

# Dating Advice: Get Inspired by Childhood Fun



By [Brooke Crawford](#)

It's easy to get bogged down with your school work or job and other adult responsibilities, but sometimes, you need to embrace your inner kid and let loose. Luckily, Cupid is here to help with these fun date ideas! Whether you are a busy college student, a mom of two, or an account executive, follow our [dating advice](#) and get inspired by childhood fun.

## Follow This Dating Advice and Visit

# Historical Coney Island

Located in the borough of Brooklyn, Coney Island is host to two amusement parks, Luna Park and Deno's Wonder Wheel Amusement Park, as well as rides not associated with the parks. The Wonder Wheel was built in 1918, has stationary and rocking cars, and is illuminated at night by neon tubes. Built in 1927 with an 85-foot drop, the Cyclone is one of the oldest wooden roller coasters in the United States. To top it off, the Thunderbolt was recently built and includes a 90-degree vertical drop followed by a 100-foot loop. If you're looking for more relaxed activities on this weekend date idea, there are multiple tossing and shooting games as well as a carousel and circus sideshows. This historical location is the perfect place to put this dating advice into action!

**Related Link:** [Weekend Date Idea: A Day at Sea](#)

Another way to enjoy this date idea filled with childhood fun is to go on a scavenger hunt. There are endless organizations and groups that organize monthly get-togethers. The popular website Meet Up maintains a vibrant New York group that hosts an underground scavenger hunt throughout the subway system. Teams meet at a particular subway stop and begin the hunt for various subway items along the system. Additionally, Stray Boots organizes pre-arranged private, corporate, individual and group quests in over 40 different cities. You even have the option to organize a scavenger hunt with other couples. A scavenger hunt can get the adrenaline pumping and help you grow closer while working to win.

# Take This Date Idea to the Happiest Place on Earth

Orlando, Florida is host to one of the happiest places on Earth: Disney World. Home to four theme parks, two water

parks, 24 themed hotels, many golf courses, and downtown Disney, it hosts millions of people a year. Themed ride, cultured foods, and exotic animals make for an extra special date idea. If you truly want to embrace your inner kid, it's the place to go. Who knows – you may even see a celebrity wedding during your visit!

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

Every couple can benefit from some child's play. From the Big Apple to the Sunshine State, there are plenty of activities that spark your favorite childhood memories. Remember that dating is always a fun-filled adventure with the right person!

**How do you embrace your inner kid on date night? Share with us in the comments below!**

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## **Dating Tips: Spring Cleaning Your Online Dating Profile**





By Justin Lavelle

Online dating is all the rage, right? I mean, all of your friends say so. But after your last date with Logan, who turned out to be less hard-working intellectual and more mid-30-year-old living with Mom, and the one before, Scott, the self-proclaimed genius surfer from Arkansas, you're feeling a bit wary. Maybe the problem, aside from your questionable taste, is closer to home than you anticipated—maybe the problem is your profile. Your profile deigns who decides to swipe right on you, and you have a lot of power here. Follow our tips to spring-clean your profile, and wash away the negative energy and scarring first dates. Start fresh.

**Spelling and Grammar:** Glance over your profile: is everything spelled correctly? Bad spelling and grammar is the equivalent of having bad breath when you meet someone in person. It will also make you look careless or like you're part of an online scam. No one is interested in dating someone that comes across as if they haven't even finished elementary school, and bad grammar is an enormous turn-off. So wipe your profile clean of

typos and uneducated phrases, and start anew.

**Related Link:** [5 Tips for Creating a Perfect Online Dating Profile](#)

**Be Honest and Specific When Describing Yourself:** If you want to attract the right person straight away, be honest and specific when you describe yourself and your attributes. Then when you message someone or someone messages you, you'll be able to look at the profile, find similarities, and decide if this is someone you'd like to meet. Are you quiet or outgoing? Do you like sports or art house movies? Are you a creative type or in finance? Are you just interested in meeting new people or are you looking for marriage in the future? Throw out statements like, "People tell me I'm really nice and fun to be around" or "I like hanging out and getting to know new people." General statements like this describe half the population and say nothing distinct about you. Except that you're boring.

**Don't Focus on Flaws:** No one wants to read a bunch of negatives like, "I'm fat, but working on a fitness program," or, "I'm short and don't like my knees." While you might view this as a problem, there's no need to flaunt your insecurities. You're basically throwing yourself under the bus and giving them reasons not to like you. And if you write about your flaws, you will come across needy and self-conscious. Let's be honest, bad knees are hardly a deal breaker—but lack of confidence can be.

**Lists of Things you Dislike:** If your profile is full of claims like, "I hate liars, I hate cheaters and I hate smokers," you will be turning off most potential dates. It's objectively normal to dislike liars, but a list of everything you dislike seems pessimistic, grumpy, and off-putting. No one will be overly interested in a Debbie Downer. If you're allergic to smoking that's one thing, but a profile full of "hates" won't make you seem like much fun.

**Related Link:** [Love Advice: What Makes A Great Online Dating Profile](#)

**Pick Your Profile Pic Wisely:** Be honest in selecting your profile pic. It will only backfire if you choose an image that's 10+ years old, that is blurred or doesn't represent the true you. It's ok to do a little photoshopping or add a filter, but don't go crazy. The last thing you need is someone showing up and announcing you don't look anything like your profile pic. Sites like OK Cupid have posted helpful info on what makes for a good profile picture, so use this data to help you improve.

**Weed Out Bad Apples:** Before becoming emotionally invested in an online relationship, and definitely before meeting someone in person, perform an online background check through a service like [BeenVerified](#) on your date to make sure they are who they say they are. You'll be looking for basic information such as marital status and location, as well as arrests records, history of domestic abuse, gun permits, and more. This is an important step in protecting your safety and well-being.

