

3 Benefits of Meeting People Online



By Evelyn Harris

In the early days of online dating, the service was often seen as a subject of ridicule, the last resort for the otherwise-undesirable. Nearly a decade later, meeting people online has become an accepted practice, with advertisements on subway walls and primetime television that target a large variety of singles. The truth about online dating is that it's an increasingly viable way to find and meet potential partners. If you still need convincing, here's a rundown of the three best things about meeting people online:

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1. There are plenty of options: When you commit to an online dating site, you'll have to make a profile. Sure, there might be occasional fibbing, but as a general rule of thumb the degree of truth in a profile matches the desire a person has to meet someone. These profiles can be searched by other members to help them find someone to meet. With hundreds of profiles to peruse on every dating site, the choices available to you are not only larger, but more diverse than what can be found during a typical night out or by being set up on a blind date.

2. No reservations, no pressure: We've all experienced first date jitters. It's easy to be nervous when you're focused on making a good impression for your date. Although it's a natural component of the dating life, nervousness can be avoided with online dating. When you meet someone online, there's less pressure to impress and no reason to hold back, because the conversation occurs through a computer in the comfort of your home. Developing a repertoire and gradually sharing information once the connection has been made are built before your first in-person meeting. This way, you begin the date with an already-comfortable relationship first.

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3. Celebrities use it, too: Considering the fact that all their love interests and hookups are studied by the media, one would assume celebrities would never consider being an online dater, a position that can still be seen as being embarrassing. However, several celebrities have admitted to considering joining and using dating sites. In 2006, Halle Berry admitted to visiting online dating sites and various chat rooms, while *Gossip Girl* heartthrob Chace Crawford claims that he has "a bunch of different [online dating] accounts that no one even knows about." Weezer's frontman Rivers Cuomo revealed that he once created a profile on an online dating site but was unable to find any matches. With even celebrities experimenting with the world of online dating, it's clearly no

longer something to be ashamed about.

For those still hesitant to explore online dating, hopefully the three benefits highlighted here will nudge you across that line of doubt towards your first online profile and a happy relationship.

Evelyn Harris works at Find My Kiss in various roles including marketing and writing. She enjoys life to its fullest and particularly enjoys dancing, clubbing and meeting new people. Find My Kiss is an online dating site for singles from Houston to Los Angeles to New York City.

Stars and their Pets: Dating and Mating Habits





By Alejandro Russo

You might follow the love lives of stars, but have you ever wondered what their pet choices say about them and their dating habits? A new study sponsored by [Klooff.com](https://klooff.com), the app for pet owners, could explain why Jennifer Aniston had such a hard time finding and keeping a good man after Brad Pitt, and why Paris Hilton has an endless string of boyfriends: it's their dogs. Klooff.com surveyed 1,000 people and found that certain breeds were the most popular when finding a date or when just looking for a casual fling. Consider how these dogs can change your appearance to the other sex:

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1. Dogs that make you seem like boyfriend material: The survey found that the top dog breeds to attract women were German shepherds, Golden retrievers, Labrador retrievers, Siberian huskies and French bulldogs. Respondents noted that they were over ten times more likely to see a man who owns a golden retriever as being "marriage material" than someone who owns a pit bull. This can explain why the ladies love Ryan Reynolds,

who owns a golden retriever mix named Baxter, and Zac Efron, who is often seen with Puppy, his Australian shepherd. Plus, those who own a Siberian husky are viewed as more manly than those who own bulldogs: a perplexing fact when you consider that Justin Bieber has a husky and Brad Pitt has a bulldog.

2. Dogs that make you seem like girlfriend material: To attract a man, the survey found that women who own Golden retrievers, Labrador retrievers, Chihuahuas, poodles and beagles were most effective. However, Golden retriever owners are significantly more likely to be viewed as the sort of woman who men would like as a girlfriend than those who own Chihuahuas. Kristin Davis, Sheryl Crow, Eliza Dushku, Anna Paquin and America Ferrera are all women who have this very appealing dog.

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3. Dogs that make you seem like a one-night stand: So what about Chihuahuas? Their owners, like Paris Hilton, aren't usually perceived in the best light. Most people thought that Chihuahua owners were more likely to be dumb and "just a one-night stand" than those who owned any other breed. Of course, if you're looking for hook-ups, this might not be a problem: Chihuahuas are still very attractive to men.

Alejandro Russo is the CEO of Klooff, the premier app for pet loves. It lets users express themselves and show off their pets in a fun and stylish way. With Klooff, users can create profiles for their pets, post pics of them to Facebook and create cool custom products featuring their lovable pooches and kitties.

Weddings Show Single Men What They're Missing



By DeAnna Lorraine

Summer is here, which means wedding season is already well underway. That's good news for those walking down the aisle, but how about for those who are still single? Sure, some might use weddings as a hot singles spot to meet someone new, but others just feel depressed. There's a reason that therapy bills increase every summer. Though major movies like *Wedding Crashers* always cast single women as being desperate and emotionally vulnerable, it seems that men are more and more likely to be bitten by the love bug first at a wedding. In fact, they're also just as likely as women to be emotionally vulnerable. Here are some other things you might not have realized about single guys at weddings:

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1. Men can be vulnerable: Sure, they pride themselves on showcasing a tough and “manly” exterior, but men have feelings just like women do. They’re not just at weddings looking for casual relationships; they’re usually feeling just as strongly about commitment as their female friends and relatives.

2. Men don’t always show their feelings: Because of the need to appear strong, most men aren’t used to expressing themselves outwardly. Although they might not be using an entire box of Kleenex while at the wedding, their emotions are definitely getting stirred up on the inside, usually just as much if not more than women’s. Because men don’t typically deal with their feelings as thoroughly as women do or analyze them to death with their friends, when they are faced with something like a wedding, they’re often even more stirred up and affected.

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3. Men are anxious for love: The popular stereotypes that cast women as the clingy, needy gender and men as the cold and insensitive one just aren’t true any longer. Men are more sensitive and anxious for love than you might think. Weddings actually seem to activate a man’s own version of a “biological clock,” leaving him feeling more eager to find a woman of his own and settle down. Suddenly the bachelor life looks less fun when they see those happy couples walk down the aisle. In the last seven years of coaching singles, I’ve always had about 10% more male clients than female clients. However, that number has been steadily increasing in the last few years. This might be a reflection of this trend: a growing number of men seem to be the ones who are more interested in getting married and settling down.

Are men and women gradually starting to switch roles? It might not be long before women are the ones passing the tissues to

men at the weddings, with men going back home updating their Hope chests. Let's stay tuned and see.

Nicknamed, "Ms. Hitch," DeAnna Lorraine specializes in helping even the most introverted men and women find the best ways to find confidence to express themselves in order to find love. She has years of experience coaching hundreds of singles of all kinds on how to go from lonely and distressed to total romantic success in a few months. She's seen regularly on television and has appeared on the Rachel Ray Show offering her insights and advice.

Enjoy the Summer Together like Halle Berry and Olivier Martinez





By Lauren Bailey

The always-gorgeous Halle Berry has been photographed out and about with her boyfriend Olivier Martinez quite a bit recently, and the two seem to be having a blast enjoying the sun and sand of summer. These two celebrities set a great example of the perfect way to celebrate this time of year together. Not only can we take style notes from the pair, we can also learn a lot about using the summer months to make our own bonds stronger with loved ones. The beauty of this season is that you can go anywhere and feel like you've just stepped into a vacation, making it the perfect time to reconnect and have a blast with your beau. Check out some tips for setting up your own romantic mini-getaway:

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1. Choose a location near water: Sure, you might not be able to choose a California beach like Berry and Martinez did, but any location near water can be a romantic place for a stroll, a day in the sun or even a quick picnic. If you don't live near the coast, try to find local rivers, lakes or ponds,

though even a pool will do. Remember, atmosphere is everything, and getting out of the house and into a waterside setting will certainly do you and your sweetie both some good.

