

# Weekend Date Idea: Rack Up a Few Laughs At a Comedy Show!



By Daniela Agurcia and [Brooke Crawford](#)

With April Fools Day today, why not step away from your normal date idea and attend a comedy show this weekend? A stand-up show can be the perfect way to trigger that funny bone for you and your partner. Forget about all of the awkwardness of an ordinary dinner-and-a-movie date. If your sweetheart has a sense of humor, then the comedian's inappropriate jokes will be ironically appropriate. Consider this [dating advice](#) by heading to one of the three spots below!

**Related Link:** [Date Idea: Laugh Out Loud Fun](#)

# Follow This Dating Advice to Second City

This world renowned comedy club was first opened during 1959 in the Old Town neighborhood of Chicago, Illinois. The Chicago Second City has helped mold comedians such as Bill Murray and Steve Carell. It is not only a comedy club, but this legendary establishment is host to classes as well. Check their website for your next weekend date idea, and who knows, maybe you will catch someone famous while you're there!

Formerly located in the heart of Chelsea, New York, Caroline's has become a prime New York nightlife spot for those looking to take in a few laughs. The newest location was one of the prime establishments in the renewal of the Times Square district. Headliners such as Kathy Griffin, Dave Chappelle, and Tracy Morgan have graced the stage. This place is sure to give you a great night out on the town.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

The Comedy Store, nestled in the heart of Hollywood, is not only a historical location, but it also has a story behind the name. Co-founder Sammy Shore originally had a TV show before deciding to open the notorious club with his former wife Mitzi. The celebrity exes have a son who can often be seen there because the business is still owned by his mother. Be sure to get in a drink with a splash of laughter at this historical nightlife spot. As you can see, taking your beau to a comedy show is a unique date idea when you're looking for something new to do.

**What are some great comedy shows you have attended? Share below.**

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# Celebrity Interview: 'American Idol' Mackenzie Bourg Channeled JLO During Love Songs



By [Katie Gray](#)

The 15th and final season of American Idol is coming to an end! Next week is the finale and the 'Final Idol' will be announced. Last night Mackenzie Bourg was sadly eliminated after a great season. The 23-year-old from Lafayette, Louisiana put on quite the performance for his hometown visit

before being cut. Bourg who was first seen on season three of The Voice on team CeeLo Green, also plays the guitar and piano. In our celebrity interview with this Idol star, Bourg opened up about the way in which he channels emotion while singing love songs, who he would like to perform a duet with and his plans to tour in the future.

## **Former American Idol Contestant Talks Reality TV & Loyal Fans In This Celebrity Interview**

The singer discussed how American Idol allowed him to be his true self. “I think American Idol has done me so many favors, just by not trying to change me – by letting me be myself,” he explained. With this platform, he has had the opportunity to expand his audience and reach people on a broader spectrum. “I get on Twitter and Instagram, and all these things, and there’s so many people I don’t even know, sending me nothing but love and support.” He continued, “And those people want me to succeed as much as the people at home.” From his presence on social media, it’s evident that Bourg has a close connection to his fans and followers. Some of them have even started calling themselves the ‘Mac Pack.’

[Celebrity Interview: American Idol Sonika Vaid](#)

### **Hometown Hallelujah:**

During his hometown visit, he did a fantastic rendition of Leonard Cohen’s famed ‘Hallelujah.’ Bourg said, “Hallelujah’s one of the first songs I ever learned.” The television star used to perform it when he was starting out his career years ago, so he says it is a track that is near and dear to his heart. This weighed heavily on Bourg’s decision to perform this song for his hometown visit and ultimately what ended up being his final performance. He explained, “I just wanted to

go out with something that left a good taste in people's mouth about me."

For Bourg, the song was a metaphor. "To me, the song was more than just the lyrics," he explained. "It's kind of like a reminder of how far I've come." This explains why we were able to see the passion and emotion in his performance. He clearly gave it his all and went out with a riveting performance. "I sang it so passionately, just because I remember five or six years ago when I first learned that song, how bad I was at the song and how I never thought that in my wildest dreams I'd be on the biggest stage in the world – performing it." Every one can take a cue from him, that life is about learning and growing. Nobody is perfect at something in the beginning, but with hard work you can achieve your wildest dreams.

From his time on American Idol and The Voice, it is apparent that Bourg performs love songs very well. Not only does the singer perform them, but he also writes them! This is why his favorite love song to perform is one of his very own. "I like the love song that I wrote, called, 'Roses.' It's a pretty cool love song."

Relationships go hand in hand with love songs. On American Idol we saw that Bourg has found a mentor in Lauren Alaina. Unfortunately for fans who were hoping for a Bourg-Alaina romance, they're not going to be a celebrity couple any time soon because she is already taken. "She's been awesome, I know she has a boyfriend so we're definitely just friendly. But yeah, she's been so supportive of me." Furthermore; "She's been a great mentor, not just musically but in the encourage department too." Bourg let us know that Alaina sends him positive text messages and genuinely congratulates him for his success on the show.

Bourg performed a variety of love ballads on American Idol. He even sang the classic 'I Want You To Want Me' by Cheap Trick for rock week! When asked where he gets his emotion to sing

these deep love song he explains, “The easiest way to sing love songs on the show is to kind of stare at JLO in the eyes,” said Bourg. “It kind of works sometimes when she realizes, she commented on it a few times this year. But yeah, that’s definitely who I’m channeling when I’m on the show.”

### [Celebrity Interview: American Idol Contestant Tristan McIntosh](#)

Not only is Bourg open to expressing emotions in his love songs, but he is open to performing a duet. If he had to pick someone to do a duet with, it would be Taylor Swift. “I would probably say, I mean just picking it vocally, I would say Taylor Swift would probably sound really good singing with me. I know she did a song with Ed Sheeran that was really awesome.” He added, “That would definitely be a cool song that I think I could do with her.”

As for his plans for the future, he will be furthering his career in the music industry and going on tour. “Yeah, there’s definitely a chance I’ll be touring. I don’t think the show will be touring, but that’s definitely the plan and to release ‘Roses’ – a song I wrote and played on the show.” ‘Roses’ is set to be his next single. In fact, he tweeted today that he is recording it tomorrow!

Tune in next week to see who will be the Final Idol!

You can keep up with Mackenzie Bourg by following him on Twitter @mackenziebourg!

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# 5 Times the Nanny Has Been the Catalyst for Celebrity Divorce



[By Katie Gray](#)

Could it be the curse of celebrity childcare? In Hollywood, there is always a tale of an affair between a spouse and the nanny floating around. Sometimes these celebrity marriages end up in [celebrity divorce](#) afterward. Rocker Mick Jagger is reported, in the biography *Mick: The Wild Life and Mad Genius of Jagger*, to have had an affair with his nanny while he was married to supermodel Jerry Hall. There have also been reports that soccer star David Beckham cheated on his wife, Victoria, after the alleged woman, Rebecca Loos spoke out. Rumors are swirling that Ben Affleck also cheated on his wife Jennifer

Garner with the nanny, which he denies.

## **Cupid has the 5 times that the nanny has been the catalyst for a celebrity divorce:**

**1. Gwen Stefani & Gavin Rossdale:** In [latest celebrity news](#), pop star and overall icon Gwen Stefani recently filed for celebrity divorce from her husband Gavin Rossdale, after discovering he had been unfaithful with the nanny for a number of years. She is now dating country cutie Blake Shelton. This [celebrity couple](#) co-stars on *The Voice* together!

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

**2. Jude Law & Sienna Miller:** British actor and heartthrob, Jude Law, is infamous for his affair with his nanny while he dated Sienna Miller. He publicly apologized to her after the incident, and they were able to recover as friends.

**3. Arnold Schwarzenegger & Maria Shriver:** One of the biggest celebrity divorces due to a cheating scandal was definitely Arnold Schwarzenegger and Maria Shriver. The marriage seemed perfect, as she's a Kennedy and they were together for years. Then news broke that he had an affair with their housekeeper and even had a love child as a result!

**Related Link:** [Relationship Advice: Ways To Restore Trust In Your Relationship](#)

**4. Ethan Hawke & Uma Thurman:** The tale of the two actors, Ethan Hawke and Uma Thurman were married for six years when it was reported he cheated with their nanny who watched their two children. The couple divorced and he subsequently married the nanny, after having denied the cheating allegations.



**5. Jon & Kate Gosselin:** This reality TV couple starred on their hit show *Jon & Kate Plus 8* with the world. Then, he reportedly cheated on his wife Kate, with their nanny, which led to her explosive interview with *InTouch Magazine*. They later divorced.

What are some shocking nanny scandals in your opinion? Share your comments below.