So now that you've cleared out your spring profile of over-the-top edits, spelling and grammar errors, and negativity, start anew. May your gleaming, fresh profile give you the strength to persevere. May the odds be ever in your favor.

*Justin Lavelle is the Communications Director for BeenVerified. He regularly writes about topics related to online dating and romance scams for the company's blog. The company's mission is to help people discover, understand and use public data in their everyday lives so you can confirm whether your online date is a love match or a scam artist. With millions of app downloads and millions of monthly visitors, BeenVerified is a leading source of online background checks and contact information and allows individuals to find more information about people, phone*



*numbers, email addresses and property records.*

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## 13 Most Shocking Celebrity Couple Affairs



[By Katie Gray](#)

In Hollywood, it's not always glitz and glam. We feel a bond with the actors and singers that we admire. In fact, it's almost as if we directly know them. Therefore, when there is a break-up or [celebrity divorce](#), we take it to heart. The [famous celebrity couples](#) we love will hopefully last forever. However; sometimes things have to fall apart so better things

can fall together in the future. This is the case with some of the most shocking [celebrity couple](#) affairs.

## Cupid has the 13 most shocking celebrity couple affairs:

**1. Tiger Woods and Elin Nordegren:** Arguably the world's most famous golfer, Tiger Woods is known for his scandalous affairs in addition to being a professional golfer on the green. Woods' voicemails on multiple women's answering machines were leaked, exposing his many indiscretions. He admitted to having cheated on his model wife, Elin Nordegren. The Ludacris song "Sexting" is based off of this scandal. The couple subsequently split, and she received \$100 million dollars from him in the divorce.

**2. Peter Cook and Christie Brinkley:** Famous American model and actress, Christie Brinkley, has been the All American Girl for decades. Remember her role in the movie *Vacation* as the red corvette girl? At 62 years old right now, she's still killin' it! She was married to Billy Joel and was even in his iconic "Uptown Girl" music video, and they have a daughter together – Alexa Joel. Afterward, she was married to architect Peter Cook until he cheated on her with an 18 year old, Diana Bianchi. This ended in celebrity divorce after 12 years.

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

**3. Kristen Stewart and Robert Pattinson:** This cheating scandal rocked the world and broke *Twilight* fans' hearts. Kristen Stewart and Robert Pattinson shared a romance on camera and off, during the famous *Twilight* series. However, while she was filming a movie on her own, photos of her and the director Rupert Sanders looking cozy were leaked, and she admitted the truth. He was married and 44 at the time, and she was 22.



Stewart and Pattinson later got back together, but then went their separate ways again. At least we can still watch them together in the vampire love story on screen!

**4. Maria Shriver and Arnold Schwarzenegger:** Everybody loved Maria Shriver and Arnold Schwarzenegger! They were American royalty because Maria Shriver is a Kennedy. It turned out that Schwarzenegger had an affair with their maid, and even a love child that was kept secret. The couple separated after 25 years of marriage and later divorced.

**5. Ethan Hawke and Uma Thurman:** Uma Thurman is known for her empowering female roles, like in *Kill Bill*. She was married to actor Ethan Hawke, when he had an affair with Ryan Shawhughes and later married her. The couple have two children together.

**Related:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**6. Jennifer Aniston and Brad Pitt:** Hollywood's golden couple used to be Jennifer Aniston and Brad Pitt. During the filming of *Mr. & Mrs. Smith*, which starred Pitt and Angelina Jolie, there was a lot of speculation that an affair happened between the two. It remains unknown, however; Pitt and Jolie began dating afterward the making of the movie and then married and have many children together. Aniston told *The Hollywood Reporter* last year, "Nobody did anything wrong.... It was just like, sometimes things happen."

**7. Eva Longoria and Tony Parker:** Eva Longoria hit it big time when she landed her role as Gabrielle Solis on *Desperate Housewives*, but she is far from being desperate. She's beautiful, inside and out. She was married to NBA star Tony Parker, when she discovered text messages on his phone from another woman. It turned out to be a teammate's wife, and the situation ended in a celebrity divorce. But, as the face of L'Oreal, we know she's still worth it!

**8. Sandra Bullock and Jesse James:** Sandra Bullock is one of

the best actresses in the industry. She is talented and plays diverse roles, such as starring in *The Proposal*, *The Blind Side*, *Gravity*, *Miss Congeniality*, *Hope Floats*, and many more. She was married to Jesse James, when multiple allegations from women came out saying they had been with him. Bullock filed for divorce. She was too good for him anyway! Her talent, beauty and kindness will continue to get her far in life.

**9. Sienna Miller and Jude Law:** You can't have a list of shocking affairs, without listing Jude Law. It was plastered all over the tabloids that the actor cheated on model/actress Sienna Miller with his children's nanny, Daisy Wright. He issued a public apology to her, and they went their separate ways.

**10. Tori Spelling and Dean McDermott:** Author and actress, Tori Spelling, is the daughter of Hollywood legend Aaron Spelling who brought us countless shows such as *Charmed*, *Beverly Hills 90210*, *Charlie's Angels*, *Dynasty* and *Love Boat*. She's married to Dean McDermott and they have children together. He had an affair, and Spelling documented it on a Lifetime show titled *True Tori*. They worked through their issues and are to this day married.

**11. Reese Witherspoon and Ryan Phillippe:** Oscar winner and America's sweetheart Reese Witherspoon was married to her *Cruel Intentions* co-star, Ryan Phillippe. Rumor has it that Phillippe cheated with Abbie Cornish, but there is no way to know if those rumors are true. Phillippe and Witherspoon did divorce, although they are raising their children together. Witherspoon continued to stay strong and *Walk The Line* and is happily remarried.

