 Things His Handwriting Can Tell You About Him](#)

7. Crocs/Clogs: These shoes are great for happy-go-lucky people. Truth be told, these shoes are a turn-off, but they're so *obviously* a turn-off that if a guy shows up wearing them anyway, he clearly doesn't care what others think about him.

8. Boots: One word describes boots: Masculine. Only a man's man can pull off a nice, rugged pair of boots. Let's face it, what girl hasn't fantasized about being swept off her feet by a manly hunk?

And remember ladies, if a first date doesn't work out, don't get disappointed—go shopping! There are plenty of other styles

out there to try, and with a little patience you'll find one that will fit you perfectly.

Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. When she's not shopping for her next pair of great heels, she is busy blogging on the JDating® Tumblr, JDate's exclusive microblog featuring great first date outfit ideas, tips to make your JDate profile shine and more.

Is Divorce the Best Option?



By Punam Denley

Today, 40-50% of first marriages worldwide end in divorce.

Interestingly, the statistic for second marriages is even higher, with 50-60% of them ending. This shouldn't be taken lightly. Deciding to divorce someone is every bit as serious as deciding to marry in the first place. Just like marriage, divorce is a legal contract, but more importantly, it also has the same sort of personal and family consequences that can last a lifetime. Sure, sometimes the welfare of everyone affected by a relationship will be best served by a divorce, but sometimes, a couple's issues can still be resolved. Whenever possible, that's a better plan, so be sure to think about your situation before deciding to split with your spouse. There are a lot of potential consequences, so give these things some thought before you accept divorce as the best course of action:

Related Links: [Hollywood's Messiest Splits](#)

1. Your children: If you have any children, the impacts of the divorce on them are incredibly important. Occasionally, as in abusive relationships, it can benefit children if their parents split. However, more subtle relationship problems between adults can often go unnoticed by children, making a divorce more difficult in these circumstances. After all, you may no longer be husband and wife, but you're still Mom and Dad. Although the children of divorced parents are not condemned to have psychological problems, it still is essential to put them at the center of your deliberations.

2. Your happiness: Have you considered if getting a divorce will make you happy in the long term? People in general do better and are happier when they're in a relationship, and sometimes even very serious problems can be resolved by having a significant other. Keep in mind the emotional, financial and psychological implications of ending your marriage when deciding if a split is really a better choice for you than trying to sort out the problems.

Related Links: [How to Get Back Into the Dating Scene After a Divorce](#)

3. Professional help: Marriage and family therapy can be invaluable services when you're looking at issues as serious as divorce. Even if you ultimately feel that your marriage can't be saved and decide to divorce, these kinds of therapeutic processes can be very helpful in managing the issues surrounding the situation, especially if you have children. Professionals will help you weigh the pros and cons of your situation, in addition to helping you sort through things with your spouse if you choose to stay together.

After you've considered all of these details, you might still decide that divorce is the best option to ensure everyone's happiness. But if you do, be ready to live with the consequences of that decision. Divorce is an option, and it might be the best option for you, as long as you're clear that it is not the only one.

Punam Denley is a Solicitor at Blanchards Law, which specializes in separation and divorce, cohabitation and family law matters.

How to Snag that First Date When You're Worried About Your Looks





By Leyu Goh

Florida can be harsh. I should know, I live here. In this state, it sometimes feels like a bikini body like Kim Kardashian's matters more than if you can point out Japan on a world map. You definitely have to have the goods, or else you risk being cast as "that weird girl who sits in the back" for all eternity. Of course, no matter where you live, it can sometimes feel like if you fail to live up to society's image of attractiveness, it'll be a while before you get that first date. That doesn't mean it's impossible. I may not be the most attractive girl, but I've still got game in the dating scene, and there's no reason why you can't as well. Instead of resigning yourself to dying alone or bending over backwards for people you hate, consider these tips to get you started:

Related Link: [Nine Unexpected Places to Find Love](#)

1. Select your target audience: As businesslike as this sounds, knowing your audience is important in relationships as well. Don't become a creep who throws themselves at everyone they meet. Figure out the specifics of what you want, and work

towards that.

2. Iconize: Don't walk into a café or a bar being as nondescript as possible. People are visual beings, so play on this weakness by putting on an eye-catching article that reflects your personality, too. Don't overdo it: you don't want to seem like you're desperate for attention. Instead, find something small like feathers in your hair or unusual glasses, and you'll see that conversations start themselves.