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## 7 Celebrity Couples Who Gave Us Major Relationship Goals



By [Katie Gray](#)

What's not to love when it comes to our favorite [celebrity couples](#)? They make us smile, they go on fun romantic getaways, and they get lavish gifts. Some of them even write songs for each other! They always dazzle on the red carpet and thank their lovers in their acceptance speeches when they win awards. [Celebrity relationships](#) can give us all major relationship goals. We can look to our favorite stars for relationship and [dating advice](#).

## Cupid has the top 7 celebrity couples who gave us major relationship goals:

**1. Chrissy Teigen & John Legend:** This celebrity couple keeps it real, which is why we love them! It was hard not to be moved by musician John Legend's "All Of Me," which contained beautiful lyrics with a touching music video involving his wife, supermodel, Chrissy Teigen. She has a new cookbook out, and they have even posted videos together on Thanksgiving cooking and having fun.

**Related Link:** [Relationship Advice: 10 Actresses To Look To For Guidance](#)

**2. Blake Lively & Ryan Reynolds:** You know you love them, xoxo! That *Gossip Girl* saying is true in terms of this celebrity relationship. Blake Lively and Ryan Reynolds made everybody happy when they got married, and now they are the proud parents of a baby girl. Too cute! They give us major relationship goals by the way they balance their professional and personal lives. They make it look effortless!

**3. Faith Hill & Tim McGraw:** These country superstars have been married for years! Their duet "I Need You" is a moving devotion of their unconditional love for one another. They are not only talented singers, but they are also wonderful parents

and humble human beings. They have made their celebrity marriage work for decades. Props to them!

**Related Link:** [Dating Advice: 4 Signs He's About To Say I Love You](#)

**4. Leighton Meester & Adam Brody:** It's only natural that actors Leighton Meester and Adam Brody would wind up together! Leighton starred on *Gossip Girl* which revolved around rich prep school teens on the Upper East Side of Manhattan, while Adam starred on *The O.C.*, which was about wealthy teenagers in Orange County, California. The shows were created by the same man, Josh Schwartz, so I guess you could say this love was from coast to coast! They keep a low key profile, which gives us major relationship goals. Their wedding and the birth of their baby has been kept very quiet.

**5. Taylor Swift & Calvin Harris:** Music is love, and love is music! Singing superstar Taylor Swift and DJ boyfriend Calvin Harris, show us what a genuine relationship should look like. They always have so much fun together and truly enjoy one another's company. It's the best when two people who have a shared passion (music) can come together and share true love.

**6. Mila Kunis & Ashton Kutcher:** We love, love, love when our favorite on-screen couples become a *real* couple. This is true of one of America's favorite couples, Mila Kunis and Ashton Kutcher. Their characters dated on their smash hit show *That 70's Show*. Now, they have an adorable daughter and are working on being great parents – major relationship goal points in our book!

**7. Goldie Hawn & Kurt Russell:** One of the longest lasting celebrity couples in Hollywood has to be Goldie Hawn and Kurt Russell. These iconic actors are legends, but what is also rewarding is their pure relationship. They show us that relationships are not easy, but you can make them work if you don't give up.

What celebrity couples give you major relationship goals?  
Share with us below!

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# Relationship Advice: Master Your Mean Girl With This Self-Love Advice from Author Melissa Ambrosini



By [Whitney Johnson](#)

Sure, you know that you *should* ignore that little voice in your head that tells you you're not skinny enough, smart

enough, or funny enough. But sometimes, that's easier said than done. Luckily, author and self-love teacher Melissa Ambrosini is here to help you quiet *your* Mean Girl for good. In her new book *Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love*, she shares an easy-to-follow plan to help you create and achieve your dream life. If you're ready to overcome your fears – in your job, in your love life, in your everyday world – check out our exclusive author interview, filled to the brim with honesty, positivity, and [relationship advice](#) that will change your outlook for good.

## **Melissa Ambrosini Shares Relationship Advice in Author Interview**

**To start, can you give us some background on what inspired you to write this book?**

I wanted to write the book that I wish I had back when I hit rock-bottom six years ago! Basically, I was in a really bad place: My health was awful; my relationships were destructive; and I was constantly unhappy and anxious. When my health issues spiraled out of control, I ended up in the hospital. I honestly thought my life was over – everything was falling apart! But after taking a really hard, honest look at myself and my life, I realized that all the miserable circumstances that were manifesting around me were actually a reflection of how I was feeling and treating myself on the inside. That's when I first became aware of my Mean Girl and began the journey of mastering her.

From that moment forward, my life changed dramatically. I started a blog, got well, found inner peace and happiness, started my dream business, made new friends, met my soul

mate...My life these days couldn't look more different than the unhappy, unfulfilled soul I was back then. I wrote this book as the ultimate road map for other women who want to go on this kind of inner and outer journey and live an epic, love-filled life.

**Related Link:** [Dating Advice: Create the Person You Want to Be](#)

**What are your top tips for someone who just can't master her Mean Girl?**

First, everyone *can* master their inner Mean Girl, even if they don't believe it just yet. The best way to get started is by following this self-love advice and doing my three-step Mastering Your Mean Girl process, which goes like this...

- **Practice awareness:** Become aware of when your Mean Girl shows up and tells you that you're not good enough. For most people, these sorts of fear-based beliefs pop up the nanosecond they decide to chase after an important goal. Yet we're usually so unconscious and not present that we aren't even aware of this internal dialogue, so we can't do anything about it. That's why bringing your awareness to her words is the first step.
- **Gently close the door on her:** Once you're aware that she has popped up, you can now choose to gently close the door on her. It's not about fighting her or waging an inner battle – that'll just cause more pain and suffering. Instead, it's a gentle, grateful act that comes from a place of peace.
- **Choose love instead:** Once you have gently closed the door on her, come back to your heart and choose love instead of fear. It's so much more fulfilling when you do.

**Does the prevalence of social media impact someone's Mean Girl? How so?**

Heck yes, social media plays a role! It's like a highlight

reel of the *best* parts of people's lives, so when you're looking at all those shiny, glossy images, it can be a feeding frenzy for your Mean Girl. But comparison is the thief of joy, so getting caught in this trap is a recipe for unhappiness. I talk about comparison-itis a lot in the book; it's a massive problem in our modern world. Luckily, there are plenty of ways to climb out of this trap, and once you learn how to master your Mean Girl, you'll notice you no longer compare yourself to others.

**Of course, we have to ask: How does someone's Mean Girl play a role in her romantic relationships?**

Where do I start? In my Goddess Groups and live events, when I'm talking about relationships, I always like to point out that if you haven't mastered your Mean Girl (and if your partner hasn't mastered their inner critic), there are actually four of you in your relationship! So while you and your partner are trying to have a genuine, intimate connection, your Mean Girl will be talking up a storm: *Suck your tummy in! Stop sounding so needy! Why isn't he holding your hand? He must think you're so stupid! Did you see the way he smiled at that waitress? It's because your dress is so ugly – I told you that you should have worn the other one!* And on and on it goes... (It's exhausting just reading that, right?!)

Everyone always says, "You've got to love yourself first before you can invite someone else into the equation." While this is excellent relationship advice and 100 percent true, nobody tells you *how* to learn to love yourself. They just expect you to flip a switch or something, and everything will be fine! The truth is, learning how to make peace with your Mean Girl and gently close the door on all the negative things she's saying (like all that stuff I listed out above!) is the first step for falling in love with yourself. It's also an essential prerequisite if you want to have a relationship based on genuine connection and truth. So all of this stuff plays a massive role when it comes to relationships.

**Related Link:** [Relationship Advice: Are You Ready for Storybook Love?](#)

**If learning to love yourself is such an important step to take before you enter a relationship, what is your best self-love advice?**

A divine relationship with your soul mate is when two whole and complete people come together. Your soul mate helps to awaken you and love all components of yourself. As Dr. John Demartini says, your soul-mate is actually your full complement. So we must make sure we are bursting with love within *ourselves* first before we invite anyone else into our world. Flexing your self-love muscle is the best way to start, and it's just like working any other muscle: In order for it to get stronger, it must be flexed daily. Start by writing down the 10 things that light you up, and then commit to doing them daily. For me, it's yoga meditation, getting out into Mother Nature, watching a sunrise, swimming in the ocean, and taking a bath. In my book, I teach you how to create a self-love menu and how to flex your self-love muscle daily.

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

I have created the [Mastering Your Mean Girl 10-Week Activation Program](#) and guided [meditations](#) to really help amplify the lessons in the book, so if you're wanting to cultivate some stellar self-love so you can attract your ideal partner, this is an excellent way to make it happen. I also have loads of [live events](#) in New York, Los Angeles, and Australia that you can check out. They're going to be epic!