**12. Jason Aldean and Jessica Ussery:** Country superstar, Jason Aldean, is currently married to *American Idol* contestant Brittany Kerr. It is known that he was married to Jessica Ussery when they began seeing one another, and he admitted it was inappropriate. He divorced his high school sweetheart, and

last spring Aldean and Kerr were married.

**13. Ben Affleck and Jennifer Garner:** The most recent incident to break our hearts is the separation of Ben Affleck and Jennifer Garner. There are allegations that he cheated with the nanny. Garner stated she didn't hear about that until after they were separated. They are remaining friends for the sake of their three children.

**What are the most shocking celebrity couple affairs in your opinion? Share your stories below.**

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## Dating Advice: Love the Way You Search For Love With Online Dating





By [Michelle Foti](#)

Imagine standing in a crowded bar with the music blasting, the lights down low, someone's drink spilled on you, and a bar fight breaking out five feet away. Definitely not the way to meet the man of your dreams, is it? Your quest to find your knight in shining armor is not looking too good, so why not just stay home curled up on the couch with your computer on your lap and search for a guy online?

If your fear of being catfished (remember [Manti Te'o?](#)) is stopping you, just wait until it's last call and the lights come on. Did he really have a biker ponytail and face tattoo the whole time? Online dating can save you so much time and money while you search around for someone you really like. In addition, you will be able to research potential matches, have time to plan your responses, and use actual science to help you find matches.

A great way to start online dating is by trying out a few sites and seeing which you like best. Luckily, reputable sites like these that also offer free trials can be easily found [at DatingAdvice.com](#). By signing up for these free trials, you can

usually peruse others images, profile text, and sometimes even contact them. Either way, you will be able to choose a site that you are most comfortable with and that matches your dating goals.

## Dating Advice: 5 Advantages to Online Dating Over the Bar Scene

**1. Cool, confident, collected:** If your face turns red, you look down when you talk, or you get sweaty palms when you're nervous, it sounds like you may not make the best first impression on the guy at the end of the bar. One of the many perks of online dating is that it takes that pressure off. After you've messaged someone on a site, you can start texting and even talking on the phone. It's a process of communication and can take as long or as short as you both want before meeting in person. When you're ready to talk to him, you can be cool, confident, and collected. You can even have stock conversation ready to go next to your long list of cute and witty comments. Moreover, you can even take your time to plan your wardrobe, whether you want to be sweet and sexy like [Jessica Alba](#) or New York City Chic like [Kelly Ripa](#).

**2. Take a second and think about it:** Think about whether or not you can see yourself with this person. Is this the man you imagine in first date selfies, engagement photos, and standing at the altar? Online dating allows you to take your time to decide on these important factors. There's no last call on a dating site.

**3. Check him out without him knowing:** If he catches you checking him out in person, he may take this as an invitation to approach you. But when you search for love online, you can decide first whether or not he's your type for reasons that stem beyond his perfect hair and rock-solid chest.

**4. Investigate thoroughly:** When you meet someone at a bar,



you won't know until you get home (unless you take your smartphone to the bathroom), who that person really is that you are spending your time talking to. When you date online, you have more time to take his name and plug it into Instagram, Facebook, or even Google away. You can find out more than his relationship status including any criminal history, if he has a job, if he has kids: all things that are important to know!

**5. Matchmaking science, not vodka:** This time it's not your drunken best friend pushing you into the arms of disaster, but a matchmaker and science pushing you into the arms of love. It's not about who is checking you out, who bought you a drink, or who the last man standing in the bar is, it's about compatibility. There are even studies that show that online daters find someone within 6 months of going online, so any cost you do decide to spend is actually reasonable.

**What benefits of online dating have you experienced? Share in the comments below!**

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## **Relationship Advice: Author Kira Asatryan Talks Loneliness and Relationship Problems**





Interview by [Emma Malefakis](#). Written by [Mary DeMaio](#)

Everyone experiences loneliness at some point in their life. Loneliness isn't just something that happens when we are physically separated, but can also arise in the presence of others when we fail to build strong connections. The new self-help book by certified relationship coach Kira Asatryan, gives readers [relationship advice](#) on how to create closeness to fulfill human interaction. Her book, *Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships* suggests many helpful approaches for satisfying long-term relationships, as well as casual companionship's through knowing and caring for others. In this exclusive author interview, Asatryan talks about how closeness is established on a deeper level to understand people from their own perspective.

**Author Opens Up On Best Relationship Advice When Feeling**

# Lonely

**To start, we love the premise of *Stop Being Lonely*. Can you give us some background on what inspired you to write this book?**

I have been interested in the topic of loneliness for years because I have experienced a lot of it myself over the course of my life. I found it really frustrating and confusing mainly because I have always had relationships with people and always had people in my life, so I didn't quite understand why that wasn't enough to make me not feel lonely all the time. That is why I wanted to explore the distinction between having people in your life and having a certain quality in one's relationship.

**Related Link:** [Kate Gosselin Reveals She's Lonely on Dr. Drew](#)

**What do you feel the primary cause of loneliness is in our culture?**

There are a number of things that have made it so that people are becoming lonelier. The trends say that the amount of people feeling lonely is increasing. It is up 30 percent over the last couple of years. One thing that is sort of crazy to me is that we have more and more access to each other than we ever had before through technology specifically. It is an interesting counter-intuitive thing that we have more access to people and yet loneliness is increasing.