2. Enjoy the sun: Instead of heading indoors the moment the temperature rises past 90 degrees, try letting the sun add a little romance to your activities. Warm weather provides the perfect opportunity to wear that tiny little skirt that's been sitting in your closet or even nothing but a bikini and a wrap. Berry and Martinez were able to enjoy the sun but avoid most of its harmful rays by strolling in the evening. Cool mixed drinks can help you beat the heat and set the mood for a good time. If you stay in the shade, let your legs hang out and get a little tan. If you try to enjoy the sun, you'll feel like you've been transplanted to a vacation on a beautiful island and the romantic vibes will start flowing.

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3. Pick a calming environment: No matter where you choose to celebrate the summer with your partner, make sure that locale is peaceful. The beach might sound like the perfect idea, but it won't be romantic if it's packed with screaming kids and angry parents. Even the silence of the pool in your own backyard seems calm enough, but that could be disrupted by your neighbor's plans to build a deck next door. If you're trying to set up a romantic summer day, make sure to pick a location that will be quiet enough for the two of you to be together and enjoy the ambiance with the privacy you need.

Lauren Bailey regularly writes for Best Online Colleges. She welcomes your comments at her email, blauren99@gmail.com.

Dating After Being Dumped: How to Avoid Messy Rebound Relationships



By Sari Holtz

At the young age of 26, screen siren Scarlett Johansson was seen snuggling up to Sean Penn, 51, mere days after her divorce from Ryan Reynolds. Similarly, Jennifer Lopez started stepping out with Casper Smart very shortly after her marriage to Marc Anthony ended, though she is 18 years Smart's senior. While these rebound romances may seem extreme, they are actually quite common, both among celebrities and "normal people" looking for love after a relationship sours. Although most rebound relationships end in failure, it stands to reason that anyone coming out of a breakup should be in the proper

mindset before entering a new relationship. Here are some ways in which you can avoid a painful rebound relationship and find one that works:

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1. Expand your options. If you've already dated your coworkers' relatives and your hairdresser's brother unsuccessfully, it's time to expand your social circles in your search for a soul mate. One great way to do this is by using an internet dating service to get new options. Online dating sites have now been used by celebrities such as Chace Crawford and Halle Berry, and have produced millions of happy couples. It helps that top online dating sites are no longer a mishmash of singles looking for love. Instead, many of today's dating websites cater to select clientele, so that singles can find someone with similar values to theirs. Research your options carefully to increase your chances of success, whether you're looking for specifics like the best gay dating websites or just a general dating website. Planning will also make the process more exciting, which will make you eager to get back into the dating scene.

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2. Go slow. No matter how you plan to snag a date, make sure not to rush into things out of fear of solitude or eagerness to find love again. Carefully consider your options to make sure that this potential suitor is truly relevant before committing to a date. That way, even if it doesn't work out, you can know you tried your best.

3. Get help. If you're nervous about rejoining the dating scene, a dating coach can help you find the balance between being careful and going too slowly. People coming out of a painful relationship are often unsure about what went wrong or what is preventing them from dating again. A coach will talk

about these issues and help you focus on your positive attributes so that you can start a new relationship with confidence.

Most importantly, remember to learn from your past mistakes. By doing this, you'll be a more educated dater when you move forward.

Sari Holtz is an associate editor at Consumer-Rankings.com, a website that offers comprehensive reviews of the top online dating sites, web best hosting providers, online tax software and more.

How to Successfully Date an Aspiring Entrepreneur





By Suzanne K. Oshima

It's easy to see the fairytale ending when you date an aspiring entrepreneur, but many don't realize all of the work it took for men like Facebook's Mark Zuckerberg, PayPal's Elon Musk and Bill Gates to be successful. The women who supported them in the early stages sacrificed just as much as the entrepreneurs themselves as they dealt with their stresses and lack of free time. Zuckerberg had to put in so much time at Facebook that his then-girlfriend Priscilla Chan made him sign a contract that called for "one date per week, a minimum of a hundred minutes of alone time, not in his apartment and definitely not at Facebook." A contract might seem a bit drastic, but it does demonstrate that it's clearly not easy to date an aspiring entrepreneur. If you want your relationship to survive in the long term, consider these important tips:

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1. See and understand his vision: An aspiring entrepreneur appreciates someone who finds his unique idea as exciting as he does. Whatever they're planning is important to them, so

caring about it is essential. Try to see and understand their vision while removing enough from the situation to give them the opportunity to take their minds off of work now and then.

2. Be supportive, understanding and patient: When you're dealing with an entrepreneur, there are going to be many times that they'll have to cancel plans at the last minute because of business. It's important for you to understand that it's not because he doesn't want to have date night, it's just because he simply couldn't. Entrepreneurs are under a lot of stress: the last thing they need is more stress from you.

3. Make quality time: As mentioned, entrepreneurs are always busy, so your time together will always be limited. Make the most of it, and enjoy your togetherness rather than complain that you can't be spending more time with them. Remember, quality is much more important than quantity.

4. Set expectations: Many aspiring entrepreneurs seem married to their business, so be clear on what you expect from your relationship as soon as it begins. Rather than make demands, politely tell them what you appreciate and expect from someone you're dating.

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5. Live your own fulfilling life: The majority of an entrepreneur's days, nights and weekends are going to be spent building the business, so be sure to have your own life to occupy your time. Your [partner](#) will be happy to see that you're getting out and doing your own thing, instead of sitting around waiting for them to have free time.

6. Prepare for Uncertainty: Entrepreneurs are unconventional risk takers who never lead normal, 9-to-5, predictable jobs. It's important to look forward to the excitement of the inevitable ups and downs and embrace the uniqueness of your life together.

It's very easy to date a rich and successful entrepreneur, but very few people have what it takes to date an aspiring, struggling one. Overall, however, it can be an amazing experience. You just have to be willing to take the risks with them, and ultimately try to be someone who can add value to their life.

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Three Far Flung Honeymoon Destinations





By Vanessa Roberts

Honeymoon planning might be the least stressful and most fun part of planning your wedding, but there's still a lot to consider. While celebrities such as Carrie Underwood, Molly Sims, Fergie and Tiger Woods choose luxurious locations like Maui, Tahiti, the Bahamas or the open seas aboard a \$57 million yacht, we regular folks don't have to sacrifice our savings to have an unforgettable honeymoon. You just have to know where to go.

There are some honeymoon destinations that are not only insanely beautiful, but that also won't drain your bank account. Of all the places I've traveled, here are my three favorites:

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1. Koh Tao, Thailand.

Koh Tao is a tiny slice of paradise close to the Gulf of Thailand that will steal your heart and let you honeymoon like a star for a fraction of the cost. It has crystal-clear turquoise water and luxurious beaches, making it hands-down the most beautiful island I've ever visited. Plus, the locals are very friendly, and everything is inexpensive. And it's not just the scenery and cheap prices that make this 13-mile island a honeymoon favorite. There are also boat cruises, snorkeling trips, world-renowned scuba diving, zip-lining and mountain hiking. When the day is done, you and your partner can settle down with \$10 luxurious massages, to-die-for dining right on the beach and 2-for-1 happy hour. Now *that's* what I call honeymooning!