*You can buy Mastering Your Mean Girl on [Amazon](#). To keep up with Melissa, visit her [website](#) or follow her on Twitter [@Mel\\_Ambrosini](#).*



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# Tease Your Taste Buds on This Weekend Date Idea



By Brooke Crawford

If you're in need of a new weekend date idea, improve your palate and tease your taste buds by taking a couples trip to a winery or brewery. Napa Valley is one of the world's premier locations for fine wine. If you live on the West Coast, you can plan a romantic getaway to one of the region's romantic vineyards. On the East Coast, north Georgia is home to some wineries too.

## A Beer and Wine-Filled Date Idea

Is your partner more of a beer fan? New York City is home to a variety of wonderful options. The Brooklyn Brewery not only serves an assortment of beer, but it also offers tours and allows customers to order food from the surrounding area. Or with summer approaching, try the Standard Biergarten's lovely outdoor facility, which is right below the beautiful High Line.

**Related Link:** [Weekend Date Idea: Pop the Cork](#)

Put a spin on the winery date idea by visiting The Sommelier Society of America. Since 1954, the organization offers wine education classes and tasting programs for couples who want to become more knowledgeable about reds, whites, and roses.

Maybe you don't have a weekend to plan a trip away. You and your partner could also enjoy a fun-filled day activity touring one of the famous Anheuser-Busch breweries. The St. Louis location is currently the number one ranked brewery in the United States. Tours are available in four other states as well.

**Related Link:** [Relationship Advice: Wine Taste Your Way to An Intimate Date](#)

## Dating Advice from a Favorite Celebrity Couple

Famous couple [Angelina Jolie](#) and [Brad Pitt](#) took wine-tasting to a whole new level by buying Chateau Miraval, a winemaking estate in France, in 2012 after leasing the property for three years. This is the same location that the celebrity couple held their wedding. Grab a bottle of the vineyard's famous rose Miraval (formerly known as Pink Floyd) for your next date night!

Do you have any great date ideas centered around wine or beer? Share with us in the comments below!

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# Celebrity Interview: 'Mob Wives' Marissa Jade Says Marriage & Kids Are Not In Her Future



Interview by [Lori Bizzoco](#). Written by [Dena Linzer](#)

*Mob Wives* reality TV star, Marissa Fiore (also known as Marissa Jade), may come across as the ultimate diva and tough

girl on television but in our recent interview with her, we learned that there's a lot more to this doting mother of one than meets the eye. This goal-oriented actress may not be very well known in the "mob" community, but she does hope to become a household name for her acting, modeling and career endeavors. In our latest [celebrity interview](#) on CupidsPulse.com, we had the pleasure of chatting with Jade about her career, her son, and her relationship status.

## **Reality TV Star Marissa Jade Talks About Her Relationship In Celebrity Interview**

Despite it being the show's last season, *Mob Wives* added a few newcomers, including Fiore and Brittany Fogarty. Fiore was infamous for arguments with some of the other cast members, but does not have any regrets. "I'm very happy with the way I portrayed myself," she says. While some reality TV stars may watch their show and have a cringe worthy moment, Fiore says looking back on the episodes there was no cringe-moment for her. However, she does recall an episode where she showed up in the 'wrong' outfit, but says that she doesn't regret it. "I thought that I was attending a beach party." she confessed. Little did she realize she was having a sit-down and fight with Fogarty.

As an actress, Jade has been in scripted shows, including *Gossip Girl*, *Law and Order* and *The Good Wife*. So, people may question the true reality of the *Mob Wives* given her acting background. "*Mob Wives* is definitely real, however it is also improvisation at the same time," she verifies. When asked which genre of television she prefers, she says that she wouldn't mind doing more reality TV as long as it is not drama based. She is also open to the idea of doing a spin-off show if the opportunity presented itself.

**Related Link:** [Celebrity Interview: 'Mob Wives' Reality TV Star Brittany Fogarty Discusses the Final Season and Reveals Her](#)

## [Favorite Date Night](#)

The final season of Mob Wives had its fair share of emotion and drama, especially with the passing of beloved Big Ang. "It was hard at first," the model shares. "We got to see what she was going through and we thought she was okay. When the cancer came back, it came back so aggressively." Fiore says she felt like Big Ang got worse overnight. During her time on the show, Fiore did get close with Big Ang and says it was very sad when she passed. "I just started to have a bond with her on the show," she says. "I liked her. We got along, had great moments, and a lot of great times." If there's one thing for certain, the emotions on this season were very real.

Fiore knows that sometimes she can give off the diva image on television, but she says the one thing viewers didn't see is that she is actually pretty laid back. "I'm really a cool chick...I'm chill," she says. She also described herself as a tom-boy growing up and one of the dudes. "I hate catty drama," she added.

**Related Link:** [Celebrity Interview: 'Mob Wives' Reality TV Star Renee Graziano Says She's "Dating and Enjoying Being Spoiled Like a Princess"](#)

In regards to her celebrity relationship, although Fiore is with O.Z. right now she doesn't see a celebrity wedding in the near future noting that she's anti-paperwork. "I don't feel like I need a piece of paper to justify what I am to somebody," the career-minded actress and model admits. In terms of children, she's just not interested right now but, "You never know," she adds. "I want to be a successful model and actress. I want to be a household name," Right now, she's a young 31-year-old mom looking to focus on her career she reveals in our one-on-one celebrity interview.

Fiore is definitely making a name for herself, but her 7-year-old son is her biggest fan. He chose his famous mother as the

person he looks up to most for a school project. “He’s proud of me,” the celebrity mom shares. Being a single mom cannot be easy, especially with a booming career like Fiore. “My life has always been crazy like that, but I have a lot of support.”

*You can keep up with Marissa Jade by following her on Instagram [@msmarissajade](#) and Twitter [@MsMarissaJade](#)*

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## Relationship Advice: 4 Ways to Break Up with Your Partner In the Nicest Way Possible



By: [Josh Ringle](#)

Breaking up is not the easiest thing to do. It may hurt your heart to do it, and it will most likely break the heart of your soon-to-be-ex as well. While calling off your relationship and ending your current love life isn't the easiest, it is important to do it in a nice way if at all possible. Almost everyone knows of those [celebrity relationships](#) that ended in tears and [celebrity divorce](#), or those [celebrity couples](#) who have remained friendly after all their heartache and drama subsides. The same is true for us "normal" people. Use the following [relationship advice](#) pointers to make a difficult decision a little easier for both you and your partner.

**These pieces of relationship advice will help you to make ending it a little less heartbreaking. If you are considering breaking up with your partner, take a look at how to do it *nicely* below.**

**1. Do it in person:** A great piece of relationship advice is to do anything that is of importance in person. Whether it is initially getting the relationship going, or ending it, doing so face-to-face will only make the situation better. Look at some former celebrity couples like [Jennifer Aniston](#) and [John Mayer](#), or [Taylor Swift](#) and Joe Jonas. Those celebrity break-ups were initiated by a text message or a phone call. They did not end well, and if you want yours to end well, do it while you can see them, be there to comfort them and talk through any heartache they may be experiencing.

**Related Link:** [Celebrity News: Yolanda Foster Says Ex David](#)

## [Foster 'Probably Saved My Life'](#)

**2. The date and place matters:** There are definitely some key dates and places where breakups should never occur. Anniversaries, birthdays, holidays, and times of death in one's family are not times to call things off. If you want to stay friends, or if you just want to be as nice as possible, save it for some other time. If they are on a vacation or doing something important like starting a new job, you should consider waiting if it is possible. Some places should be off the table, too. You shouldn't break their heart in public, if possible, and you should try to do it in a place where the memory won't "haunt" them. Their bedroom, for example, is probably not the best option.

**3. Ease into the conversation:** Reality TV stars make break-ups look overly dramatic and super painful. Heartbreaking moments are typically over-dramatized, but they don't have to be that way at all. Instead, ease into the conversation about the future of your relationship. Conversations like this will never be easy, but easing into the conversation will make it more bearable. A good piece of relationship advice is to keep the communication open, and that should continue even if things are about to end.

**Related Link:** [Relationship Advice Video: Dating After a Divorce or Break-Up](#)

**4. Be honest:** While this piece of relationship advice goes along with open communication, it truly is important to remain honest and open when deciding to call it quits on a relationship. If you want to break up, but remain friendly and on good terms after, follow this piece of relationship advice and remain honest. That being said, it's important to not take that to an extreme and be *brutally* honest. Say what you need to, but no need to get into the gory details. While breaking up is difficult to do, the conversation and how it goes is essential to determining the future of your friendship.



Breaking up is never easy, but doing it nicely works best! Did these work for you? Let us know in the comments below!