**How would you say online dating impacts loneliness in a relationship? Can you explain if it sets a precedent for communicating only via email/text?**

Online dating is starting to be studied in depth both how people use it and how it is affecting people. At this point, the results are that online dating is just really complicated. Both men and women are struggling with how to interact with

each other over these mediums. I think you are right, it does set a precedent of leading these relationships through text, email and messaging. One thing we do know is that you cannot get very close to somebody unless you interact with them in person.

**Related Link:** [Relationship Author Daisy Buchanan Shares Her Dating Advice For 'Meeting Your Match' Online](#)

**You mention that the cure to loneliness is closeness. Can you explain how closeness would cure loneliness in a romantic relationship?**

In the social science world, people tend to typically say intimacy when they are talking about romantic relationships. To me, intimacy encompasses what I define as closeness and also the sexual component. I talk mostly about the closeness component because it applies to more relationships than just your sexual relationship. Closeness, as I define it, is direct access to another person's inner world. I say that it is the antidote to loneliness because the kind of loneliness that we are experiencing these days is not really a lack of people, it is a lack of feeling like we can really understand each other and that we are really valued by the people in our lives. So closeness kind of minimizes that internal distance that we are feeling, which creates the feeling of loneliness.

**What advice would you give to a couple who has relationship problems and is struggling with loneliness?**

Loneliness in romantic couples is challenging because if you are already in a committed relationship, say a marriage, you have to start at a different place than you would if this was a new person that you just met. In general, I say people should create closeness by knowing and caring. Knowing means getting to know the person on a deeper level and understanding them from their own perspective. Caring means showing them that you are interested and that you matter to them. For

couples who are already married or in a committed relationship, I would start with the caring part because the couple that has been married for 10 years would typically say we know everything about each other. Whether or not that is actually true, that is what they believe. Caring and showing the other person that you appreciate them or support them can really diminish quickly in a marriage, so bolstering that side of it up can make a huge difference.

**What dating advice would you give to someone who is holding out and not dating because they haven't met anyone who has all the criteria on their checklist?**

I would say that there is value to taking that step to meet someone in person if you are at all interested in them. Don't go into a date prepared that the other person might be totally terrible and you might regret doing it. My relationship advice is to view it as an opportunity to get to know the person, especially if this is an online situation. It is basically impossible to know if someone is a good fit for you on deeper level through the online stuff. So as painful as it can be, if you can get yourself out there to meet them, I think that is the right thing to do.

Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships *is available now on [Amazon](#). For more on Kira Asatryan visit the [Stop Being Lonely website](#) and check out Kira's twitter at <https://twitter.com/kiraasatryan>.*

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## **Dating Advice: 4 Signs He's**



# About to Say 'I Love You'



[By Katie Gray](#)

Love is such a beautiful thing. When you're in a new relationship, there's no doubt that it's an exciting time, as we get to truly know the other person we have developed feelings for. That being said, there are also tons of thoughts swirling around your head. A big one is, "When is he/she going to say 'I love you'?" Cupid has some [dating advice](#) on how to look for signs that he's about to utter the L word.

**This [relationship advice](#) is sure to help you as you navigate your way**

# through the journey of love!

Whether you feel like your partner is about to say they love you or if you just think they might, there are signs to tell if they really love you and are going to stand the test of time. Cupid has some dating advice on the four signs to look for:

**1. He's spending tons of time with you:** A sure sign that he's going to confess his love for you is if he's spending a ton of time with you. Guys don't eagerly spend time with people who they don't have strong feelings for. It's for sure a sign if he's busy, but still makes time for you. If he's the one initiating the get together, you know he cares and is on his way to saying those three words that mean the world!

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

**2. He displays sweet gestures:** When your partner is making a lot of effort and is giving you random acts of kindness, you know that they care and are a keeper. When they cherish you, they make sure to display sweet gestures for you. It's a definite sign that he likes you and is going to say "I love you'" soon. Why would they put in effort if they didn't care? When they go out of their way to do something, it's because they genuinely care.

**3. He can't keep his hands to himself:** Take a cue from Selena Gomez's hit song. When your partner wants to always show affection, hold your hand, run their fingers through your hair, kiss you and hug you, it's a sign that they're most definitely falling for you.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**4. He remembers everything:** When people remember things you

have said or done in the past, it's because you know they truly care. People don't remember things that don't matter to them. If your partner remembers dates, like the firsts of the relationship, it's because they do care deeply for you.

**What are some signs you knew your partner was about to say 'I love you?' Share your stories below!**

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## **Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles**





By [Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

## **‘Newlywed’ Couple Talks Celebrity Relationship Struggles in New Celebrity Interview**

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a

public celebrity relationship. Sharing their first year as newlyweds with America has actually brought the famous couple closer! “We have this journey we’re going through together,” Tara says. “We can talk to one another about certain things with the show that we couldn’t necessarily talk to another person about....It’s nice to have someone to share it with that you’re married to or you’re close with.”

For this duo, their daily tasks are filled with laughter because of one another. In fact, laughter is one of Rob’s favorite things about their famous relationship along with how much time they spend together. “I’ve never been in any relationship, married or otherwise, where we spend so much time with one another out of choice,” Rob says. The laws of attraction do not even scratch the surface of the marriage.

“In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her,” the *Newlywed* star says. “For instance, today she’s cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I’m working out.”

With a bond that seems unbreakable, Tara attests to how deep their connection runs. “For me and Rob, I feel like we’ve had many lifetimes together, so the minute I saw Rob I felt like our souls were just reconnecting again and it was a really beautiful thing,” she says.

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

As newlyweds, the happy celebrity couple are no strangers to relationship problems. For the pair, struggle most typically comes in the form of family. “We have had a lot of issues just with the importance of family and the Persian culture,” Tara reveals.