Related Link: [Five Top Tips On How to Find "The One"](#)

3. Situational awareness: Once a conversation has started, immediately start trying to find your potential partner's opinion on the situation. If you can tell what their reactions are, you can carefully steer the conversation in a direction that's pleasing to both of you.

4. Make that lasting impression: Don't be so caught up in the moment of meeting someone new that you get overly enthusiastic and start sharing details about your daily defecation schedules and your laundry routines. Be that enigma that is just waiting to be explored, and you'll ensure that your potential beau will come back for more.

Leyu was born in Singapore, but grew up in Australia. She moved back to Singapore in her youth but recently moved to Florida where she currently resides. She has seen the dating scenes and habits from many different countries and continues to be amused by the cultural differences in love. She is currently putting together an anthology of poems and flash fiction on the different types of love.

4 Things Jennifer Aniston Taught Me About Relationships And Love



By Liz of WeLoveDates.com

I've always been fiercely and annoyingly Team Jen, so when the news of her celebrity engagement to Justin Theroux broke out, I was possibly a bit too excited. As a complete and utter romantic, I'm just happy she's found her happy ending. In honor of America's Sweetheart, here are four things Jennifer Aniston has taught me about relationships and love:

Relationship And Love Advice from Jennifer Aniston

1. Keep on keepin' on: *"There are no regrets in life, just lessons."*

It's easy to look at someone like Aniston and wonder if she would have done anything differently. Would she have fought to stay married to celebrity ex Brad Pitt and gotten into a cat fight with Angelina Jolie? Would she have begged him to stay with her? But by having no regrets and choosing to learn from her past, she is telling the world that nothing that has happened to her in life will ever define who she really is.

Related Link: [10 Love Lessons From Bruce Springsteen](#)

2. Take responsibility: *"Relationships are two people; everyone is accountable. A lot goes into a relationship coming together, and a lot goes into a relationship falling apart. Even if it's 98 percent the other person's fault, it's 2 percent yours.... You can only clean up your side of the street."*

Even the best relationships and love can turn sour. A lot goes on behind the scenes, whether you're part of a famous couple or not. Instead of playing the role of a heartbroken victim, good love advice is to evaluate where you went wrong in the relationship. You didn't fall in love over night, and your relationship didn't end in the blink of an eye.

3. Don't try too hard: *"If you try and be sexy, you'll never be sexy."*

You never get the impression that Aniston is trying too hard. She doesn't dress like she's giving something away for free, and she isn't overly gratuitous when it comes to her sexuality. There is a reason why she's often referred to as the girl next door, and women all over the world look to her

for style inspiration. Simply put, she's not desperate, and you shouldn't be either!

Related Link: [Khloe Kardashian Gives Tips For A Happy Marriage](#)

4. Love doesn't play by the rules: *"You know, it isn't designed. Love just shows up and you go, "Oh, wow, this is going to be a hayride and a half."*

Nothing about relationships and love makes sense, and the sooner you accept that, the more fun you'll have dating. To get the most out of love, you have to be willing to let go of control and just go with the flow. Sometimes things won't work out your way, and you'll be heartbroken and alone, but other times, you'll be full of butterflies, loved beyond belief, and excited about the future – like we sure Aniston is over her celebrity engagement.

Liz is the social media manager for We Love Dates, a worldwide online dating site. Join for free now using code WLD GUEST, and check out the popular We Love Dates blog for more dating advice and tips.

How to Kick That Bad Relationship to the Curb





By AJ Harbinger

You did it. You finally broke things off with your old partner, and now you feel great. The only problem is that now you're constantly thinking about your ex and wondering if you did the right thing. Ending a relationship is never easy, but if there was more drama and hurt feelings than good times and fond memories, then it's better for the both of you to say goodbye and move on. As any dating coach will tell you, the longer you stay in a bad relationship, the longer it will take for you to find a happy and healthy one. That said, moving on from a relationship can be more difficult than actually ending it. Though everyone handles a breakup in slightly different ways, the following guidelines can help you get through the process with as little self-torture and suffering as possible:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Don't contact your ex: Maybe at some point down the road you two can be on good terms with each other; however, now is not the time to forge that bridge of friendship. No matter how

bad the relationship may have been, many individuals may have a hard time accepting the fact that their ex will no longer be a part of their life. To ease the transition of being newly single, they decide to “be friends,” or worse, attempt to hash out over and over again the reasons why you broke up in the first place. Neither of these tactics will help you to truly move beyond the relationship: they’ll just cause frustration. Instead, commit to at least three months without contacting your ex. After that amount of time, you’ll be better able to determine if you want them in your life again.