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# Celebrity Interview: 'American Idol' Contestant Sonika Vaid Channels Love For Family In Love Songs



By [Katie Gray](#)

We now have our final four of the 15th and final season of reality TV show *American Idol*, but unfortunately Sonika Vaid

did not make the cut. While Vaid hails from Martha's Vineyard, she blew everyone away with her audition in Denver, Colorado and continued to get by week after week. The now reality TV star has been singing from the young age of three and playing the piano since the age of 4. The 20-year-old pre-med student went on to compose her own music on the piano. While on the show, she has performed an array of love ballads and even did an amazing version of Demi Lovato's *Let It Go* this season. In our [celebrity interview](#), Vaid opened up about her musical journey, love for everything Disney and her favorite love songs and ballads.

## **Former American Idol Contestant Talks Musical Journey & Love In This Celebrity Interview**

From her time on the show, it's no secret that Vaid loves a good love ballad. One of her favorites from the show was *I Surrender*. "But just in terms of love songs, I would definitely say *My Heart Will Go On* by Celine Dion is a really iconic love song in my eyes. It's beautiful!" While she performed a variety of songs on the show, her personal favorite performance was *Bring Me To Life*. "That was the performance that really made me feel like I can do this – and that I do have the confidence somewhere in me to really perform and push myself to the limits and step out of my bubble," she says.

With love ballads comes the topic of relationships, but instead of channeling a celebrity relationship or relationship problems of her own, the singer channels all her love for her family in her performances. She is really close to her family and it was hard being away from them for the show. "Being away from my family, I miss them a lot," she says. "So I channel my love for my family and I put that through my songs. That

energy goes into love ballads, all of the passion!” She chose to sing those type of songs because she connects with them. “Even if it’s not true to me, there’s just some songs where I relate to the melody or the chords, even,” Vaid says. “It doesn’t have to be the words necessarily.”

**Related Link:** [Celebrity Interview: ‘American Idol’ Contestant Tristan McIntosh Values Communication & Spontaneity in Relationships](#)

In the future, Vaid plans on continuing her career in the music industry while still earning her degree. “I’m still in college, I’m a biology major,” she adds. “I definitely plan at some point to finish my degree. I think for right now, I’m going to focus on music. I think this whole experience has really opened my mind to the whole idea of doing this professionally. I’m really excited about it.” Furthermore, the performer plans to delve more into songwriting. “Prior to all of this, I had written a few songs, but now I’m going to take my songwriting more seriously,” she says. “I’m going to really think about releasing a few singles and maybe an album one day!” She will be headed to a bigger city to accomplish working in the music industry. “I definitely think it’s in the cards for me to move to Los Angeles or Nashville,” she says.

**Related Link:** [Celebrity Interview: ‘American Idol’ Winner Nick Fradiani Is Single!](#)

During her time on the show, Vaid expressed that this opportunity allowed her to push herself and grow as a person. “*American Idol* really helps you to become a better version of yourself,” she adds. “They make you feel like you can push yourself and it is okay. It was just a great experience overall, no regrets.” Even though she made it far in the competition, Vaid says that she was always prepared to get cut. “I always try my hardest to put my effort into the songs that I get every week because there’s always an opportunity of ‘oh, you’re getting saved’ or ‘oh, you’re not in the bottom’

so I prepare myself for everything,” she reveals in our celebrity interview. “I love making things my own, too. That’s always something that I do.”

One of the amazing opportunities the show gave her was to heed some advice from the legendary Sia. Sia shared with Vaid the importance of having fun! “She said you have a beautiful voice and that I’m very marketable which is insane because it’s coming from Sia and she’s one of the greats in my opinion,” Vaid says. “Sia said just to have fun and enjoy yourself, because now that I have the singing down, I just need to really enjoy myself.”

As for who she thinks will be the Final Idol? “I genuinely think they are all so different and so talented. America has a really hard decision! I think anyone there deserves to win. They are really great,” Vaid says.

*You can keep up with Sonika Vaid by following her on Twitter [@sonikavaid](https://twitter.com/sonikavaid)!*

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## Celebrity Photo Gallery: From ‘The Bachelor’ to Babies





Page 1 of 12



Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby

bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, "WE ARE PREGNANT!!!" Photo courtesy of Instagram.

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## Dating Advice: Is Spring the Time for a New Fling?



By Samantha Mucha and [Jessica DeRubbo](#)

Now that the winter slump is over, Valentine's Day is long gone and the holidays are a thing of the past, it's time to add some excitement to your love life. Perhaps a fling is just what you need! Consider this [dating advice](#), and allow yourself

to relax and let loose with spring fever this season, because change can lead to positive alterations in your life.

## **Here are some things to consider when you're trying to decide if you're ready for a spring fling:**

**1. You're tired of your daily routine:** Doing the same thing every day is tedious and tiresome. Adding some romance to your life may be a piece of [relationship advice](#) to really focus on. Work, the gym and your girlfriends will still be there for you no matter what, so take some time to meet a new cutie. You might meet your sweetheart at the gym or while grabbing drinks with the ladies this weekend. Whatever the activity may be, open yourself up to new opportunities.

**Related Link:** [How About We..Find a Date This Spring](#)

**2. You just got out of a relationship:** Coming out of a relationship after months or years of relationship problems is full of tears, stress and Ben and Jerry's ice cream. If this sounds like you, then it is most likely not the best time to jump into a spring fling. That does not mean you should turn down every opportunity that comes your way. If you are going to dive head first into a new fling, make sure you've sorted through your options and have chosen someone you can actually see yourself with, not the first guy to buy you a drink at the bar.

**3. Your busy level:** Staying late at the office on Friday nights can majorly interfere with your love life. If work is your first priority, a new romance is most likely not on your to-do list. This can be both a good thing and a bad thing. If you love your work and that is what is making you happy right now, then by all means, more power to you. That said, if you're sick and tired of working day and night, a new

relationship is exactly what you need to brighten your life and keep you from 80 hour work weeks.

**Related Link:** [Love Advice: Give Your Relationship and Love Life a Spring Cleaning](#)

**4. The right person:** Is the guy you've been chatting up to your girlfriends the same cutie you were talking about two days ago? If your love interest seems to be changing on the regular, then you are probably not ready for a relationship. Finding the right person is a challenge, but when you do, it will be a challenge well worth it. So ladies, stop falling for the same tricks, and find the guy who doesn't say "you're the happiest thing about happy hour," because we have all heard that before.

**5. Emotional security:** Think about your emotional status the past few months. If it has been full of downs, and few ups, then you need to make sure you are ready to handle someone else in your life. If you are finding it challenging just to deal with your own life, then taking on someone else's may not be the wisest of choices. However, if you feel content, but maybe not your best, a steamy spring fling could be what takes you to the high road.

**How did you know it was time for a spring fling? Share your stories below.**

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**Author Dan Ribacoff Talks Relationship Advice & 'Pretty**



# Little Liars'



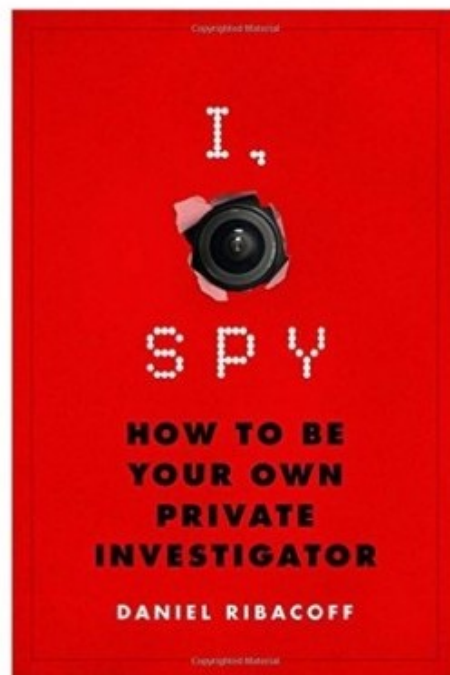
By [Michelle Foti](#)

When eyebrows are raised and suspicion arises, men and women stop what they're doing and transform into investigators. If her man did something wrong, you know she is going to find it; she's unstoppable, even relentless. Yet, should this be the way she pursues the truth? Is it healthy? We talked to polygraph expert and private investigator Dan Ribacoff in our exclusive author interview where he lays out some [relationship advice](#) on seeking the truth from his book *I, Spy: How to be Your Own Private Investigator*. Ribacoff also put the *Pretty Little Liars* to the test – the lie detector test, that is.

# Author Shares Relationship Advice For Seeking Truth In Your Relationships

To start, what was the inspiration for your book *I, Spy: How to be Your Own Private Investigator*? Why do you think knowing how to be your own “private I” is an important skill?

I wanted to help people who are concerned and looking for simplicity. I feel bad for charging people. They don't have money and I don't want to leave people out there. It's an important skill everyday, with everyone. In everyday life you have to think like a Private Investigator.



Let's get into some specifics. What's the first step someone should take if they suspect that their significant other is cheating?