“Although family is important in Rob’s life as well, he kind



of picks and chooses who he wants a relationship with and who he doesn't. For me, it's like you don't have a choice. You are going to be respectful and fake it with family members that you don't always necessarily get along with."

And although they've had their marriage problems, one thing that the famous couple not only loves to do but also helps their relationship grow is asking questions: date night questions. When they're on a date night and the conversation lulls, they like to ask each other questions about the relationship to make sure that it is growing and healthy. "They're questions, like for example, what do you feel like you should be acknowledged for," Tara says. "Or what would you like to be appreciated for? Is there anything that I haven't allowed you to say yet, something like that," Rob added. "They're helpful. Keeps the marriage strong."

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do have these date night questions, it's like a safe zone," Tara says. "There's no judgement around it, there's no hurt. It's just two people being upfront and real and being able to walk through a problem with one another." Rob's relationship advice is to just appreciate each other on a daily basis. "Of course there are those days that we bump heads," he says. "We disagree on things, we go off on our little spats with one another. But for me, it just comes back to appreciating each other." Even in the strongest of marriages, it isn't all smooth sailing. Rob says that in these situations, the love they share conquers all. "We're both so in love with each other, when we start stabbing and fighting I try to take a breathe and go 'You know what? Let's get through this fight because what we have is so special and the love that we have for each other is so important,'" Rob says.

**Related Link:** [Five Ways To Cope With A Relationship Breakdown Just Like the Celebs](#)

Before the celebrity couple exchanged vows, they had an interesting start. Tara worked for Rob for three days. “I remember I looked into his eyes and I was like, ‘Oh my God, this is the man that I’m going to spend my life with. This is the soul I am supposed to be with.’ And I just knew I wanted to be with him,” Tara says.

Although they’re newlyweds, neither Tara nor Rob are new to marriage. “For me I learned what I don’t want in a partner from having a previous marriage,” Tara says with a laugh. “I knew exactly what was making me unhappy, so coming into another relationship, it was nice to feel happiness again. I know how I should be feeling now in a relationship,” Tara says. In our celebrity interview, Tara reveals that she loves the quirky things Rob does and he just loves being around her. Both Tara and Rob treasure the relationship they share.

“The exit door is not one I want to go walking through quickly because I’ve walked out through the exit door before,” Rob says. “It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have.”

*You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](https://twitter.com/robradcliffe180) and [@tara\\_radcliffe](https://twitter.com/tara_radcliffe) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.*

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## **Relationship Advice: 10 Actresses To Look To For Guidance**



By Katie Gray

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

**Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:**

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering

women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. [Kate Hudson](#): This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

**Related Link:** [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. [Mila Kunis](#): *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. [Jennifer Garner](#): This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories? Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

**Related Link:** [Lessons From Jennifer Garner and Ben Affleck](#)

5. [Reese Witherspoon](#): As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband

Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the perfect example of having a career and making love the second time around work.

6. **[Jennifer Aniston](#)**: Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent [celebrity divorce](#) from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. **Julia Roberts**: Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together. Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. **[Angelina Jolie](#)**: The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. **[Gwyneth Paltrow](#)**: Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit



band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

**10. Tori Spelling:** Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

**Who are your favorite actresses to look to for guidance? Share with us below!**

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## **Dating Advice: Authors of 'The Marriage Test' Reveal How To Confirm Compatibility Before Vows**





[By Mary DeMaio](#)

Perhaps one of the most important decisions you can make is deciding who that special someone should be waiting at the end of the aisle. In the new self-help book by Jill Andres and Brook Silva-Braga, the couple shares their best [dating advice](#) on the issues that can strengthen or terminate a relationship and love prior to their union. Their book, *The Marriage Test: Our 40 Dates Before 'I Do,'* is designed to test the depth and durability of the relationship to see if their love can survive real life scenarios through 40 simulating challenges. This book is sure to give you a few interesting date ideas! In this exclusive author interview, the duo talks about their dating advice to confirm compatibility before proclaiming any VOWS.

## **Relationship Authors Open Up On Best Dating Advice Before Saying 'I**

# Do'

**To start, we are so excited for your new book! Can you give us some background on what made you decide to open up about your dating experiences?**

**Jill:** After dating for several years, we reached a point that a lot of couples face: You really love each other, but it's hard to know if you should get married when the things that cause problems – sharing finances, raising a family – you don't typically face when you're dating. So we came up with activities to test ourselves and our relationship before making that big decision. We learned so much going through this test that we thought other couples could benefit from hearing our story!

**Related Link:** [Relationship Advice: Authors of 'The Marriage Boot Camp' Reveal How to Build A Rock Solid Relationship and Love](#)

**What made you choose forty dating challenges, not more or less? And how did you decide what obstacles you should do together?**

**Brook:** It could have been more or less but 40 gave us a chance to try lots of different things in a lot of different categories. We started by thinking of ways to simulate some of the problems married people face—*Oh we could swap credit cards*—and then when we started telling people about the idea they all had their own suggestions for dates to try.

**In what ways do these dating challenges prove that you are compatible with someone? Can you explain which one is the most beneficial in strengthening a relationship?**

**Jill:** More than anything, they show your willingness to work through hard things because the activities are designed to cause tension. We cut our budget in half for a month and it

really stressed our relationship more than we thought it would. But it also helped prove that we could get past that tension and still want to be together.

**Related Link:** [Four Dates and a Wedding](#)

**I'm sure you have some interesting stories from trying out all of these dates! Can you each describe a funny or unusual situation that you found yourself in on these dates?**

**Brook:** We did a date where we went out with each other's exes and both those afternoons were memorable. First, we went out with Jill's ex-boyfriend and he spent the whole lunch talking about how he'd never met anyone as good as Jill—I was afraid he might try to take her back. Then, we went out with my ex-girlfriend and she spent an hour and a half explaining why her husband is better than me. I was glad when that date was over.