2. Yangshuo, China.

Surrounded by hundreds of mountains in central China, Yangshuo is a destination for the adventurous couple who aren't afraid to step outside of their comfort zones. From bustling walkways filled with bargains and delicious dining to bike riding through mountain-lined dirt roads and bamboo rafting down the Li River, this natural wonder will give you a honeymoon you're sure never to forget. Don't let the language barrier deter

you! It's easily overcome by downloading any translation app to your smartphone.

All in all, this little mountain paradise is the perfect place for newlyweds who not only have keen senses of adventure and open minds, but are also looking to kick off their honeymoon with a bang.

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3. God's Own Country (New Zealand)

I never understood why New Zealand was referred to as God's Own Country until we stepped off the plane and onto the South Island. To say we were struck speechless is an understatement. The South Island of New Zealand is a spot at the bottom of the world that you have to see to believe.

Just looking at the soaring mountains and glacial lakes is exciting, but there are plenty of things to do in New Zealand as well. Like adventure? You can go bungee jumping, skydiving, surfing, hiking and more. If you prefer to relax, you can take a wine tour, go canoeing, explore the quaint towns or even see the sights from *The Lord of the Rings*. There's no shortage of things to do here, especially if you want to start your married life in a truly thrilling and unforgettable style. How many celebrities can say they did that?

Photos: Courtesy of Vanessa Roberts

Top Five Celebrity Couples Who Have Made Love Last



By Tammy Warner

It sometimes seems like every married couple in Hollywood is filing for a separation, an annulment or a divorce within a few months of their wedding day. There are a few celebrity marriages, however, that have managed to last despite the unique challenges that fame can present. Here are some couples who have defied the odds:

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1. Sharon and Ozzy Osbourne: Perhaps the most unique couple on this list are Sharon and Ozzy Osbourne, who have been married since 1982. The Osbournes say that their relationship is stronger now than ever. Their marriage has definitely faced obstacles, but the two have beaten a hectic touring schedule and even a drug addiction. The pair have stood by each other through many life events, even working together on projects, and their 30th anniversary is this year.

2. John Travolta and Kelly Preston: *John Travolta* and Kelly Preston were friends for several years before dating, but once they were both finally single, Cupid's arrow struck. The duo were married in a quick ceremony in Paris, France, in 1991. Their relationship has overcome allegations of infidelity—an unfortunately common problem for many celebrity couples—and the loss of their son. However, the two are still going strong.

3. Tom Hanks and Rita Wilson: Tom Hanks and Rita Wilson met in 1981, but romance didn't blossom until 1985. The couple recently celebrated their 24th wedding anniversary, and both claim that they continue to fall more and more in love with each other. When most other celebrity marriages seem to be falling apart, Hanks and Wilson's is a glowing exception.

4. Jon Bon Jovi and Dorothea Hurley: Like the Osbournes, Jon Bon Jovi and Dorothea Hurley have dealt with difficult touring schedules, drug abuse and infidelity throughout their long marriage. Despite the presence of these major issues, the couple always works through them. Bon Jovi still states publicly that Hurley "is the best ever."

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5. Will Smith and Jada Pinkett Smith: Even though rumors have claimed that the marriage between Will Smith and Jada Pinkett Smith is over, both of them state that nothing could be further from the truth. Married in 1997, they are happily

raising two children who appear to be following in their parents' famous footsteps. They state that the reason they have made it in Hollywood is because they "continue to grow together," and they will celebrate their 15th wedding anniversary this year.

These five couples aren't the only celebrities who have managed to make their relationships succeed, but they are some of the brightest glowing examples. As they show, whether you are a celebrity or not, relationships can last with enough work, patience and determination.

Tammy is a freelance writer who contributes to various websites and www.christiandating.org. She enjoys writing about relationship issues.

Love in the Limelight: Why You Should be Happy You Aren't Famous





By Edwin

Finding love is hard, and it's one thing that being rich and famous doesn't make easier. Although people like you and I might have moments of dating delights and despair, we at least get to experience these in private. Because of all of the attention they get, celebrities don't have it easy when it comes to making a love connection. However, it's not all that different for them. Here are some things we can all learn from watching the pitfalls of dating in the spotlight:

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1. Make time for love. Plenty of celebrity couples have ultimately split because of conflicting schedules that forced them to spend too much time apart. Lady Gaga recently called off her relationship with Taylor Kinney because of the demands of her Born This Way Ball tour. However, even those of us without international tour schedules need to make love a priority if we want a lasting relationship. Take a look at your schedule and figure out what you're willing to put aside

to make room for love. If your relationship is important to you, you might have to sacrifice small things like yoga or book club.

2. Don't give up your successes: Rihanna has talked about how her fame often intimidates her potential suitors. Similarly, some men can be intimidated by regular girls with successful careers, healthy bank accounts or nice cars. Keep your radar up for guys who feel uncomfortable with your success. If they seem more interested in getting you out of the boardroom and into the kitchen, then it's time to move on. And men, embrace a woman's strength and independence—don't try to smother it. She will treat you the same in return.

3. Keep some things private: No matter what they do, stars have the whole world watching. Even a regular Joe or Jane who hooks up with a celebrity is subjected to an onslaught of paparazzi and gossip rag rumors. However, even if you're not in the spotlight, your love life will often be scrutinized by friends and family. To keep your relationship going strong, be sure that some things are reserved for just the two of you. Don't overshare with your friends and don't dish about your exes to your current love interest.

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4. Show the real you: Celebrities are often so used to keeping up their professional image that it's hard for them to reveal their true selves. Similarly, with online or speed dating, it's tough to tell what's true and what's just advertising. Make sure you don't oversell yourself on dating profiles, and be willing to show the real you. After all, a true love connection has to be based in reality.

5. Take a chance: Winona Ryder shared a story where she met a nice guy, but when he revealed that he had always had a crush on her, she couldn't trust his motives. She wondered if he just wanted to meet someone famous or if he really liked her.

Ultimately, trust is a key issue for all relationships, famous or otherwise. For love to take flight, both parties have to let their guard down and take a risk on letting someone in. While it's always best to proceed cautiously, don't be so guarded that you scare love away.

Edwin is a writer for Celebutaunt and content specialist for USDish.

Five Top Tips On How To Find “The One”



By Chris Owen

If you're single, bored and playing the field, there's never been a better time to get the job done and find a new person to date. Though most relationships start in the workplace, you can still find love anywhere if you're willing to work at it. By acting the part and grabbing fate by the throat, you can easily find "the one" and be happy in love. Here are some simple tips to help bring you closer to the object of your affection:

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1. Be caring. Even if you're a mean or moody person, you still have a heart, so show it and get involved! Find out how you can run, walk, swim or cycle for charity. As soon as you're passing around that sponsorship form and subtly letting colleagues know you've turned over a new charitable leaf, you can guarantee that you'll be raising both dollars and pulse rates.

2. Be nice. Don't just care about causes, care about the people around you as well! Even little things like opening doors, giving compliments and being nice are all great ways to get yourself noticed by members of the opposite sex. Fill your day with smiles, laughs and cheery greetings and you're sure to be well-liked. If you adopt a pleasant attitude towards everyone, the object of your desire is sure to notice you sooner or later.