2. Get rid of anything that could tempt you to contact them:

This is a hard rule to follow, but a necessary one if you really want to get over your relationship. Most dating coaches will advise you that any form of temptation, whether it’s Facebook, Twitter or texting, should be temporarily disabled to prevent you from reaching out to your ex and creating a messy breakup situation. This might sting at first, but it’s for your own good. Don’t fool yourself that you need her phone number or email “just in case.” For the time being, your priority should be trying to move on, not finding ways to stay stuck in the past.

3. Don’t isolate yourself from friends:

If you and your ex share mutual friends, things might get a little tricky for a while. Expect that their friends will take their side and quickly disappear from your social circle. On the flip side, your buddies will still be there for you and more than willing to throw back one or two drinks as you drown your sorrows. Be sure to take them up on their offers to hang out whenever possible. Though some activities will have to be put on hold, such as any parties where your ex will most likely show up, now’s the time to rally your friends and have them remind you why splitting was the right thing to do. Plus, spending time with your friends will leave fewer hours to obsess over your ex and possibly contact them.

Related Link: [Can a Rebound Relationship Turn Into True Love?](#)

4. Test out the dating waters: As most dating coaches will attest, you typically can't get over an old beau until you find a new one. Though no one is recommending that you dive right into the dating pool, especially after a particularly difficult breakup, there's no harm in dipping your toes in the water. Who knows, you might just find someone else testing the waters and looking for a person just like you.

AJ Harbinger is one of the creators of The Art of Charm Academy. He has written a number of interesting guides, from dating advice on how to meet women to dating after divorce.

Top Three Common Dating Faux Pas





By Kongit Farrell

There's no doubt that dating can be both fun and meaningful, but everyone knows that it can also be heartbreaking and challenging. If you find yourself getting constantly frustrated by repeated splits and breakups, you might just need to reassess your understanding of dating. To begin to fix your problems, you first have to understand what they are. Start by checking out the following dating faux pas, and what to do to work around them:

Related Link: [Three Dating Mistakes That Prove It's Time to Use a Matchmaker](#)

1. "Winging it": The famous adage "If you stand for nothing, you fall for anything" also has a place in the realm of dating. Far too many times, people wind up in bad relationships because they entered it without any knowledge of what they wanted. The problem with this approach is that dating is a process, and how you approach it always determines the outcome. For example, if you are seeking a long-term relationship and commitment, rushing into the physical parts

of a relationship won't help. That's why it's important to know what you want before you start dating so that you can come up with a dating strategy that will maximize your success. If only someone would have mentioned this to Halle Berry 15 years ago.

2. Not understanding chemistry's role in love: You meet at a coffee shop and feel this insane connection. You check to see if they feel it too, and low and behold, they do. Don't rush to assume that it's love at first sight. That intense connection you feel is a chemical process called limerence. It evolved in humans to help keep men and women together while raising children. It's not love, but rather one of the main ingredients needed for long-term love. There's a lot more at play than just limerence, however. Without plutonic compatibility, or similar beliefs and values, you just have friends with benefits, not love. Someone needs to let Jennifer Lopez know that with Casper Smart, it's not love, it's limerence!

Related Link: [Top Five Celebrity Love Mistakes We Should Avoid](#)

3. Forgetting your animal nature: The world has changed in many ways that have made dating practices and roles much harder to define. Who opens doors? Who pays for whom? Who wears the pants in the relationship? But at the end of the day, we're human animals, so the rules of the jungle still apply. Men and women might be equal, but they're still different, with one key difference being size. Ladies, you're smaller, so it's important to make sure that you date men who make you feel safe and comfortable. Men, take extra care to let women know that you aren't a threat. Speak softly, smile, listen and open the door. This doesn't have anything to do with your ego, it's because you are literally larger. Check out Beyoncé Knowles, an intelligent female animal who loves it, as does her husband, Jay-Z!