**Jill:** We spent a week trying to simulate having a newborn and not letting ourselves sleep for more than three hours at a time. Then we'd have to finish a chore like doing laundry or cleaning our bathroom. By the end of the week I was a walking zombie, barely able to get through the day. It wasn't so funny at the time but it's funny to think back on.

**After going on these 40 dates, we have to ask...How do you both feel these marriage tests prepared you for your own marriage?**

**Brook:** I really think they prepared us well. They forced us to discuss some awkward stuff that otherwise we would have avoided as long as we could. Instead, by the time we got married, we had worked through lots of hard stuff—like what religion we'd raise our kids and how we would change our last names—it made our first year of marriage pretty worry-free.

**Our visitors are always looking for advice on how to make the most of their personal lives. So what advice would you give to couples who are struggling to keep the spark alive in their**

**relationship?**

**Jill:** In a word: communication—do more of it. As for the sexual spark, we did a couple fun activities people can try. For a week we dared ourselves to have a different kind of sex every day—it was a good way to get out of old bedroom habits. We also did a date called “Sex Seen,” where we agreed to re-create every love scene we saw in TV and the movies.

**On the other hand, what message do you have for readers who are struggling to break up with their partner, even though they know it’s the right thing to do?**

**Jill:** Be brave. Ending up with someone who isn’t the right fit isn’t good for either partner. It’s better for both of you to break up sooner rather than later and start moving on. Plus, imagine how painful it would feel to your partner if they found out you’d been considering breaking up with them for a while.

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

**Brook:** It’s hard to be honest with yourself and your partner about the shortcomings in a relationship. Especially for a couple who are serious enough to be considering marriage. Your lives are so intertwined that the possibility of breaking up is really scary. But our love advice is that we think it’s much better to honestly confront those things now than pushing them off or wishing them away.

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

**Jill:** We’re inviting other couples to try some of the dates and tell us how it goes—their stories are being published on our blog. You can go to [themarriagetestbook.com/quiz](http://themarriagetestbook.com/quiz) to get some date suggestions.

The Marriage Test: Our 40 Dates Before 'I Do' *is available now on [Amazon](#). For more on Jill Andres and Brook Silva-Braga visit The Marriage Test [website](#) and check out Jill's Twitter at <https://twitter.com/jillyjill7>.*

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# Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV



By Katie Gray



Queen of reality TV and seasoned executive producer, SallyAnn Salsano, is known for producing hit reality TV shows like *Jersey Shore* and *Party Down South*. She is also the founder and president of 495 Productions. In our [celebrity interview](#), Salsano talks about her new series that premiered on Jan. 8, *Ex Isle*, which is a groundbreaking series where five on-again, off-again couples endure extensive therapy in order to break free from those toxic relationships and love. The show is centered around the expert relationship advice from therapist, Dr. Ish Major, who counsels the couples through their time on the island.

## Reality TV Producer Talks Relationships and Love

While *Ex Isle* revolves around exes and toxic relationships, the executive producer is actually happily married. In our celebrity interview, Salsano says that she believes that “balance is key.” When you’re a busy EP on a few successful shows, your schedule can get pretty tight. Salsano has to travel a lot for work, but she thinks that it is actually beneficial. “Some space is healthy and can strengthen many relationships,” she says. “I think the key to a good relationship is to be honest about who you are and upfront about your lifestyle.” Her dating advice is to “enjoy the time you spend together and be present.”

## Celebrity Interview: Executive Producer Talks Reality TV

Getting over an ex is not easy, which is where the idea of *Ex Isle* came about. “I think we have all been there or lived it,” Salsano says. “It’s one of the most relatable shows I have been a part of.” Salsano wishes that watching the show will help people realize that they are not alone. “We’ve all stayed

in relationships too long for one reason or another. If you are not in one, it's likely one of your friends are," the executive producer shares. Viewers who fall into this common category get perspective while watching the show and their relationships can grow from it.

The reality TV guru says, "Imagine trying to get over someone by getting under someone else. Now add in that person you're trying to get over right there watching it all unfold, AWKWARD." That is essentially what *Ex Isle* is all about. The show deals with both sides; people diving into their temptations of old comfortable relationships and the flip side of being curious about new relationships and being pulled in that direction. The show proves to be especially beneficial to couples who are constantly on-again and off-again. "You aren't in a relationship, but you're so emotionally closed off that you can't meet anyone new," Salsano says. "The sad part is most people don't realize it and they waste a ton of time." *Ex Isle* is sure to open up new doors for people so that they can grow.

**Related Link:** ['The Ex and The Why' Producer SallyAnn Salsano Says Everyone Has Been in "Some Kind of Screwed Up Relationship"](#)

As an executive producer for reality TV, Salsano knows that people are curious how real the show is and wonder, "What if nothing happens?" However, the people on the show are what ultimately determine the success of the series. If the audience likes watching them then it will be a success. "Casting is key and an interesting process that we never rush or take lightly," Salsano reveals. The reality shows Salsano has worked on often involve many emotions and relationship dynamics. "Just like life, it always manages to get done," the producer says. "I am filming what they are actually doing and feeling, as it's happening." While working in close boundaries, cast and crew members often get emotionally attached as they get to know one another – it is inevitable.

As Salsano says, “It’s hard not to develop relationships with people.” This is especially true in the workplace, because you become sort of like family. “I’ve been so lucky to work with so many amazing people and networks I love,” she says.