3. Be there. If your intended "catch" always takes the same bus, always brings lunch to the park or they're hitting a particular bar at five o'clock every Friday, then learn that pattern and make sure you're there, too. Of course, I'm not advocating stalking, but if you just so happen to be in the park, on the bus or down at the bar once a week, then there's no harm in that. If you slightly adjust your own schedule, you won't even have to acknowledge them. Just be there, and after a while, they'll speak to you and romance can blossom.

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4. Be interesting. How hard is it to read a great novel and leave it casually on the corner of your desk or go to the theater and drop it into a conversation within earshot of your “partner-in-waiting?” Learn a language, play the guitar or go on vacation to an exotic country. If you make what you want to do seem interesting, you’ll be noticed for sure.

5. Be exciting. If you’re the kind of person who enjoys warm baths, NPR and an early night, then good for you. There’s a lot to be said for the comforts of home, and I hope you’ll be very happy with your partner Tim the cat. However, for all of you who are still looking for someone who’s slightly less feline, you need to actually get out there and make it happen. Being perceived as exciting doesn’t mean you have to ride a Harley Davidson or go on adventure holidays every other weekend. Stay out late every so often, watch a few live rock bands, do the odd bungee jump or get yourself pierced or tattooed. Even small things like these can make you seem like a great person to date. Plus, the more out of your comfort zone you step, the more likely you are to book some safari holidays down the road.

Remember, if you’re hoping to date someone, the only one who can get you there is you! Keeping simple ideas like these in mind can turn you from single to taken before you know it.

Chris is happily married after meeting his wife in the middle of the jungle while undertaking his adventure holidays in deepest darkest Asia.

Making the Most Out of Your Long Distance Relationship



By Grace Pamer

For some people, a long distance relationship can seem like a tremendous hurdle to overcome, and many couples who are apart frequently see these relationships as positive instead of negative. Celebrities are no exception.

One celebrity couple that speaks openly about the benefits of long distance partnerships is Victoria and David Beckham. Their busy careers frequently keep them apart, forcing them to have separate homes oceans apart. However, they feel the distance doesn't take from their love. Instead, they think that the extra space enhances it.

The key to understanding how to make the most out of your long distance relationship is to change your way of thinking. A long distance relationship can improve your life! Take a look at some of the many benefits:

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1. It Can Lead to a Happier You.

Having a lot of time to yourself, as long as you use it to your advantage, can lead to a healthier mind, body and spirit. You'll have more time to follow your own dreams. You can work on your career or further your education, so that when the time comes for you and your partner to settle down, you'll be in a better place in your life. You can take time to care for your body by getting fit or relaxing in a hot bath, which will enhance your self-esteem and overall well-being.

2. You Get to Have it "All."

Many singles yearn for companionship and love, while many people who are in relationships yearn for the freedom they had when single. In a long distance relationship, you have both a loving, supportive partner and time to yourself. It's the perfect combination of some of the best elements of single life and dating.

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3. No One Will Resent the Relationship.

If you talk to many unhappy couples, you will hear stories like, "I was going to get my Master's degree, but I met my love and settled down." In the passion of love, it is easy to put aside dreams because it feels as if nothing else matters. But years later, that can impact a relationship negatively. There is plenty of time for you to pursue becoming your own person when your partner is far away.

4. It Can Make the Relationship Stronger and Healthier.

When two people in love are also fulfilling their own hopes

and dreams, that positive energy will spill over into their relationship. A couple is only as strong as the two individuals who form it. If either partner feels they have no free time, missed out on their dreams or lack fulfillment, the relationship is bound to suffer.

5. You Can Still Keep the Romance Alive.

Being apart doesn't mean that you'll be treating each other like strangers. You can find ways to connect every day, and even tell your lover goodnight each night. With modern advancements like Skype, you can even see each other's faces and talk about your day while eating dinner at the table. Don't think of these types of relationships as dispassionate and lonely! Absence can make the heart grow fonder. You'll be even more passionate and romantic if you find unique ways to stay bonded though physically separated.

For reasons like these, long distance relationships can definitely be very healthy. Being able to be the best "you" while having a deep, loving commitment to one another can truly be the best of both worlds.

Grace Pamer is the author of www.RomanceNeverDies.com, one woman's on going quest to get the world reacquainted with the art of writing love letters.

Why You Don't Need the Perfect Body





By Lisa Moore

Many women obsess about having the ideal body, model looks and flawless hair. In fact, one survey suggests that 66 percent of women are so unhappy with their bodies that, despite the recent recession, they would spend money to achieve a perfect look. 90% of the 3,000 women questioned said their bodies depressed them, and 75% of women think about their shape and size every day. Gill Todd, a clinical nurse specialist at Bethlem Royal Hospital in South London, says that women are getting the message that they need to be thin in order to be happy and successful, especially in the romance area. It seems like women hate their bodies.

The question is, why should they? Why do women want these “perfect” bodies? Here are some misconceptions that put unneeded stresses on a female’s relationships and keep her from loving who she is:

Related: [Kasey Kahl Says He’d Love Vienna With Any Size Nose](#)

1. There is only one acceptable body type.

One beauty website invited shoppers to select their favorite famous body parts, and then combined the results to create the ultimate celebrity. This pseudo-celebrity ended up as a combination of Kate Middleton's hair, Cheryl Cole's eyes, Keira Knightley's cheekbones and Gwyneth Paltrow's chin. Her eyebrows were shaped like Megan Fox's, she had Kate Beckinsale's nose, Angelina Jolie's lips and the chest of Kelly Brook.

The fact is, there isn't a single body type that is perfectly appealing. Think about it: The fact that two opposite procedures, breast augmentation and breast reduction, are just as popular is concerning, as it supports the idea that it's impossible to have universally "acceptable" breasts. So, why try?

2. Thinner is always better.

Though society often seems to think that being incredibly skinny is the perfect choice, an Australian study revealed that a man's ideal female shape was represented by those of average women, not by supermodels. One woman explained that men can't help loving women who have curves. They're genetically drawn to rounded women, because curves signal a woman who will successfully conceive, carry and then nurture a man's offspring. It's a sign of fertility.

And, she adds, who can blame guys for loving curves? They're more comfortable than being poked by sharp elbows and holding a set of ribs.

Related: [How to Keep Weight Gain from Ruining Your Love Life](#)

3. Cosmetic surgery will please your partner.

Almost two-thirds of women believe that their love lives would be better if they had better looking body parts. Similarly, many women believe that cosmetic surgery will make their partners happy. A 42-year-old book-keeper stated that she

probably would not have had a breast enhancement if it hadn't been for her man. She said that he wasn't as much in love with her as she was with him. Surgery might help, she thought. Did it, though? What do men really like?

The truth is, guys find a too-perfect look boring. A gap-toothed smile like Georgia May Jagger's, or Alexa Chung's style of messy hair can actually serve to keep up your man's interest level. Many women also overlook the fact that men appreciate beauty in their hair, eyes, skin, neck curves and even belly buttons. Chances are that your man already loves how you look. You should, too.

So relax, ladies, and realize that the natural you is more enchanting to your man than a frazzled you that's stressed over your parts. Love who you are, and your man will too.

Lisa Moore, senior editor of Interactive Service Group, has written several articles focusing on women, body image and parenting issues. Her articles have appeared on number of sites including HerExtra.com, ProfessorsHouse.com, and Eurweb.com.

What to Wear to a Summer Wedding





By Sarah Thaman

Spring has arrived, and along with it comes prime wedding Season! If you have a relative or friend getting married this summer (and you didn't get called to bridesmaid duty), you may be wondering what appropriate attire might be. How can you dress to impress while still embracing the summer style? While the rules vary, here are some great ideas for three common types of weddings: Formal, Semi-Formal, and Casual/Beach.