The book gives people investigative skills to go through step by step:

1. Don't confront them. It will tick them off and make them think "they're on to me."
2. Look out for changes of habit such as dress, health, and intimacy.

These are signs to look for. You need probable cause and you can get that through surveillance.

**Of course, we have to ask: What are three easy ways to tell if your partner is lying?**

My dating tips include steps of detecting lies:

1. Repeating Deception. Guilty people have a hard time saying no. If they over explain that is a significant sign of deception.
2. Visual Cues. If someone crosses their arms that's a sign of defense, protecting themselves. Shifting in their seat, touching their nose: it is a physiological response that something doesn't seem right.
3. Grooming. If your partner comes onto you, acts a little bit seductive, uses physical attributes, if they're flirtatious, that means they want you to like them and go easier on them.

**Related Link:** [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"](#)

**After a surprising break-up, what is the best strategy for people to employ to get the closure they need?**

It depends on how the breakup occurs. If it doesn't make sense, people are curious and that's when they start an investigation. If the partners are willing to take a polygraph test for fidelity, that's the way to go. Some people become obsessed, they have to know. People can't move on.

**Shifting gears, you have a long resume of appearing on popular shows and working with celebrities, most recently the cast of *Pretty Little Liars*. What would you say has been your most exciting celebrity polygraph experience?**

*Pretty Little Liars* (as seen in the video above) and *Impractical Jokers*. We embarrassed Murr on stage at his old school.

**Related Link:** [Celebrity Wedding: 'Pretty Little Liars' Star Sasha Pieterse is Engaged](#)

**As a polygraph expert, what relationship situations are you most often called into?**

When there are relationship problems and situations of cheating and infidelity. It's emotional. I'd much rather do a criminal investigation. Relationship investigations get volatile. A woman had called me and said I had ruined her relationship, but it was the results. The brain cannot lie, the mouth does.

**What are these situations like? What are you thinking/feeling as relationships crumble before you?**

It's not a great feeling. I try to broker a deal and offer relationship advice. I try to chat with the wife, encourage a marriage counselor. It's better to be the referee than to see them fail the polygraph test. If they fail, they go to therapy and periodic testing for monitoring. With no one writing speeding tickets, everyone is going to speed.

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

**What would you say is the key to a happy, successful relationship?**

Be best friends. Be open. Be honest. It's a two way street. If you ignore the needs and the love of your partner, they'll find someone to fill that role. Take care of one another.

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

I recently signed a contract to host my own show in the United Kingdom in Great Britain about exes and current couples delving into their relationships. It will be on channel 4 in England. So far I've committed to 10 episodes. We begin filming in May and the show is to air in September.

*I, Spy: How to be Your Own Private Investigator is available now on [Amazon](#). To learn more about Dan Ribacoff, visit his [Twitter](#).*

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## **Dating Advice: 5 Tips For Bunny Hopping Yourself Into Romance**





By Jenna Barbieri

Although Easter is a religious holiday, you don't necessarily have to be religious to enjoy the festivities. Like any holiday, Easter is a cheerful day full of celebration, with opportunities to meet that special someone.

**If you're celebrating the holiday with family or friends, here are a few pieces of [dating advice](#) that will have you bunny hopping yourself into a new romance:**

**1. Egg hunt:** A popular Easter tradition is hiding plastic eggs full of candy around a designated area and having people search for them. Most people agree that the hunt itself is even more enjoyable than the prize! Turn it into a "love hunt" by taking this activity somewhere public, like a park. That way you can ask the cutie on the bench to help you look – or

sit back and wait for him to find an egg and bring it to you first. It's a double prize!

**Related Link:** [Top Ten Most Romantic Holiday Getaway Spots](#)

**2. Throw a party:** If you don't have any celebrations to go to, why not throw one yourself? Decorate the space with in pretty colors, create unique deserts using Easter candy, crank up some tunes and let the fun begin! Encourage everyone to bring new friends so you're guaranteed to meet someone. Offer him a homemade snack and strike up a conversation about how you came up with it. If you're lucky, maybe he knows a thing or two about cooking himself!

**Related Link:** [Three Steps to Stress-Free Holiday Dating](#)

**3. Wear bright colors:** Easter is famous for its luminous colors, but not everyone is brave enough to keep to the tradition of wearing them. Put on your brightest shirt and go out for a cup of coffee. You're guaranteed to catch someone's eye!

**4. Join NYC's Easter parade:** Since the Civil War days, thousands of New Yorkers dress up each year in their craziest bonnets and parade down Fifth Avenue from 44th to 57th Street in New York City. It's a fun and wacky way piece of dating advice to meet a possible future beau. Think of the stories you'll tell the kids!

**5. Make a move:** Put a note in a plastic egg, and roll it to the feet of someone who has caught your eye. It's a cute and outgoing proposal that he wont be able to resist!

Everyone wants the Easter bunny to leave us a special someone next to our candy baskets, but unfortunately, it doesn't work that way. However, the holiday itself is a great excuse to get out there and find someone. With these tips, it should be easy as finding a bright pink egg in a tree! Cupid wishes you the best of luck on your hunt!

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# 5 Pieces of Relationship Advice You Can't Live Without



By [Josh Ringle](#)

In every relationship, there comes a time when you need someone else's advice or opinion to get things to work again, or to move the relationship along. If that's you, you've come to the right place. There are plenty of tidbits of [relationship advice](#) a variety of people can offer you. However, most relationships are unique and not just one piece of advice will do the trick. If your relationship is dying, use some or all of these pieces of advice to heal it.



# These pieces of relationship advice will make your relationship stronger and more successful. Check it out!

**1. Communication is Key:** In any relationship, it is important to keep a solid line of communication open. If misunderstandings and miscommunications are happening too often, a problem could be in this aspect of your relationship. When communication is strong, you and your partner will almost always be strong as well. If it is lacking, or if relationship problems persist, the way you and your partner communicate could be the underlying reason for those problems. Even [celebrity relationships](#) have their fair share of communication problems, so you're not alone. These types of problems can happen to anyone, but by working out any communication problems and learning how to communicate better with each other, you'll only get stronger.

**2. Keep it interesting:** If your relationship has been going on for a long time, the biggest fears you may have could be that it is getting too boring, tiring, or just not exciting. One of the most important pieces of relationship advice to remember is to keep things interesting and lively if possible. Whether it's a fun date night or a new restaurant, changing up your dates can only help the relationship grow. You don't have to plan big surprises, or do special things every weekend! Instead, make a list of [date ideas](#) like restaurants, Broadway shows, sporting events, or even a different type of movie theater, like a dine-in or drive-in. Creating a to-do list puts forth an exciting challenge for the two of you to complete!

**Related Link:** [Dating Advice: Get Inspired by Childhood Fun](#)

**3. Be unique:** While remaining unique is an essential piece of dating advice, being unique is also important to the success of your relationship. You don't want to be too normal or typical. Granted, you also don't want to get *too* unique, but there are many ways to make life more exciting by being a little bit different, in a good way. There should always be a comfort zone, but you shouldn't be afraid to push those boundaries either. Being a little bit different will only help the communication get stronger between you two and will definitely keep things exciting. Of course, be your own person, but being unique in a new way will only enhance the relationship for you and your partner.

**Related Link:** [Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships](#)

**4. Be truthful and honest:** Along with communication, trust and honesty need to be some of the strongest aspects of a relationship for it to work out. If the relationship remains honest, trust will follow. Part of creating a good relationship is forming a good team, and trust goes along with that. Without trust or honesty, the well-being of your love life could be in jeopardy, especially if you are in a long distance relationship. These traits will allow the relationship to prosper if the conditions are right and if the two of you are ready to become more serious.

**5. Put the "friend" in girlfriend/boyfriend:** Being a friend to your partner is a great way to keep a relationship from dying. A simple "How are you?" or "How was your day?" not only shows you care, but shows that you are actually interested in the other person's life and want what is best for your friend. Everyone knows of that one man (or woman) who is just "too cool" for feelings. Sometimes people don't think that being friends is an important step, but a relationship is just an upgraded friendship, with some extra benefits.

**Do these pieces of advice work for you? If so, tell us how in**

the comments below!

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# Celebrity Interview: 'American Idol' Contestant Tristan McIntosh Values Communication & Spontaneity in Relationships



By [Katie Gray](#)

Nashville native Tristan McIntosh was sadly eliminated last

night from the farewell season of *American Idol*, leaving only five contestants remaining. She is well-known for singing country music – she even sang Martina McBride’s “Independence Day” on this week’s episode – so it’s no surprise that her influencers are Carrie Underwood, Rascal Flatts, and Chris Stapleton. As fans saw, not only does she have beautiful vocals, but she also plays multiple instruments, including the piano, guitar, trumpet, and mandolin. In our [celebrity interview](#), McIntosh, who attends the Nashville School of the Arts, opens up about her *American Idol* journey, what she wants in a relationship (someday!), and more.