**Related Link:** [Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, “Love Handles”](#)

Salsano’s famous show *Party Down South* is coming to an end soon. She explains, “If it were up to us I would have kept the party going forever. We are grateful to have had the opportunity to create this show and introduce the world to both casts.” She noted, “It was life changing for us all (but the party will always be going on with this group).” Her exciting future projects include: another season of *Blue Collar Millionaires* that is coming up on CNBC, producing several *True Life* episodes on MTV and a new show on Lifetime called *The Mother/Daughter Experiment: Celebrity Edition* which will premiere March 10.

Be sure to tune in to *Ex Isle* on We TV on Friday’s at 11/10c. You can keep up with Salsano’s many projects on Twitter [@sallyannsalsano](#)!

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## Relationship Advice: 5 Benefits To Being Single On Valentine’s Day



By Katie Gray

Valentine's Day is a celebration of love, but that doesn't mean you have to be in an intimate relationship to embrace and celebrate. Relationships and love are great, but don't be upset if you haven't found the love of your life yet and find yourself single on this V-Day. Look forward to the fact that this means that your Prince Charming is on the way, and think about the future romantic relationship you will have. Many [celebrity couples](#) and celebrities who are dating around (nothing serious) are celebrating in a variety of ways, so look to them for [dating advice](#) on your situation. Being single isn't a bad thing! In reality, Valentine's Day is just like any other time of the year, so you shouldn't be feeling down. Instead, channel your energy into giving love and light to the people in your life who you truly care about. All of your family and friends in your life are your true Valentines!

# Relationship Advice: Cupid has the 5 benefits to being single on Valentine's Day:

**1. No pressure:** If you don't have the hassle of making reservations, you can do whatever your heart desires, and you don't have to buy anyone gifts if you don't want too. Simply put, you don't have to stress or deal with anything; it's all on your own terms.

**Related Link:** [Celebrity News: Check Out Rebel Wilson's Video Valentine's Day Message To Justin Bieber](#)

**2. Time for your loved ones:** Why spend Valentine's Day with some date you don't want to really be with or mope around at home alone when you can spend the holiday with your loved ones! This is the perfect day to remind your family and friends how much you love them and enjoy their company. Just because you're not in a romantic relationship on Valentine's Day, doesn't mean you're alone! Always remember that.

**Related Link:** [Celebrity News: Kourtney Kardashian Says She's Not A Dating Person](#)

**3. Personal reflection:** While there is no pressure or stress when you're single on Valentine's Day, you also have the added bonus of being able to reflect and evaluate your life. Figure out what your goals and passions are and come up with a map on how to achieve them. Determine what type of relationship you would like in the future and what qualities and traits you are seeking. Most of all, just focus on your own personal reflection in terms of love, career and life.

**4. More chances to find your true soul mate:** Anything can happen anywhere at any time. Valentine's Day and the future is just another chance for you to find your real soul mate. Don't

feel pessimistic on Valentine's Day, feel optimistic that you have something to look forward too!

**5. It's all about YOU:** Being single on Valentine's Day comes with the perk of making it all about you! Buy yourself something nice, and eat whatever you want. Do whatever activity makes you happy and surround yourself with all of the things and people you love. This could be taking a bubble bath, eating chocolate, reading a book or enjoying your favorite meal.

**What are the benefits you have had being single on Valentine's Day? Share your stories with us below.**

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## **Relationship Advice: "Don't You Dare Valentine Me"**







By Mario P. Cloutier and Diane Sawaya Cloutier

We were at an airport recently, waiting in the gate area for our flight to board when an incident inspiring [relationship advice](#) presented itself to us. Sitting close by was a middle-aged woman who was literally unloading her romantic life frustrations on a lady, whom we hoped, was a friend of hers. She kept lining up one anecdote behind another about how insensitive her boyfriend was to her. With no apparent shame, (she was so loud that we wished she could have been the gate attendant giving us the flight status information) she carried on describing how “her guy” seemed to get a kick out of giving her stupid gifts and cards on special occasions. She said, “For my last birthday, he gave me a card that said, ‘Old age has its benefits. You can now have all your meals in a cup to go.’ and the accompanying present was a plastic cup with a straw and a set of fake dentures.”

**And just as we both thought we had**

**heard everything there was to hear, the poor woman dropped the bomb on us. She said, “Now with Valentine’s day just around the corner, I soooo much hope he will spoil me with something decent, you know... Something that will show how much he loves me. I just want to feel loved!”**

We exchanged looks for a moment, probably debating for a flip of a second if one of us should jump in the conversation, when all of a sudden we were gracefully saved by the bell. Our group had been called and it was time to board.

Of course a lot could be said about that story and the lady in particular. But in spite of it all, what it really triggered and reminded us, was how much importance many people tend to put on Valentine’s Day, and how they literally place it on a pedestal. For several, it doesn’t matter how dysfunctional the relationship may be the rest of the year, as long as when February 14th comes along, “I get spoiled and the whole wide world gets to see HOW MUCH I AM LOOOOOVED!”

### **Relationship Coaches Share Relationship Advice on Valentine’s Day**

**Here’s the 1st part of the whole Valentine deal:**

There is nothing wrong with having one or more calendar dates that remind you when it all began or how blessed you are to have each other. In fact, that’s what it boils down to – individuality and specificity. It’s something that shouts loud

and clear that this relationship of yours is special, and, it is your own. It's not Cupid's ...

Love is not about conformity. Love is individual and specific.

### **Here's the 2nd part of the whole Valentine deal:**

If you've not shown me in the past 364 days, through your day-to-day small attentions, talks, gestures and overall affectionate behaviour that you love me and cherish our relationship; or if we've just started going out and your only smart and funny way to show me your love is with some sort of boneheaded gift or card, I'm telling you right now...