Formal: Formal, or black-tie, affairs typically call for full-length dresses. Channel your inner goddess with a color block maxi paired with a headband and silver bangles. Mint green is a hot trend, and pairing this hue with an emerald jewel tone make it ideal for day or night. Wear your hair down, or stun with a low, loose bun. A small black clutch is a perfect complement, holding all of your night's necessities.

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

Semi-Formal: Semi-formal weddings are often harder to decipher. It's always better to be more dressed up than

underdressed, so opt for a flirty cocktail dress. A chiffon dress with bright-colored accessories will always hit the mark. Nails are another great accessory – and they often go overlooked. Choose a pair of neutral peep toe heels and perfectly pedicured toes for an added pop of color.

Casual/Beach: If the event calls for casual attire, such as a beach wedding, choose a feminine sundress. This is a perfect opportunity to sport a trendy print such as florals. Dress it up with a pair of adorable wedges, or dress it down with a pair of flat sandals. A peachy cheek and a cute, pastel bag complete the look.

Related Link: [What to Wear to Meet His Family](#)

When choosing a color of dress, consider when the wedding will take place. If the event is during the day, opt for lighter colors. Remember that while you want to look your best, this is the bride's day. Out of courtesy, stay away from ivory, or all-white dresses. If the event is taking place in the evening, consider darker, jewel tone frocks. Follow these tips and you can't go wrong. Who knows, you may just end up meeting your future husband – possibly a groomsman?

Author Bio: While I may not be a professional stylist, I pride myself on choosing fashion that looks polished and classic, and I'm always helping friends choose their date outfits.

Although I'm a writer for HandbagHeaven.com by day, outside of work I take joy in being a matchmaker, a newlywed, and a momma to my precious puppy, Luna.

Host a 'Bachelorette' Viewing Party



By Andrea Woroch

I don't watch much television, aside from an hour of news to go along with my morning latte. Yet there's something about this sappy, reality dating show that makes me scramble to the couch every Monday evening. Though I hate to admit it, I eagerly awaited the premiere of season eight of 'The Bachelorette' as America's favorite past contestant and single mom, Emily Maynard, took the stage in her quest for love.

Though Emily weeded out some of the weirdos in the first episode, there's still plenty of drama, tears, exotic destinations and heartfelt goodbyes to enjoy. So whether you're looking to gossip with some gal pals over your favorite

eligible bachelor or you simply have nothing better to do on Monday nights, consider hosting a 'Bachelorette' viewing party, using these tips to make it memorable and fun.

Related: [Reality Stars Who Found Real Love](#)

1. Create an Entrance: What's a 'Bachelorette' party without any roses? To set the mood, hand out red roses to each guest upon arrival. Depending on the number of friends attending, you may consider red carnations as an inexpensive alternative. Otherwise, pick up some faux flowers from a nearby craft supplier.

2. Dress to the Nines: Request Rose Ceremony-appropriate attire. Ladies should come dressed in fancy gowns, and men should sport a suit or coat with a tie.

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

3. Be Refreshing: 'Bachelor' and 'Bachelorette' contestants are always sipping on a cocktail, enjoying a glass of wine or toasting with champagne, so decide what drink you'd like to serve at your party. Ask guests to chip in with their favorite beverage to keep costs under control, and pick up inexpensive plastic flute glasses from the dollar store.

4. Serve Exotic Food: In addition to festive cocktails, you may also consider offering ethnic finger foods based on the show's upcoming destination. Check out Pinterest for recipe ideas, and load up your supermarket loyalty card with mobile coupons from CouponSherpa.com to score savings.

5. Drink Up: Reality TV drinking games are an exciting way to get your friends into the show, especially those who could care less about which bachelor is sent home. Identify a common word or phrase that gets overused by a specific character, and ask everyone take a sip of his or her drink each time it is said.

6. Vote On It: Ask guests to vote on which bachelors they think will be picked for a one-on-one date and which guys will be sent home during the Rose Ceremony. Make sure that anyone who read a spoiler blog keeps his or her lips sealed!

Related: [Date Idea: Couple Up with Game Night](#)

7. Try Trivia: During commercials, quiz your guests on their [‘Bachelor’](#) and ‘Bachelorette’ IQ. Grab details about past episodes and contestants on TV.com, and create a trivia game using index cards.

8. Offer Goody Bags: You can’t play games without handing out prizes to the winners. Keep it cheap with inexpensive treats like candy and candles for the goody bags.

Andrea Woroch is a nationally-recognized consumer and money-saving expert who helps consumers live on less without radically changing their lifestyles. From smart spending tips to personal finance advice, she transforms everyday consumers into savvy shoppers. Woroch has been featured on top news outlets such as Good Morning America, NBC’s Today, MSNBC, New York Times, Kiplinger Personal Finance, CNNMoney and many more. You can follow her on Twitter for daily savings advice and tips.

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When Dates Go Bad: 5 Ways to Find the Funny in Dating



By Sujeiry Gonzalez

We've all had our share of bad dates. Even gorgeous celebrities like Katherine Heigl have dished on terrible romantic encounters. She admitted to once having an awkward date with a personal trainer, who not only gave her his headshot, but also shaved his legs. Total turn off!

My latest bad date was with a Miami artist who was new to New York City. I met him at Bryant Park and demanded dinner, as opposed to sitting on a bench with a basket of fruit. He obliged, and we ended up at BBQ's in Times Square. As he discussed his career goals in a monotone voice (I thought I was on a date with Ferris Bueller's English teacher), I realized I was on yet another bad date.

So, what can we do in this common situation? For my survival, I decided to find the funny in the ever present bad date. Here's how you can, too:

Related: [Spring Cleaning: 5 Types of Guys to Dump](#)

1. Imagine yourself on a deserted island.

If you picture this, you can appreciate your date's company even when he chews with his mouth open. Besides, wouldn't you rather have someone to laugh ~~at~~ with than be alone?

2. Chow down as if you're with a girlfriend.

You don't need to impress a bad date, so why not unbutton your jeans and order a real meal? On my date with Miami Monotone Man, I ordered a quarter chicken, French fries and a piece of warm cornbread. Leave the salad for the one you want to impress!

3. Drink yourself into a tizzy.

Drinking will make your date seem funnier, hotter and much more pleasant. When he slurps his soda, slurp your drink. When he picks up his cell phone to text, take a shot. It's like your very own drinking game! That said, don't let it get *too* out of control. Bad decisions, anyone?

4. Make a mental list of things to tell your friends.

This won't be difficult when you're on a bad date. Just make sure to jot down what's funny. You could focus on the bad, but that's less challenging. Plus, what fun is that?

5. Test out different dating techniques on your bad date.

You're already out, so why not use him like a guinea pig? You can flirt in different ways or ask questions you wouldn't dare ask a man you want to impress. This experiment can be a fun twist to a dud of a night.

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

Next time you're on a bad date, remember that it's supposed to be fun even when you're not hitting it off. Try these tips and

have a laugh while you're out with Ferris Bueller's English teacher.

*Sujeiry Gonzalez, often referred to as the "Latina Carrie Bradshaw," is a funny and vibrant relationship (non)expert that tells it like it is – with just add a little more sass, a lot more Bacardi and ton of laughs. Recently she penned her first book, **Love Trips: A Collection of Relationship Stumbles**, a poignant and witty collection of personal essays in which she chronicles her relationship stumbles. For more information on Sujeiry Gonzalez, visit lovesujeiry.com or lovetripsbook.com.*

Hollywood Relationships: Love, Marriage, and the Money in Between





By Victor McGlothin

Katy Perry was in love with Russell Brand. They got married, and then 14 months later, they experienced a celebrity divorce. When Hollywood relationships heat up so fast and end just as quickly, we all go running to blogs and message boards looking for answers. Often, reasons why celebrity couples break up are obvious...and it usually involves money.