**Related Link:** [Celebrity Interview: ‘American Idol’ Winner Nick Fradiani Is Single](#)

## Celebrity Interview with Tristan McIntosh

Only 15-years-old, being on the 15th and final season of the popular reality TV show is surreal for the singer. “*American Idol* was basically a dream come true,” she says. “As I was performing, I got a letter from my old English teacher, and when I was younger, I said that I was going to be on *American Idol*.”

Reflecting on the competition, she says that her favorite performance was of “Go Rest High on That Mountain” by Vince Gill, one of her personal idols. “I was really attached to it,” she explains. “The melody and the piano – it all just came together.”

Although very young, the singer is mature, humble, and genuine – all traits that will come in handy when she’s ready for a relationship. When it comes to a future partner, she says that “humor, a personality, and being human” are three important traits. Although the reality star’s not focused on dating right now, she shares of her dream date, “I like

surprises and spontaneity!”

As for her best piece of relationship advice, it’s simple. “It’s always communication,” she reveals. “You need to be able to understand that person’s situation and be able to trust them.”

**Related Link:** [American Idol Star Joey Cook Opens Up About Her Celebrity Engagement: “He’s the Love of My Life!”](#)

During her time on *American Idol*, the performer gained more and more confidence as an artist. Her journey on the show just ended, but she already knows what she wants to do next: “As a musician, I really just want to make country music for people who really *feel* the music. I want it to be full of meaning and appropriate for young girls.”

So who does McIntosh think will win? “Honestly, everyone on that stage deserves it,” she gushes in our celebrity interview. “They’re just amazing people and amazing performers, and any of them would make a great, final winner.”

You can keep up with Tristan McIntosh at [tristanlive.com](http://tristanlive.com) and follow her on Twitter [@tristanmcintosh!](https://twitter.com/tristanmcintosh)

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## Weekend Date Idea: Kinkajous, Horses, and Clown Fish – Oh My!





By [Brooke Crawford](#)

According to *HelpGuide.org*, spending time with a furry friend can provide both mental and physical health benefits. So take a step away from your normal date night activities and invite a furry friend along next time! Our [dating advice](#) below could help you relieve some stress and take your relationship to a new level.

## An Exotic Weekend Date Idea

The Exotic Animal Experience, located in Orlando, Florida, is home to many endangered and exquisite animals. According to the owner, these animals have been raised together since birth and are now interactive with each other as well as guests. Some of the animals that can be seen include lemurs, kangaroos, and even a kinkajou. If you want to spend time with these cute companions, call ahead to make a reservation.

**Related Link:** [Why Having a Pet Can Be Beneficial to Your Relationship](#)

Although horses aren't as exotic as the animals mentioned above, horseback riding can still provide the type of one-on-one time that you and your partner are craving. Sequoia and King Canyon, located in the Sequoia National Park in California, offers three different areas for your next horseback riding adventure. These trails give riders a refreshing view of beautiful scenery – perfect for a tranquil and romantic weekend date idea. Again, be sure to call ahead for accommodations.

Tropical Adventures is a California-based company that provides not only scuba diving classes but trips for divers with various levels of experience. Room, board, and dives are included in their year-round package deals. See who can spot Nemo and his clown fish friends first!

**Related Link:** [Anne Hathaway and Adam Shulman Adopt Adorable Puppy](#)

## Dating Advice from a Favorite Celebrity Couple

Incorporate your love for animals into your relationship with this date idea. If you need a little inspiration, look to celebrity couple [Ian Somerhalder](#) and wife [Nikki Reed](#), as the pair are often seen rescuing and loving on furry friends of all kinds.

**What's your favorite way to spend time with animals? Share with us in the comments below!**

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# Top 5 Celebrity Couples With Tattoo Regret



[By Katie Gray](#)

Ah! There's nothing like famous [celebrity couples](#) who are romantics at heart. Many celebrity couples in Hollywood have shown their love and affection for their significant other by getting a tattoo in their honor. Nothing says "I love you" like putting it in ink, right? That means it's forever! Well, it turns out that sometimes ink isn't forever, even in Hollywood. Rihanna has stars on her back and behind her ear, songstress Mariah Carey has a butterfly, and Britney Spears has one on her hip. Everyone from actors Charlie Sheen and Denise Richards, to supermodel Heidi Klum, to boy band icon Nick Carter and heiress Paris Hilton, to Kelly Cuoco from *The Big Bang Theory* has put their love in ink. But the saying



goes, "All good things must come to an end." This is true for some of our favorite celebs who have regretted and then removed their tattoo. We can all learn from this celebrity [dating advice](#). Maybe it's best to wait a very long time before putting our love in ink ... or maybe it's best to avoid it altogether.

## Cupid has the top 5 celebrity couples with tattoo regrets:

1. **[Justin Bieber](#)**: "What do you mean?" Pop icon Justin Bieber broke out with his romantic pop songs about love such as "Baby" and "U Smile I Smile" and took the world by storm. It was a match made in pop music heaven when he dated sexy songstress Selena Gomez, who has been blowing everyone away recently with hits like "Good For You," "Can't Keep My Hands To Myself" and "Come And Get It." Bieber had a tattoo of Gomez on his wrist; it was a perfect resemblance. He told *Vogue*, "This is my ex-girlfriend," he said. "I kind of tried to cover her face up with some shading, but people still know." On the bright side, this pair keeps it cordial and are clearly still happy for one another's success.

2. **Eva Longoria**: Eva Longoria is known to be in love with love! This talented actress had her breakout role on *Desperate Housewives* but she is far from desperate. They say the third time is a charm, which is probably why she had three tattoos dedicated to her ex-husband. After her marriage to NBA star Tony Parker went sour, she started the process of having the tattoos removed.

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

3. **Britney Spears**: Hit her baby, one more time! The princess of pop, Britney Spears, was married to Kevin Federline. The couple had matching dice tattoos for one another. Britney's

was pink and Kevin's was blue. But since their relationship ended up [celebrity divorce](#), they also had their tattoos removed. Love is a gamble!

**4. Johnny Depp:** Hey brother, pour the wine! Back in the day, hottie Johnny Depp was with Winona Ryder, and he had "Winona Forever" on his arm to pay homage to her. After the celebrity relationship fell through between these talented actors, he had it appropriately changed to "Wino Forever."

**Related Link:** [Relationship Advice: 5 Ways To Restore Trust In Your Relationship](#)

**5. Angelina Jolie:** This icon was with Billy Bob Thornton back in the day and they had their names tattooed on their bodies. Angelina had Thornton's name on her arm, whereas; he had her name on his bicep. After a few years of marriage, they got divorced. Subsequently, she had her tattoo removed and covered it up afterward with her children's birthplaces. He also covered up his tattoo with an angel and the word "peace."

**What celebrity tattoos do you admire? Share your stories below.**

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





By Donna Eden and Dr. David Feinstein

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

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

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

**2. Give your partner a "spinal flush."** Reflex points that impact every one of your body's major energy pathways are situated along the spine. Have your partner lie face down and massage the points along both sides of the spine (but not

directly on the spine), using your thumbs or middle fingers and using your body weight so strong pressure is being applied. While most people can tolerate and will enjoy considerable pressure on these points, check to be sure you are not using more than your partner wishes. Progressing from the bottom of the neck all the way down to the bottom of the sacrum, go down the notches along the vertebrae and deeply massage each point. Stay on each for at least 5 seconds, moving the skin too and fro or in a circular motion with strong pressure. You can stop when you reach the sacrum or repeat the downward flush once or twice more. When completed, sweep the energies down your partners body with either one long swipe or several brush strokes. Use the palms of your hands to sweep the energy from the shoulders all the way down the legs and off the feet. Repeat the sweep two or three times.

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

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

**4. Stretch!** When you begin to feel stale or tense, stretch so the energies within you can move more freely. Stand and imagine an invisible rope hanging down from over your head. Reach up toward it and pull it down with one hand, then the

other, alternating hands for at least a minute. Feel the stretch in your arms and all the way down the sides of your body.

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

**5. Hook-up!** If you are feeling disconnected from yourself or your partner, get the energies flowing between your own head and your body by doing the “hook-up.” Place the middle finger of one hand on your third eye (between your eyebrows above the bridge of your nose) and the middle finger of your other hand in your navel. Gently press both fingers inward, pull them upward, and hold there for at least three deep full breaths.

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

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

**8. Keep your energies moving in a criss-cross pattern.** When you are under stress, your energies tend to lose the natural cross-over configuration that supports your best thinking. A simple way to get the energies to cross over from the right side of your body to the left and from the left to the right is called the Crossover Shoulder Pull. Place either hand on its opposite shoulder and press in hard behind the shoulder

with your fingers. Drag your hand over your shoulder, maintaining the pressure. Continue, with less pressure now, to your opposite hip. Repeat two or three times. Shift to the other side.