Kongit Farrell is a Strategic Life & Relationship Coach, and

author who specializes in individual and couples counseling. She received her B.S. in Communication from the University of Southern California, and her M.A. in Clinical Psychology from Pepperdine University. She applied her knowledge while working for the Clinton Administration in the Communication Office. Kongit has published numerous articles on mental health, and her first e-book She's Worth the Chase won critical acclaim. Most recently, Kongit appeared on Lifetime's morning show The Balancing Act to discuss her book. She is currently finishing her second book Dating the Natural Way: How to use Biology as a Guide for Healthy and Harmonious Relationships.

Six Celebrity Couples We Wish Existed





By Elle Rose Williams

When surrounded by a celebrity culture and constantly looking at the world's most beautiful or talented elite, it's hard not to start wishing that two of your favourite celebrities were dating. No matter how perfect some couples seem, deep in our hearts we always know they could do better. Whether we think they'd make a great match or just want to see the children, here are five celebrity couples we wish existed:

Related Link: [Top Five Celebrity Couples Who Have Made Love Last](#)

1. Lady Gaga and Tim Burton: The quirky duo that is Lady Gaga and Tim Burton could be the ultimate power couple, with Gaga ruling the world of music and Burton ruling the world of film. Their united interest in the bizarre and huge cult followings could be great starting points. With your own relationship, it can be a great idea to make sure you have common ground in this same way.

2. Ryan Gosling and Rachel McAdams: Although Ryan Gosling and

Rachel McAdams used to be a couple, they're now separated. However, any girl who grew up with the ultimate romantic epic *The Notebook* would think these two should be reunited one day. It can be the same in our own relationships too: when we have such a long history with someone, it's easy to picture ourselves with them.

3. Jennifer Aniston and David Schwimmer: *Friends* might have ended eight years ago, but after ten years of portraying the ups and downs of Ross and Rachel, it's hard to see Jennifer Aniston and David Schwimmer as anything else. Considering Aniston's consistent bad luck in relationships, it'd be amazing for her and Schwimmer to get together and to finally see her settled and happy. With our own relationships, we like to see ourselves with someone who'll look after us and someone who will be with us through the rough times and the good times too, which Ross and Rachel always personified.

Related Link: [Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

4. Madonna and Richard Branson: Another important part of being a couple is balancing your attributes. This would make Madonna and Richard Branson a fantastic power couple. Plus, it would be great to see Madonna settled down with a man her own age. There's a lot that Madonna could learn from Branson, and even Branson could benefit from Madonna's publicity stunts. They'd be a good balancing act for each other, and this is always a good way to seek out a potential partner.

5. Charlie Chaplin and Gwen Stefani: How amazing would it be if Charlie Chaplin and Gwen Stefani were a couple? Sure, the two are actually decades apart, but their quirkiness and originality would make these two a brilliant celeb couple. We have a feeling their sense of humor would gel too. In your own relationship, humor is hugely important. As long as you can laugh together, the bad things will never seem as bad.

6. Audrey Hepburn and Colin Farrell: Audrey Hepburn and Colin Farrell are another couple that would be impossible, but still would be brilliant. We'd love to see the dynamic, cheeky Irishman be tamed by the ultimate lady of class and elegance. They'd be so different that they could actually be the perfect match. This can apply to real couples too, so look for someone who wants you to be the very best version of yourself.

Elle works for CS Bedford, an engagement jeweller in London.

9 Things His Handwriting Can Tell You About Him



By Mary Edwards

You might not think it's important when you're looking for a new partner, but you can tell a lot about someone's personality by studying what they've written. Handwriting analysis, also known as graphology, is a field of study that associates a person's writing style with certain psychological profiles. Though it's not an exact science, it can be a fun way to try to learn a little more about someone you've been dating, especially if you're wondering whether it's a good idea to start a relationship with them. Here are nine quick things to look for when trying to learn about someone from their handwriting:

Related Link: [Five Steps To Turn a Date Into a Relationship](#)

1. Size matters: Large, robustly written letters suggest a similarly big, outgoing personality. Smaller letters, on the other hand, indicate shyness. An average size implies a more balanced personality. If you're looking for an exciting new relationship, look for bigger letters.

2. Open or closed: The loops in someone's writing, as in the cursive letter 'L', indicate tension when closed. They show a spontaneous attitude when they're fully opened. Spontaneous people might be more open to unusual date ideas, so consider giving these a try if your partner writes this way.