Causes of Failed Hollywood Relationships

In Perry's case, she was a popular singer before marrying Brit uber-talent Brand. Both of them were exceedingly busy on photo and movie shoots, concert tours, and everything else that accompanies stardom. With so much time spent apart, it's no wonder they experienced problems that ultimately resulted in a failed celebrity marriage. The question is: What makes celebs think they can sustain a healthy relationship and love while living apart and chasing the almighty dollar rather than

the connection that keeps the home fires burning?

Related Link: [Why Celebrities Fall In and Out of Love So Quickly](#)

Perry and Brand aren't the only culprits to this type of demise. Perhaps the biggest wedding sham of all time was Kim Kardashian's televised nuptials to NBA power forward Kris Humphries of the New Jersey Nets. After 10 million viewers watched the choreographed broadcast on *E!*, 72 short days later, it was all over. Once it occurred to Humphries that Kardashian got what she wanted – astronomical wedding coverage gracing dozens of magazine covers and an \$18 million payday for the exclusive rights – he filed to have the marriage annulled, citing fraud allegations. It was merely an attempt to save face after being used and branded in the national tabloids as the villain and then subsequently lambasted online by Kardashian's family.

Kardashian refused to ante up the \$9 million owed to Humphries for his role of a lifetime in the wedding plot, but then, she offered \$7 million as a consolation prize. Over 90 days after the 72 day scam marriage ended, their celebrity divorce is still pending and adoring fans are still choosing sides. Yet another hot mess caused by money!

Related Link: [What Kim Kardashian Taught Me About Marriage](#)

Money, Relationships, and Love

Stories of Hollywood relationships like Brand and Perry's or Kardashian and Humphries's are all over the place, and there's usually the issue of money behind all of them. Even if money doesn't destroy a relationship and love, it always has a place. Even famous couple Brad Pitt and Angelina Jolie use money to buy happiness on occasion (see her massive engagement ring and \$25 million donation toward children's image rights).

Although us normal folk don't typically have the type of cash that popular celebrities bring to the table, it's still good to learn from the often careless ways in which they throw that money around. We should keep cash in the back of our minds, if at all possible, while pursuing a deep connection.

Victor McGlothin is a best-selling novelist and writer for wastedcash.com, providing commentary on celebrity spending and consumerism.

Do Fairytale Relationships Only Exist in Hollywood?



By Keryl Pesce

When Richard Gere came galloping back on his white horse (AKA stretch-white limo) to rescue Julia Roberts (AKA Cinderella), a not-so-small piece of the dreamer in us melted as we sighed and secretly wished real life were just like that. I mean, fairytale relationships only exist in childhood stories and movies, right?

If you want to get closer in touch with what relationships are really like, tune in to *The Real Housewives of NJ, NY, Atlanta* or wherever. That's more like it. Relationships are hard work, next to impossible to maintain and filled with drama, jealousy and cruelty. Umm, how about not!

I'm going to let you in on two very big secrets:

Secret #1. What you believe equals what you receive.

Secret #2. Fairytale relationships DO exist in real life.

There. I said it. I know it's not what you're used to hearing. That's precisely the problem.

Related: [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

We're bombarded with statistics, negative news stories and a personal thorn in my side – reality TV which hammer into our brains that divorce, affairs, selfishness and crap relationships are the norm and what we should expect. Make a note. What we focus on expands.

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

If you're wondering why you've had a difficult time finding Mr. Right or why your "was hoping he would turn into Mr. Right" made a left, I've got good news for you. There are fantastic people and amazing relationships waiting to be had. They exist. They are real. I know, because I'm in one.

I had the “get married in case no one better comes along” relationship. He cheated. I left. And truthfully, I’m not knocking him. It was simply the wrong two people coming together.

Fast forward to today and the newer, younger (by 8 years – go me!) version is quite frankly, a fairytale. My happiness is more important to him than his own. He cooks, helps with laundry, is generous in bed and yes, calls me “Baby.” Hate me if you wish, but I’m not here to brag. I’m here to raise your expectations. Because that is the one and only thing you need to do to bring yourself closer to the same thing.

The problem isn’t you, life or the lack of quality people. The problem is that we believe (wrongly) that we should expect all the negatives about relationships. That’s the bad news. The good news is that the solution is pretty simple. Hit reset.

You attracting an amazing relationship begins with deciding what you want and believing you can get it. When I crawled out of the pitiful depths of despair, I began to think in terms of what I wanted, not what I didn’t want. From there, it was simply a matter of training myself to stay focused on that and to trust. Think and act out of faith that what you want will come to you, not fear that it will not. Make this one small shift in your thinking, and watch what happens.

Keryl Pesce is the author of “Happy Bitch – The girlfriend’s straight-up guide to losing the baggage and finding the fun, fabulous you inside.” She is co-host of the weekly talk radio show “Happy Hour” and is co-founder of Happy Bitch wine.

Top 3 Reasons Celebrities Seek Therapy



By Dr. Fran Walfish

Many of us aspire to live the glamorous life of a celebrity. When captured on camera, they almost always look happy, healthy, wealthy and full of life. As the leading Beverly Hills psychotherapist, I am here to tell you that everyone's problems are the same. Yours, mine and those of the rich and famous all have common threads. It's true that when you have money, the worries about how to make the rent and pay bills are eliminated, but they are replaced with panic about where your next hit will come from and how to remain in your lifestyle. Here are the top three issues for which celebrities seek therapy:

1. Communication problems.

Just like you and I, no one is perfect ... not even celebrities. I teach my patients first to accept their own flaws. We must be kind and non-judgmental to ourselves if we ever hope to accept our companions, spouses and children. When communication (taking turns talking and listening without judgment) breaks down with defensive arguing, criticisms or interrupting, it causes a crack in the foundation of the romantic relationship. Distance between partners can emerge and begin a life of separateness, secrecy, cheating and divorce.

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

2. Parenting issues.

I have treated hundreds of children of celebrities. The most common reason is to help parents identify, implement and follow-through on boundaries. Contrary to public belief, this is not more challenging because of affluence and privilege. I was on clinical staff for 15 years at Cedars-Sinai Medical Center where I treated underprivileged and underserved families. The issues were the same as in 90210. It is simply hard for parents to say "no" to their beloved kids. It's even harder when kids have parents with work, charity, and a variety of other commitments that fill their calendars.

Parents feel guilty about not being available to their children, and when they are there, they don't want to fight.

They take the easier road by saying "yes."

3. Controlling personalities.

The old saying that 'opposites attract' holds true in the way that we are drawn to our partners. For most couples, there's usually one dominant and one passive partner. Individuals fall anywhere within a spectrum from mild to extreme. An extreme example is a 90210 couple in which the husband controlled all of their money. The wife never had her name on their mutual

checks, nor was she allowed to have a housekeeper. The couples therapy involved slow-motion step-by-step exploration of the source and meaning of the husband's control. It took long, hard work to chip away at his defenses and help him let go of some of his rigidities.