**9. Balance your energies rather than battling your partner.** If tension begins to rise between you and either of you calls for a cease fire, you both should – by ironclad pre-agreement – STOP the argument, mid-sentence if necessary. Then, immediately, set about shifting the energies within yourself. A simple technique to begin to do this is to place both hands over the center of your chest, close our eyes, and take three deep breaths. When you are both a bit more centered, do a shared energy exercise, such as the spinal flush, before returning to the discussion. You will come back with energetic bridges repaired.

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

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

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

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

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## Relationship Advice: Author Deborah K. Heisz Talks Choosing Joy In Life and Love



By [Michelle Foti](#)

You can't see it, hear it, smell it, or touch it, but when you have it, you feel as if you are in its embrace. When you lose it, you want to fold up inside yourself and remain closed off everyone. Marked by smiles, laughter, or a loving look into your partner's eyes, happiness can be simply attained, but can also be effortlessly lost. Grasping for happiness once again can be arduous, even painful. Deborah K. Heisz's self-help book, [Live Happy: Ten Practices for Choosing Joy](#) and self-help magazine, *Live Happy* provide the path for choosing happiness in your life, illuminated by the stories of celebrities and ordinary people along the way. In our exclusive author interview, Heisz talks love advice, [relationship advice](#), and career advice. Take it from her and take it boldly as you act on your choice of joy in all entities of your life.

## **Author Opens Up On Best Relationship Advice to Find Happiness**

**To start, since our site focuses on dating and relationships, I'd love to ask you some questions on that topic. What relationship advice do you have for longtime couples who have relationship problems and are struggling to keep their marriage thriving?**

Positivity gets positivity. Be present with each other and put the device away. When you share time with one another, be engaged. Positive communication is everything; 80% of your communication should be positive. When the majority is negative, you drift away from one another. Pay each other compliments and be sure to say I love you every day.

**How can someone find joy after a tough breakup?**



There are great stories in the book about this. Building resilience, finding little things to be grateful for. Also, find something that engages you and devote time to yourself. That will remove you from the pain.

**Any tips for coming across as confident when you feel anything but after a breakup?**

When you feel good about yourself you are more attractive to other people. You want to build yourself up to be a whole person before a relationship. You can't be a half looking for your other half.

**Related Link:** [Celebrity News: Lea Michele Splits From Matthew Paetz After Two Years of Dating](#)

**What is the best piece of love advice you've ever been given?**

Passion comes and goes, friendship persists.

**Shifting gears, your book includes stories from many celebrities, including Jason Mraz, Alanis Morissette, and Niki Taylor. Did you get to interview these celebrities, or did you gather research on them?**

All direct interviews. The editors went out and got the stories. The best experience was with Hota. She believes in living happily and projecting positivity through the world. Also, Alanis Morissette. She was all about mindfulness, meditation, and graciousness.

**Why did you pick these celebrities to cover in your book about happiness?**

The standard diva impression is true, but we make sure those aren't people we're working with. We want to work with celebrities who are real, who are interested in more than themselves, and people who want a more positive world.

**Related Link:** [Celebrity News: Rob Kardashian Deletes Instagram](#)

[Photos & Blac Chyna Hints at Break-Up](#)

**We have to ask: Do you have any theories on why celebrity relationships so often fail?**

They are high powered relationships with two people in the spotlight, who are ambitious and competitive. They spend time apart and it's very hard to keep in contact for the relationship. They have commitments to long term projects. They get distracted by opportunity and have difficulty setting boundaries.

**Related Link:** [Celebrity Couple Gwen Stefani & Blake Shelton Expected to Release Duet Together](#)

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

Every March 1, it's international day of happiness. It's an online campaign at HappyActs.org, where we try to get people to perform happy acts throughout March. We want to make the world a better place. On March 20th, there will be 72 large walls around the country that are meant to show that you can spread and choose happiness.

*For more from Live Happy Magazine and self-help author Deborah K. Heisz visit [livehappy.com](http://livehappy.com) and check out her Twitter at <https://twitter.com/dheisz>.*

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## **Enjoy the Outdoors With This Challenging Date Idea!**



By [Brooke Crawford](#)

According to PsychologyToday.com, one of the qualities of a very successful relationship is the ability to stand together in the face of external challenges. Why not embark on a walk on the wild side and take your date outdoors? Not only will you learn about yourself, but you'll learn how to navigate through challenges as a couple – and you'll grow closer in the process. Consider our [dating advice](#) below to add a little adventure to your next date.

## Follow This Dating Advice All the Way to Acadia National Park

During the 20th century, large parcels of land were donated in order to form what is now called Acadia National Park. This park is home to natural life, three campgrounds, five lean-to

shelters, and the tallest mountain on the Atlantic coast. If you're looking to fit in some exercise on this weekend date idea, it boasts hiking trails for the thrill seeker. It's also a great spot if you're just looking for a little fresh air.

**Related Link:** [Weekend Date Idea: Connect with Nature](#)

Another great outdoor activity to consider is whitewater rafting. If you live in West Virginia, the Gauley River, nicknamed the Beast of the East, boasts the most intense whitewater rafting east of the Mississippi. This 105-mile long river creates the perfect space to test your endurance and coordination as a couple. If you're concerned about intensity, New River is an easier path to navigate. Choose this activity for your next outdoor, water adventure!

## **Date Idea: Get Wet and Wild at the Columbia River Gorge**

The Columbia River Gorge is the perfect getaway for windy water sports, including windsurfing, paddle boarding, and kiteboarding. This gorge is said to be the largest scenic area in the United States and includes a mixture of trails, forests, and windy rivers. Whether you fancy a trail walk or a windy ride on a paddle board, there is something for every couple looking for some outdoor fun. Leave your phones at home and spend a weekend here connecting with nature and one another.

**Related Link:** [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

These outdoor date ideas allow you and your partner to focus on your relationship without the strain of your normal day-to-day expectations. Challenge your relationship by tackling these activities as a team and grow through your new experiences.

What's your favorite outdoor date idea? Share with us in the comments below!

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# Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"



By [Rebecca White](#)

From the small screen to the big screen, actor Blake Cooper Griffin has garnered success through diverse roles in shows like *90210* and *JESSIE* and Hollywood films including *Ride* and *Life of a King*. His new film *Love Is All You Need* challenges societal norms and showcases a world where homosexuality is accepted and heterosexuality is bullied. In our exclusive [celebrity interview](#), the energetic and charming actor talks about his new film, the #OscarsSoWhite controversy, and his best relationship advice.

## Blake Cooper Griffin Opens Up About New Movie

The modern day *Romeo and Juliet*, *Love Is All You Need* is a tale of star-crossed lovers, Ryan and Jude, who fall in love in a world where being gay is the norm and being straight, like they are, is looked down upon. Although Griffin plays the antagonist and is not the most likable character, he says the script was innovative and featured a fascinating concept that he had never seen before. "When you take the universal story of falling in love, on top of the flipping of the worlds, and combine all of the talented people I worked with, it turns into a dynamite movie," he says.

The film is inspired by true events, and each person involved with the movie had a mission to tell a story that would change people's lives. In order to prepare for a dynamic and complex role like Bill Bradley, Griffin did a lot of research including reading articles and watching videos. "I didn't want to play a stereotype or archetype of a bully," he explains. "I wanted to play it truthfully and figure out why somebody would have these hateful feelings for another person."

**Related Link:** [Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles](#)

But it wasn't entirely imagination that helped the actor prepare for his role. "I certainly, like most people, have had situations in my life where I was excluded," he shares. As a child, his family moved around a lot, and he was often "the new kid" in school. "I knew what it was like to be cast out and not have someone to sit with at lunch," he reveals in our celebrity interview. So when he saw someone being bullied, he would always try to stick up for the other kids. "I would encourage people to do the same because instances of bullying goes down when people say something," he adds.

Although he plays the bad guy, Griffin says that he does share similarities with his character. "He's very passionate; he's a perfectionist; and he has a lot of energy," the star says. "Unfortunately, Bill is putting all of his energy behind something I wouldn't, but I connected with him on those levels, which is important." The actor says he never judges where a character is coming from; instead, he focuses on finding the truth. The antagonist of a film is usually coming from a complex place because there is some conflict within that is leading them to take another route. "It is essential for the story that the character be played truthfully so people can learn from it," he says. "We have to ask ourselves why Bill Bradley is taking the action he's taking. He is told by some extreme forces in the world about intolerance and hate, and those forces exist in our world too."

*Love Is All You Need* shows people how to resist that negativity and recognize that everyone wants to live their life being who they are without persecution. "If love is your guide, you can't go wrong," he says. "When we divide each other, that's when we fail. But when we come together, that's when we do great things."