3. Slanted view: If your subject's writing slants to the left, this could mean they're more of a loner or a rebel. Conversely, a right-slanting writing style says they are friendly and more sociable, which probably makes them very eager to fall in love. No slant tells you that they tend to be driven more by logic than by feelings.

4. Pressure: The pressure applied to paper when writing is another important indicator. Light pressure translates to a highly sensitive, empathic individual. However, heavy pressure

means seriousness, which translates nicely into a willingness to commit to a relationship.

5. Above the line: Upper zone letters, like l, t and h that are very tall show aspiration and imagination. Wide loops may imply that your beau is a dreamer.

6. Below the line: Lower zone letters, like g, y and p, can tell you a lot as well. A tight loop could be a sign of impatience, while varied loops and pressure might be harbingers of an unsettled personality. If you're looking for a steady relationship, look for steady loops.

Related Link: [Fishing For Mr. Right—Types of Guys to Throw Back](#)

7. Spacing: When letters are spaced widely, you're most likely dealing with someone who needs their space in relationships as well. Similarly, tighter-spaced letters suggests more openness towards intimacy.

8. Left Margins: The spacing between the edges of the page and the text is just as revealing as the handwriting style. A wide left margin says "I'm open" to getting together, while a narrow one tells you to back off.

9. Right Margins: If the handwriting stops well before the end of the page line, your date is still apprehensive. A narrow right margin implies an impatience to get started as a couple.

You can learn a lot about a person's personality by evaluating their writing style. If your date's personality is in question, take a look at the way that they write. You might learn quite a bit more about them, or at the very least, verify traits you already suspected.

This post originally ran on [BestDatingSites.org](#).

Miss Independent: The Joys of the Single Life



By Audrey Melnik

Katie Holmes and Tom Cruise have been the center of a media circus since they announced their divorce. A number of rumors have surfaced about why their marriage ended, but no matter what the true causes were, it's clear that Holmes is doing what she thinks is best for her daughter, even if that means ending her marriage. Going through a divorce isn't easy and it always takes time to recover, but it should never be avoided when you think a split is important for you and your family. Thankfully, being single allows you to focus on what makes you

a better person. Here are some great ways Holmes, and other singles, can enjoy their independence:

Related Link: [How to Handle Wedding Season as a Single Gal](#)

1. Work on your career: Now that you're single, you won't have any commitments other than your own. This will let you give your job the time and attention it deserves. Work hard, focus and you'll be able to rise to the top.

2. Take time for yourself: Singles can make their own rules, so be spontaneous. You don't have to worry about anyone but yourself. Enjoy this time, it won't last forever. Find a hobby, read a book or do something you've never done before.

3. Travel: When you were in a relationship, you always had to coordinate schedules before you could travel. When you're on your own, you can just pack your bags and go.

4. Have a girl's night: Whether your girlfriends are single or not, plan a night every now and then to go out with just them. Have fun, go dancing and let loose. You'll see that even though you might not have a partner, there are still plenty of people who care about you.

5. Be a flirt: There's no better way to build confidence than to flirt. When you see someone staring at you from across the bar, go talk to them. Even if you don't wind up dating, it'll be good to give yourself a chance.

Related Link: [Celebrate Being Single This Year](#)

7. Buy yourself something nice: Without a partner, your money belongs to no one but you, and you know you worked hard for it. Find something luxurious that you love and splurge on it!

8. Be an awesome parent (if you have kids): For you single parents, devote more time to your kids. They'll make you happier than any partner could. Plan a fun day with them and

do something you all love.

Sure, being in love is wonderful, but so is being strong and independent. You can pave your own way, make your own decisions with your own money and you don't need a man to do it.

Audrey Melnik is founder and developer of WotWentWrong, the breakup app for couples who never really broke up. It offers closure and answers for relationships past – and a blueprint for future dating success – directly from one's former partners. Audrey is passionate about the intersection of internet technology and business and has successfully developed and enhanced the online businesses for both corporate and government clients in the U.S. and Australia. She credits NYC with her inspiration for WotWentWrong, realizing the web could coax former dating partners into spilling their secrets in a way people could not. Melnik received a Bachelor of Business Systems on scholarship from Monash University in Melbourne, Australia. WotWentWrong is headquartered in Melbourne, Australia but Audrey recently moved to San Francisco.