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

The bottom line is that when there are two people in a relationship, things must feel good (enough) to both partners. Here are my top 10 tips:

1. Always be curious and open enough to look within and become more self-aware.
2. Be kind and nice to your partner, spouse, and child(ren).
3. Do not strive for perfection. Be "good enough."
4. Don't get caught in power struggles.
5. Never engage in negotiations, bargaining, or deal making.
6. Balance nurturing with setting and holding boundaries.
7. Listen when dealing with conflicts. Reflect out loud what you hear the other person feeling and needing.
8. Encourage healthy expression of all emotions, including anger.
9. Nurture the relationship by having quality one-on-one time, date night, and daily talk time at least once a week. The foundation of your family is built upon the bricks and mortar of your marital relationship.
10. Shield your children from hearing Mom and Dad fight. It raises their anxiety.

Dr. Fran Walfish is a Beverly Hills family psychotherapist and the author of The Self-Aware Parent.

Where Did Macho Go?



By John Powers

Modern love is complicated. Expectations are higher than ever and men are being forced to evolve or risk becoming obsolete. This man believes that there are positives to masculinity that are often overlooked. Here are some tips to help you let your man be a man:

Smell His Pheromones

He is a man, and sometimes smells like one. You should cherish his manly characteristics. His testosterone brings balance to your relationship. Do not force him to shave his chest. If he wants to grow a beard, let him. Admire his manliness, and encourage him to enjoy sports and spend time with other men.

Related: [Pros & Cons – Bonding With Your Man's Friends](#)

Let Him Dress Himself

As long as he wears khakis to your cocktail party, you should allow him to veto the argyle cardigan. He is not Mr. Rogers. If he wears a sportscoat, don't bust his balls about the jeans. They are not as tight as the jeans on a hipster in the West Village, but they are new and clean. Be proud of the man you're with, and he will walk proudly beside you.

Embrace His Sexuality

He is heterosexual, not metrosexual. Allow him to indulge his primal urges. Let him take control in the bedroom, and stay open-minded. He likes your lady lumps, and you should appreciate your differences. Just because you're vegan doesn't mean he can't enjoy an occasional steak.

Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

Masculine Men

Too often these days women look at Johnny Depp or even Justin Bieber as their ideal man. A man need not appear feminine or prepubescent. Hugh Jackman and Christian Bale are both happily married and full of machismo. An old-fashioned man knows how to treat a lady right.

Clearly your man and his masculinity are vital to the success of your relationship. Follow these tips to ensure your man feels like one.

John Powers is a heterosexual, single male. He does graphics for TV by day and standup comedy by night. He enjoys playing and listening to rock music, driving around with the top down on his convertible, walking aimlessly around Manhattan, and sipping on deep red wine near the beach.

Relationship Rescue: 7 Steps to Take Before Divorcing



By Tristan Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they

dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TW0 decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what's a couple in marriage distress to do? Before you say, "I don't anymore," follow these steps for a promising road to relationship rescue:

1. Accept that you've got issues... big ones. Just like in recovery programs, denial is not option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

Related: [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

2. Communicate. Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

3. Nurture your relationship. Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

Related: [Newlywed 911 – Protecting Young Marriages](#)

4. Get help. Marriage counseling can work wonders, if you

strike while the marriage iron is hot. Seek a counselor who you have chemistry with and who's philosophies and methods align with you. According to Pepperdine University Professor of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

5. Set goals. Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes along the way, and celebrate them!

6. Build a support circle. Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

7. Take a trip down memory lane. Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.

Why We're Wired to Sabotage Our Relationships



By Dr. Daniela Roher and Dr. Susan E. Schwartz

In any relationship, you are bound to encounter a few bumps in the road. When this happens, you may be tempted to point a finger at your partner, blaming him or her for your relationship woes. But years of study show that, more often than not, your partner isn't the reason you are at a crossroads. You are.

Your very own physiological wiring, biochemical makeup, and past childhood experiences can sabotage a relationship when you least expect it. And until you understand what's going on "under the hood"—what's triggering issues between the two of you—you'll end up repeating the same dysfunctional patterns

over and over again.

There are three ways our minds and bodies work against us in relationships:

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

1. Our bodies are wired for cruise control.

Our conscious mind is only capable of processing 40 pieces of information each second, which means that more than 95 *percent* of what goes on in our minds is outside of our awareness. This overflow of information is automatically handled by our body's limbic and hormonal systems. These systems control feelings of love and desire, whether we feel emotionally safe and happy in our relationships, and how bonded (or distant) we feel toward our partner. These systems also control what happens when a relationship heads south. When disagreements and arguments spike, the hormone cortisol spikes, too, creating high levels of stress and increased feelings of hesitation and doubt. Even after the two of you work things out, cortisol sticks around, leaving you to question the stability of your relationship, and where things are headed with your partner.

2. Our left brains meddle with right-brain emotions.

The right hemisphere of our brain plays a central role in relationships: it processes unconscious and nonverbal socio-emotional information, and it allows us to feel empathy for our partner. Two people in love communicate in a right-brain-to-right-brain fashion: by gazing into each other's eyes, holding each other, and by touching—which is all more intuitive and emotional than logical.

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

3. We are wired to recreate the past.

Our childhood experiences, including our relationship with our parents and their relationship with each other, create a scaffolding for how we experience love as adults. Adults long to recapture the love they felt (or the love they wished they'd felt) growing up, even if this fantasy doesn't reflect reality. For example, if you were raised by a single parent, and that parent was always preoccupied with work, you might easily spot and be turned off by partners who put their careers first. Finding a person who focuses selflessly on you, giving you the attention and love you've always craved, fills a personal void. However, if you don't become aware of this connection, you might unconsciously be attracted to people or experiences that recreate your past, even if your past was dysfunctional.

Understanding the connection between past and present not only explains who you are attracted to, it provides you with an opportunity to change. It's also a life preserver when your relationship gets rocky, because it will help you to understand what you and your partner are feeling, where these feelings come from, what triggers them, and why.

*Dr. Daniela Roher is a psychoanalytic psychotherapist with nearly forty years in a career that has spanned three countries and two continents. Dr. Susan E. Schwartz is a Jungian analyst trained at the C.G. Jung Institute, who lectures worldwide. Together, they have co-authored the new book, **Couples at the Crossroads: Five Steps to Finding Your Way Back to Love** (January 2012). To learn more, visit www.CouplesAtTheCrossroads.com.*

Bachelorette Party Ideas on a Budget



By Andrea Woroch

Most of us don't have the budget for a Parisian-themed blowout à la *Bridesmaids*, but that doesn't mean the bride-to-be should settle for the early bird special in the name of savings.

Though it may seem like bar-hopping at nearby watering holes is the cheapest way to go, money becomes no object once the booze starts flowing. There are other ways to host a memorable ladies' night out sans the life-size cookie and gut-wrenching bar tab, so consider these six ideas before rounding up the girls:

1. Get Out of Town:

This is the ideal option but not always the most economical. There are ways to reduce the costs associated with an all-girls getaway, but be prepared to plan well in advance. First, consider a one-night stay somewhere nearby, or relatively close to attendees' respective homes. Once a location is established, let party-goers know the details so they can get booking. Find party accessories online for less, and outfit the bride in a little girl's tiara for up to 75-percent less than speciality retailers.

Related: [Dating Advice: 7 Things All Healthy Relationships Require](#)

2. Scavenger Hunt:

Channel your inner child and create a scavenger hunt for the bride, complete with challenges to solicit free drinks from strangers and requests for silly photos. If you live in a big city, check out StrayBoots for inexpensive packages tailored for bachelorette parties and be prepared to uncover unknowns in your hometown.