While the movie tackles some serious societal issues, that doesn't mean the cast and crew didn't have a blast making the film. Griffin and co-star Emily Osment had Pop Tart eating competitions, while he and Briana Evigan would play basketball

during the night shoots. "I'm closer to this cast than I have been with any other cast I've worked with," Griffin says. "We all became a family."

## **Celebrity Interview: Young Actor Discusses #OscarsSoWhite and Diversity in Film**

*Love Is All You Need* directly addresses current controversies of discrimination and diversity. Recently, Hollywood has been under scrutiny since #OscarsSoWhite started trending. In 2016, only white actors and actresses were among the chosen few in the top four categories, for the second year in a row. Griffin believes that Hollywood directors need to seek out a diverse cast in their films. "We're telling stories about the world, and the world is diverse, so the stories we tell should be just as diverse," he says.

**Related Link:** [Celebrity Couple News: Gwen Stefani Wears Sheer Dress with Blake Shelton at Oscars After-Party](#)

This message of diversity and the apparent discrimination is showcased in the new film as well. "No matter the difference, we're all human beings, and we're all a part of the same human story," the actor shares. "We can all connect on that. There's no need to say us versus them."

Whether it be sexuality, race, or even religion, the film promotes tolerance, love, and respect. "Extremism in any form can be harmful," Griffin says. "The movies calls out the misuse of religion to divide people." It's also important to note that the film displays characters finding refuge in their faith, which leaves the audience to ask themselves which is more appropriate and which is the more loving way to approach faith.



# ***Love Is All You Need* Star Shares Relationship Advice**

Of course, the main theme of the new film is love, and the star says there's something to be learned from watching fictional characters on-screen. "The message of any love story you watch is that we all want love," he says. "People need to take that seriously and not be reckless with other people's hearts. Everyone has a desire to be loved, and we should treat that with respect." In particular, with *Love Is All You Need*, viewers witness a couple deal with the heartache of not being accepted by their parents and peers. If this happens to you, Griffin's love advice is to have courage. "You deserve to love whomever you choose, and if anyone tells you differently, that comes from their own fear and their own problems," he says.

**Related Link:** [Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"](#)

In his personal life, the famous actor avoids relationship problems by seeking out someone who is loyal, has a sense of humor, and is trustworthy. "I have a rule for myself," Griffin says. "I try to control what I can and let the rest go." Although love isn't easy, at the end of our lives, we will remember those we love over anything else. "I would encourage people to hold that idea in mind and know that the experience of loving another person is one of the greatest experiences one can have."

Now that *Love Is All You Need* continues to be released in select film festivals and theatres, the busy actor is finishing up his next project, romantic comedy *Before You Say I Do*. You can also catch him on an upcoming episode of *House of Lies* on Showtime.

For more information about [Blake Cooper Griffin](#) or [Love Is All](#)

[You Need](#), check out [Twitter](#).

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## Date Ideas: Be Thankful (And Chefs) Together



By Erika Mionis. Updated by [Josh Ringle](#)

It's that time of year again. It's time for family, friends, and slaving over a hot stove. Are you a newlywed or a new couple and are worried about preparing your first Thanksgiving dinner? Don't worry, you're not the only one! Cupid's got you covered.

# Check out these Thanksgiving date ideas!

First, you have to determine how many people you'll be entertaining. Here's a great piece of [dating advice](#): Always be prepared! Obviously, the more people, the more work you will have to do. But that doesn't necessarily have to be true. Try checking out some recipes for large groups of people. These recipes will make it very easy to cook for a crowd. For a small, intimate crowd, try some unique appetizers that will fit perfectly on a small side table, like cheese fondue.

**Related Link:** [Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together](#)

Unfortunately, not all recipes can be as easy as cheese fondue. Turkey definitely isn't easy to do! The *Meleagris gallopavo* was first domesticated by the Aztecs around the year 1100 A.D, and, coincidentally, is extremely hard to cook. Try putting some Rosemary and Thyme under the breast skin, and be sure to check out a few other tips to ensure a delectable main course. And involve your new husband as much as possible. Don't do all the work yourself. At the very least, take him in as the turkey carver.

Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces. Or, you can choose to see what your favorite [celebrity couples](#) made for Turkey Day last year! Get inspired!

**Related Link:** [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-american

pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

Have any romantic Thanksgiving recipes to share? Comment below and share with our other readers. If you want some more Thanksgiving meal ideas, let us know! Until next week, Happy Thanksgiving!

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





By Tracy McMillan

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

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

**1. Don't Freak Out.** The first thing you need to know is: THIS IS NORMAL. It's easy to think that the first time you're not

dying to jump into bed (or worse, he isn't) that the relationship is over. It's not.

**2. Separation Is Necessary.** Relationships follow a path that is sort of like child development. First, there's infancy, where forming a bond means you're all about 24/7 togetherness. But after infancy comes toddlerhood, where you learn that you and your partner are actually separate people. And learning to be separate is just as important as learning to be together.

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

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

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

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

**5. Love yourself more.** Your negative qualities are unlikely to show up in the beginning stages of the relationship. But once things cool down, it's like the tide going out – you're suddenly going to see all the less-awesome aspects of the real you (and the real him, too). Loving yourself is all about

being kind, compassionate, and patient – *with you* – even when you blow it at work and nothing fits but your fat jeans. Learning to love you no matter what is the single most important thing you can do for your partner. Because in the end, the only relationship you'll ever have with another person is the one you're already having with yourself.

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

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## **Relationship Advice: Author Dave Kerpen Talks 11 People Skills and Dating Tips**





[By Mary DeMaio](#)

Being able to build strong relationships and treat people with respect will establish understanding and trust, some of the most substantial components in any relationship. The way we communicate and the connections we develop, set the foundation for creating more meaningful relationships. Dave Kerpen's new self-help book offers 53 simple tips to help master the 11 people skills that will get you more of what you wish for at work, at home, and in life. His book, *The Art of People: 11 Simple People Skills That Will Get You Everything You Want* discusses what it takes to win success and influence in today's competitive world. In this exclusive author interview, Kerpen shares his best [relationship advice](#) revealing some dating tips to improve your romantic life.

**Author Opens Up on Best Relationship Advice to Incorporate**



# People Skills

**To start, we are so excited for your book to come out! Can you give us some background on what inspired you to write this book?**

The inspiration for *The Art of People* was, well, people. All of the amazing people I have been fortunate enough to meet along the way have had a huge impact on me – most of all, my wife Carrie. In fact, my mother-in-law called the book “a giant love letter.” Plus, as I wrote and talked about my first 2 books, *Likeable Social Media* and *Likeable Business*, I realized that the people skills I was writing about didn't just apply to social media or business- they applied to all relationships, in and out of work.

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

**If romantic relationships are based on trust and sincerity, how can you apply the 11 people skills you discuss to your romantic life?**

There are countless ways to apply the 11 people skills and 53 strategies I wrote about to your romantic life. It's about sincerely listening and seeking to understand, mirroring and validating your partner, following the conflict resolution process I discuss when things go wrong, and remaining authentic and grateful.

**Which skills do you feel can be applied to both a romantic and professional relationship? How are they used in the same way?**

All of the skills presented can be applied to any kind of relationship. If you have any relationship problems, a few that stand out as being particularly applicable to both professional and romantic relationships are understanding others, reading others, and being able to resolve conflict. Being able to effectively understand and read others on a deep

level is crucial whether you share a house with someone or just a meeting room.

**Our visitors are always looking for advice on how to make the most of their personal lives, what people skills do you feel are most important in a romantic relationship?**

My relationship advice is to listen, listen, and then listen some more. Try to get out of your own perspective for a little while and try to truly listen and understand your significant other. The key to a successful relationship is the platinum rule: Instead of doing unto others as you'd like done to yourself, understand your partner well enough to do unto him as you know he would like done!

**Related Link:** [How to Campaign for a Better Relationship](#)

**How can these 11 people skills sustain a relationship over a long period of time?**

The best way to answer this question is to look at a relationship as an extended series of small day-to-day interactions. If you don't make a conscious effort to improve your people skills today, you likely won't notice any immediate difference. However, making numerous small improvements now will have a big impact on your relationship down the road. And when it doubt, remember the basics: listening, understanding, and gratitude. One more, that my wife has taught me well: It's better to be happy than right.

**What is the most important message readers should walk away with after reading this book?**

I want readers to know that people skills are something that can be learned! I truly believe that it's possible to create more meaningful relationships in life by trying to better understand yourself and the people around you, listen better, help them get what they want, and guide them to help you get what you want.

The Art of People: 11 Simple People Skills That Will Get You Everything You Want *can be ordered now on [Amazon](#)*. For more Dave Kerpen visit <http://davekerpen.ceo/> and <http://www.likeablelocal.com/>.