Top Five Things to Do If You Get Dumped





By Chris Owen

When you're unceremoniously dumped by your partner, it could easily be a major life-affirming moment. However, most of the time, being dumped just seems to confirm that your life is awful and you're terrible to have trusted that good-for-nothing ex. Of course, even though it always hurts after a breakup, it's never the end of the world. Although you've stumbled along your path to happiness, with a little bit of reflection you can learn from your situation in order to move forward. Breaking up can be a little like overcoming an addiction, which can make it tough to move on. However, it's certainly doable, especially with the help of friends, family and time. Consider these tips for getting over a broken heart:

Related: [Dating After Being Dumped: How to Avoid Messy Rebound Relationships](#)

1. Have a good cry: Before you can move on, allow yourself time to wallow in self-pity and misery until you think you're completely done with tears. Though you might have a relapse, like if you hear a specific song or go to a certain place,

it's important not to be upset if that happens. Just pick yourself and try again. Once you've had time to cry, it'll be a lot easier to get over your ex and move forward.

2. Go on holiday: Get your best friends together (preferably the single ones) and organize a holiday. It doesn't have to be an amazing series of adventure travel activities or anything else too fancy. Just getting together for a weekend in another town or country can help take your mind off your ex, letting you remember what it feels like to laugh and fun again. Be aware, however, that when you return home you might have a flood of emotions on your return. Don't let that be a setback.

3. Join a club: Concentrating on a project at work and putting in long hours can often help to numb the pain of a split. However, you don't want to overdo it, as that could make you exhausted or sick. A good alternative is to join a club or find a new hobby, which can be similarly distracting but more relaxing. This will let you meet new people while filling the gap left by your ex-partner.

4. Spend some cash: Don't underestimate the healing power of that old classic hobby—shopping. Of course, I'm not advising that you re-mortgage your house or max out your credit cards, but there's nothing wrong with a little retail therapy to put a smile on your face and some brand new clothes in your wardrobe. Bring along a fun and funky friend to help you stay away from beige and black and find something bright and cheery.

Related: [Is Dating Your Ex Off Limits?](#)

5. Look up some old friends: With social media, it's almost impossible to hide from old friends from school, college and work. Returning to the single life is the best time to get back in touch and have some fun. Seeing old friends is a good opportunity to re-encounter the 'old you.' By talking about

the good old days, you'll forget about your current situation in no time.

When you're finally going wild on singles holidays abroad with your brand-new wardrobe and new friends that you met at Scuba club, it'll be easy to remember that life is for living. After a breakup, we just often need a nudge to know where to start.

Chris Owen is well over his first breakup and looking forward to adventure holidays with his young family—time's a great healer!

Creating a Celebrity-Style Wedding





By Rob Toledo

As summer wedding season continues, it's possible that your own marriage has been on your mind. There are a lot of stressful decisions to make before you say "I do," but you shouldn't feel intimidated. There's no better way to design a unique, stylish wedding than to look to those style-makers. Here are some top tips for using the style of celebrity couples to create your own memorable wedding:

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1. Find your personal estate: From Justin Timberlake and Jessica Biel to Carey Mulligan and Marcus Mumford, estate weddings are very popular among celebrities. Luscious green lawns with perfectly pruned roses and long, elegant white tables can make any ceremony memorable. Sure, you might not be able to rent out Downton Abbey, but you still can turn almost any big backyard into an elegant property. Find a landscaping firm that will let you line the yard with your favorite flowers. Consider swapping expensive bouquets for colorful fruit bowls with a country elegance look. Wedding planning can

be the perfect reason to start a backyard fix-me-up project, so get your yard in shape with floral gardens or a stone pathway that you'll be able to enjoy year after year.

2. Celebrate in good conscience: When Natalie Portman and Benjamin Millepied got married, they did it with their morals on display, doing things like buying recycled platinum and conflict-free diamonds. These same ethics are easy to apply to your own wedding. Take a cue from Alicia Silverstone and print your invitations and programs on recycled paper embedded with seeds so guests can plant their own gardens at home. Try booking a sustainable venue such as a wilderness retreat or with a self-sustainable resort like the one where Kristi Yamaguchi got married. Have compost and recycling options readily available throughout the ceremony and use only locally grown food for an all-around low footprint wedding.