3. At-home Wine Tasting:

If the bride-to-be isn't into the bar-hopping-male-stripper scene, consider hosting an at-home wine tasting. Cut costs by asking attendees to bring a bottle of their favorite wine-and-snack duo. You'll need a wine glass for every attendee, plus water and bread to serve as palette cleansers. If you want to go all out, consult [this advice](#) from Real Simple magazine.

Related: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

4. Lots of Laughs:

The stress of wedding planning is likely getting to everyone, so a night full of laughter might just be what the doctor

ordered. Check out your local comedy club and call ahead for front-row seating. Make yourselves known to the entertainers by ordering bachelorette-themed party wear online, making sure to grab free shipping codes from sites like FreeShipping.org to avoid delivery charges.

5. Paint & Sip:

If you haven't yet taken advantage of the paint and sip trend, consider this your golden opportunity. What better way to celebrate the bride's pending nuptials than with a wine-laden arts and crafts session? Hit up Google for a nearby studio, or better yet, tap into a friend's artistic talent by having her lead the session at someone's home.

6. Bridal Bowling:

You'll get plenty of attention as a group of all-girls in a bowling alley, but consider taking it a step further by outfitting the bride and attendants in the worst available versions of thrift-store wedding attire. Call ahead to reserve a couple lanes and talk to the manager about available packages, including pre-ordered food and a personal attendant. Let the good times roll!

Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available for in-studio, satellite or skype interviews and to write guest posts or articles. For more savings tips, follow Andrea on Facebook and Twitter.

4 Things Men Worry About



By SMF Marcus Osborne by GALTime

One of the fabrications in our culture that has always driven me bonkers is the myth that “real” men don’t succumb to worry or stress. It’s the idea is that guys are somehow genetically engineered to shake off the rigors of everyday life– that no guy should crack under pressure, fear or insecurity.

Never let ‘em see you sweat.

We guys wish it were that easy. From an intellectual perspective, we all agree that this belief is silly. Unfortunately, the gut reaction to actually *witnessing* a man’s will being broken is generally something less than empathetic. So once and for all, men DO have their own insecurities – just as many as women – and I’ve listed below a few of the most common concerns that men feel:

1. Making enough money: This one has mass awareness. But the depth of the anguish men feel when confronted with the possibility of not being an adequate bread-winner can be unimaginable. We've all heard the stories about what many have resorted to when money problems become overwhelming. And yet most peoples' reaction is a less-than-understanding, "It couldn't have been that bad." Apparently it was.

Related: [Would You Date a Guy Who is Broke?](#)

2. Age. You think men age gracefully. We don't. Actually, for all the jokes and mythology about women getting older; for example, never asking them their age, facelifts, mom jeans soccer mom hair, etc., women actually seem to handle the transition overall a bit better than men. And of course, they seem to embrace their sexuality as the years tick by; for men, mid-life crisis is no joke! Men can feel frantic—trying to locate that lost hair-line, chasing the younger women, experiencing a dwindling sex-drive and becoming physically vulnerable to younger, stronger guys.

3. Body Image. Seems shallow and of course it is. But this is America...we're ALL about shallowness! Sure the typical belief is that because of a bombardment of media images and our society's focus physical beauty in women, that guys are immune to the insecurities that accompany a negative body image. WRONG. We hide it, but we're just as wrapped up in looking great in beachwear. And it's not just the ladies who are checking out the competition on the beach and at parties. Guys do it too.

4. Intelligence. The only thing guys respect more than money is intelligence. More to the point, a man would rather be poor as dirt than to have the perception that he's an idiot engrained in people's mind. The guys who have it the worst? Jocks. Those dudes are fighting a lifelong battle attempting to prove that the sum of their parts is more than how fast they run or high they jump. But of course, some of them are

actually idiots; but I digress. Intelligence, in spite of the conclusions you may have drawn from reality television, is a highly-valued commodity in our society. Guys want to be highly valued in our society. High value equals respect. Respect equals power. And we love power.

Related: [Are Women Only into Good Looking Men?](#)

Now in the grand scheme of things, these can all seem like fairly harmless issues. But I promise you that these are things about which men are concerned. I'd suggest you talk to your guy and reassure him that you've got his back, you're there and willing to listen to whatever is on his mind. Being a guy, he may simply fire back that everything is fine – even when everything isn't fine. He's keeping it to himself because he doesn't want to seem in any way weak in your eyes. That's yet another concern of his – being strong for his partner. But he'll certainly appreciate your affirmation of support and may even eventually take you up on your offer of a supportive ear.

Keep at it.

Three's a Crowd: Four Perfect Couples Holidays





By John of TUI Activity

Going on a break with a big group of friends can lead to some of the most exciting and memorable vacations you will ever take. Yet there comes a time when taking a break with that special someone beats out a messy jaunt to Ibiza with your pals. Here are four global holiday breaks that make for far better experiences when you're travelling as a couple, not as an extended entourage of troublemakers:

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Route 66

If you want to enjoy a holiday on the move, but prefer four wheels to two, it may be time to hit the great American road. There is no better place in the States to burn some rubber than to enjoy the historic motorway known world over as Route 66. Traversing some 2,451 miles from the Windy City, Chicago, to the home of Hollywood, Los Angeles, drivers get to sample some of the finest parts of the American West as well as enjoying authentic roadside diners and staying in traditional

motels. Yet, as this is such an epic journey, with lots of ground to cover, you better make sure you do Route 66 with someone whose presence you enjoy. Being stuck in a car with a “third wheel” would just make for an uncomfortable adventure.

St Lucia

We’ve all seen the clichéd ads for romantic honeymoons in St Lucia and believe it or not the reality on this blissful Caribbean island really is exactly as the brochures describe. Idyllic, laid-back and sensual, St Lucia is home to some of the finest beach-side resorts in the world, perfect for romantic trysts and adults-only breaks in the sun. Cocktails under palm trees, coconut oil massages on the beach and moonlit meals overlooking the sea can all be part of a breathtaking holiday to St Lucia. What’s more, many of the resorts here cater exclusively to couples, so you do not have to put up with boatloads of holidaymakers descending on your beach and causing havoc, or noisy kids running around and spoiling the tranquillity.

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

Venice

Let’s face it – no-one wants to head to this shimmering lagoon city with kids in tow. People visit Venice as families when they have to, not because they want to. And just about the worst way to experience this city is to turn up on a tour bus with a coach load of other tourists all visiting the same places at the same time. No, the finest Venice holiday is to be had when you travel with your partner, getting lost down the narrow alleyways and haunting canals that mark this mysterious and captivating city out as one of the most romantic in the world. Avoid St Mark’s Square and the Rialto Bridge and set out with your significant other to the far reaches of the islands, stopping for lunch at a local *osteria* or *bacaro*, and let the city guide you.

Rural France

Brits visit France more often than any other country, with the exception of Spain, and the most 'in-the-know' tourists eschew touristy Paris or over-exposed St Tropez and head into the glorious French countryside. From the shores of Normandy to the mountains of the Pyrenees, France offers rustic charms just about unmatched on the planet. Cycling holidays in France are a particularly wonderful way to re-connect with your beloved after months of the daily grind. Sample great wines at vineyards, picnic by beautiful rivers and enjoy the endless hospitality on offer at a wide range of well-equipped campsites and B&Bs. And with plenty of easy routes to take you do not have to be a Tour de France rider to embark on a rewarding and romantic cycling holiday.

John is a travel writer who has written on topics from the best cycling holidays in France to the most unusual local delicacies on the planet.