3. 'Smush smush' down the aisle: Okay, so Jersey Shore star Snooki has yet to marry her sweetheart Jionni LaValle, but we have a feeling that the vows will be exchanged in pure Jersey style. If you want a wedding like hers, start by getting the biggest rock you can find. The bride's dress should be form-fitting, and there should definitely be a tiara and six-inch heels involved. Men should dress in fully unbuttoned shirts to show off their blindingly bronzed pectorals. For the wedding reception, make sure to rent several hot tubs and place them by a pumping dance floor to continue your hot, Jersey style late into the night.

4. Bring your furry friends along: Are you the type of person who can't be without your four-legged companion? Be like Jennifer Hudson and invite your dogs up to the stage. Better yet, have guests to bring their own dogs as well and serve dog biscuits right beside that wedding cake. Your canine friends will be sure to keep things fun and playful, and they'll give you a good pick-me-up lick if your energy starts to drop. Just make sure their paws stay away from that white dress!

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5. Paparazzi it up: Want to feel like a celebrity? Encourage your friends and families to bring cameras. Put little disposable cameras at the entrance table and encourage lots of photography. Get everyone snapping pictures: the more flash the better. This is a great way to get hundreds of unique photos of your wedding. Ask your photographer to focus on mostly candid shots so you can have a celebrity-style photo album. If you run a red carpet down the aisle, those flash bulbs will go wild.

Celebrities are bursting with unique wedding ideas. Use them as a model and plan a big special day of your own!

Rob Toledo is planning his own wedding in the Pacific Northwest this summer. He probably won't use the Jersey Shore idea himself, but thinks you should and share lots of pictures. He is working alongside Embrace pet insurance to create fun guides to animal ownership and encourages considering dog insurance for your four legged canines.

5 Tips for Awesome Lips for Your First Kiss





By Ferina Santos

Your first kiss with a new guy is a thrill. Not only can it tell you a lot about what kind of a person your potential partner is, but it's also a great way to know if he's ready to go from dating to exclusive. That first kiss can be fun, but to get there, you have to show your new guy that you're ready.

Consider these five tips to get your lips ready before your next big date:

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

1. Exfoliate the night before: Having dry cracked lips with dead skin isn't the right way to get a man to want to pucker up for you. To be ready, exfoliate your lips the night before. To do this, simply take a toothbrush and lightly brush off the dead skin. Afterwards, take a tip from former *Bachelorette* star Ashley Hebert and apply some Vaseline to your lips. She does this nightly to keep her lips looking moist and healthy. You should too, especially after exfoliation.

2. Ruby Red Lipstick: The ultra-stunning bright red lipstick,

which is frequently worn by celebrities such as Katy Perry and Christina Aguilera, is the perfect way to draw in your man and make him focus on your lips. This sends the signal that you're ready for that big first kiss. Test a few shades prior to the date to find the perfect red for your skin tone. If you're able to, boost your confidence in it by wearing it out to a dinner with the girls the night before. Use this hue to make your guy know that you are ready to take your relationship to the next level.

3. Add lip liner: This is a tip that many women forget whenever they apply lipstick. It's simple: lip liner can make your lips look fresh and kissable throughout the night. The liner holds the lipstick in place and doesn't make it smear as you eat, drink or smooch.

Related: [How to Know When It's Time for the First Kiss](#)

4. Use lip gloss: It's important to make your lips look plump and beautiful. Just as *Real Housewives of Orange County* stars Tamara Barney, Alexis Bellino and Gretchen Rossi constantly do, you should apply your lip gloss frequently to keep your lips looking moist and ready to be kissed. If you don't have lip gloss readily available, lip balm will still keep them looking healthy and fresh.

5. Avoid smoking or red wine: Even though you may like to indulge in these commonly-craved splurges, if you're hoping for a kiss at the end of your first date, avoid these wrinkle-causing, teeth-staining and not to mention unhealthy habits. This will keep your lips looking fresh and beautiful all night without the fear of stains or aging creeping in.

Prepare your lips the night before, and use color and gloss during the day to keep them looking great. Your man will be drawn in and have no chance to say no to that perfect first kiss.

Ferina Santos is part of the team behind Open Colleges,

Australia's provider of outstanding makeup courses. A feisty, 20 year-old nerd at heart with an obsession for vanity, she captures all her random musings with daily photographs in her blog, A Pink Banana. When not online, she can be found reading a book or riding with her horses while fantasizing she's a real-life Khaleesi.

Top Dating Secrets of Men



By Robert Manni

When you're looking for Mr. Right, it's easy to wonder for what the men you meet are looking. What are men's deepest and darkest dating secrets? Take it from a guy: there are quite a

few things to keep in mind when men are looking for their new partner. Here are some of the tastiest tidbits about the inner workings of men on the prowl:

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1. Men are insecure: No matter how self-assured they seem, guys don't think like women do. They're often clueless about the opposite sex. When a guy approaches a woman that he's attracted to, it shows. This can sometimes be exciting and nerve-wracking for a man, but it definitely gives women the upper hand. Remember that you're always in control of a man's insecurity and use that to your advantage.

2. Men like women to "help out": Though most guys love hunting for a girlfriend, they're not always great at realizing that they've succeeded. Since it can be hard for men to read your signals, use easy ones to show your feelings. Nothing works better than a touch on his arm or a smoldering glance.

3. Men don't pay attention: Success with women is often about subtle little things, but men don't always notice those. For example, men might think they have to solve your problems when all you want to do is talk about your day. Make sure he's paying attention to your intentions by any means possible. Don't be afraid to tell him exactly what you mean.

4. Guys are still visual: This shouldn't come as a surprise. When you're trying to find a boyfriend, save the sweatpants and wear some of your nicer clothes. Don't be afraid to show your feminine side; men will appreciate it. Even after you've been with someone for a while, it's nice to dress up every now and again.

5. Men love their sense of humor: If you're already interested in a guy, chances are you already find his humor clever. However, if you're not enjoying his jokes, it's probably best

to move on. Men have a hard time relating to someone who doesn't enjoy their humor.

6. When a guy says he'll call, he means it: Men are usually honest about future plans, but they can be easily distracted. If he says he'll call after the first date, be sure to ask him when. By making this more concrete, you'll help him remember you. If he still doesn't call, forget him. You deserve better.

7. Men dread Valentine's Day: Valentine's Day is a holiday that can make men very nervous, largely because of great pressure of finding the right gift for his sweetie. Don't encourage him to find clothes. When he shops for you, he'll probably be checking out other women to figure out your size, and that's sure to make you uncomfortable even if his intentions are good. Try your best to make shopping easier for him by giving him information before he leaves.

8. When it comes to getting physical, timing is everything: Whether it takes two drinks or ten dates, you both know when it's time to have get intimate with one another. However eager he seems, taking doing this too quickly can make him think of you as being "easy," and no one wants that. Be sure to think carefully about how long you want to wait.

9. The way to his heart is food: Even if you're not an amazing cook, men love to eat. Make that work for you by preparing a special meal or inviting him to a restaurant you think he'll love.

Related: [4 Things Men Worry About](#)

10. He wants a lady he can take home to mom: Ultimately, a man wants to show off his woman to his friends, family and business associates. Remember that no matter how happy he seems with sex, men are looking for a relationship in the same way you are. Though their paths are often different than those taken by women, a family and a future both still matter to men.

11. Don't change for any man: This is the most essential tip for making both you and your beau happy. Don't try to be someone you're not. When you're not acting like yourself, you're definitely going to upset both of you. Be the best version of you and he'll be happy. If he isn't, he's not right for you at all.

Have you taken advantage of any of these dating secrets? Tell us below.

Robert Manni is President of Agent16, a New York advertising agency in midtown Manhattan. Over the past two decades he has watched, played and succeeded in Madison Avenue's relentlessly changing game. A true devotee of New York City, Robert is inspired by and remains in awe of its people, energy, attitude, and romantic backdrop. He is a world traveler, Reiki Master and teacher, certified advanced clinical Master Hypnotist, graduate of the Jose Silva Method/Life System, NYC Marathoner, and a bona fide 'Guy's Guy' who somehow survived twenty years of single life in the big city. THE GUYS' GUY'S GUIDE TO LOVE is Robert's debut novel. He is currently working on his second book. Visit his website at robertmanni.com for up-to-date news, to read his blog and check out his videos. You can also become a fan on facebook.com/RobertManniAuthor, or follow Robert on Twitter.com/RobertManni.