**"DON'T YOU DARE VALENTINE ME!"**

*Authors, relationship coaches and [HuffingtonPost](#) contributors Diane and Mario Cloutier found each other in 1998 after they both had experienced unfulfilling relationships. Their new book, [ReLovenship™ – Look Within to Love Again!](#) (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find "the one." Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's ReLovenship™ book and seminars. For booking inquiries or to learn more about the authors, go to [ReLovenship.com](#).*

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**Relationship      Advice:      10**

# Emotional Stages of Being in a New Relationship



By Katie Gray

New relationships are fun and romantic. It's exciting to get to know someone you care about on another level outside of your friends. It's nice going on dates, laughing, and then talking about it with your friends and family afterward. Our emotions vary during this new stage of a relationship. Cupid has some [relationship and dating advice](#) to help you navigate and understand these emotional stages of being in a new relationship.

# Check out Cupid's [relationship advice](#) about handling the 10 emotional stages of being in a new relationship:

**1. Bliss:** The early stages have you feeling nothing, but complete bliss! You and your partner are so happy and positive. In the beginning, you haven't fought yet and everything is so new and blissful.

**2. Honeymoon Stage:** The honeymoon stage of a new relationship is exciting! Everything they do makes you happy, you want to spend every minute with them, and when you're not around them you wish you were. It's good to take this special time in, so that you will remember the good times of the relationship when things get hard during the tough times. Enjoy the honeymoon period while it lasts!

**Related Link:** [Cutest Celebrity Couples in Young Hollywood](#)

**3. Fear:** A natural emotional stage of a new relationship is fear. You know that all good things must come to an end, and you really don't want this relationship to head in that direction. Sometimes you will get nervous about the thought your new partner not being in your life anymore. But don't worry – just have faith in your relationship and cross that bridge if/when you come to it.

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

**4. Overthinking:** Overthinking and over-analyzing every situation sometimes comes with the territory of having a new relationship. It's completely natural to overthink, because you care, and your concern is coming from a good place. The best relationship advice is to try to keep your thoughts from

consuming you. Don't stress or focus on it. Just keep living life, and stay in the positive!

**Related Link:** [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

**5. Investigator:** It's natural to want to play the role of private investigator when you're in a new relationship. Perhaps something happened that has you thinking your partner isn't being honest to you, so you want to know for sure. The best dating advice is to know that these urges are normal, but that the best plan is to communicate fully with your partner first. Don't jump to any hasty conclusions.

**6. Funny:** If you can make your partner laugh, they will love you forever. As Audrey Hepburn once said, "Laughing is the best calorie burner." Enjoy this fun stage of a new relationship, where everything your partner says and does makes you laugh and amuses you.

**7. Paranoid:** The downside to caring about someone, is that you will do anything for them and you don't ever want to lose them. You've grown so close and cannot envision your life without them. It's normal to be a little paranoid, because you didn't think you could ever be so happy and in love. The relationship advice we can offer, however, is to push your paranoia aside and know that you do deserve to be that happy.

**Related Link:** [Dating Advice: How to Get Out of the Friend Zone](#)

**8. Realization:** A big stage in a new relationship is the realization of everything. You realize that you enjoy being in their company so much, and you discover so many things about them including their likes and dislikes. You realize how much you really care about them.

**9. Accomplished:** Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities



you're participating in, the things you're learning, the plans that you're making and so forth.

**10. Happy:** Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

**What are your experiences with the 10 emotional stages of being in a new relationship? Share your stories with us below.**

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## **Relationship Advice: What Makes a Marriage Strong?**





By Dr. Jane Greer

Actor Hugh Jackman's marriage to Deborra-Lee Furness has stood the test of time. He recently appeared on *The Ellen DeGeneres Show*, where he spoke fondly of his wife saying, "it gets better and better" with time. This [celebrity couple](#) has been together for more than 20 years, and are a perfect example of a couple making marriage succeed. It's heartening to hear, especially in Hollywood where there are a lot of exit opportunities as well as added stressors that can tax any relationship. So what's the secret (or [relationship advice](#)!), for them and for anyone who manages to have a marriage with mileage?

**How do two people love and respect each other, learn to work through conflicts and problems, and maintain intimacy, attraction, and**

**desire for the long run? The bottom line is, how do you make it strong so that it lasts? Check out this [relationship advice](#).**

### **Appreciation.**

Many things go into keeping two people together for the long haul, but there are four core ingredients that stand out to me as important in keeping that union humming. The first is appreciation. I can't stress its power enough. Being grateful and recognizing the things your partner does for you, and the TLC they give you, can go a long way. Without realizing it, you can get used to all that and, as it becomes part of your average day, you might stop noticing it and even take it for granted. But you want to start taking the opportunity to show your spouse that the things they do for you mean a lot. It is a real chance to build and strengthen those fibers that go into constructing the fabric of your connection. Oftentimes in my office I hear one partner express how angry they are about the things the other partner doesn't do. However, when I help them change their expectations to see who their partner really is instead of who they want them to be, it allows them to stop seeing their spouse coming up short and instead to see them as tall, looking up to them for the support they do show. It enables them to feel lucky that their partner is there for them by focusing on what they do rather than what they don't do. It makes all the difference.

### **Consideration.**

Another important ingredient is consideration. It isn't that you always have to agree with your partner, or do just what they say, but to let them know that they are important to you and are being considered when you're deciding to do something.

If you're planning to go out with your friends on Friday night, check in and make sure it works for your spouse instead of just telling them. That way they will feel considered and probably tell you to have a good time. If you simply announce what you are doing they are likely to feel abandoned and might become angry. The goal is to avoid resentment building because it then turns into bricks that will make you feel divided, keeping you apart rather than feeling on the same team. By considering each other's needs, and knowing you are each part of the equation when it comes to making plans and choices, you at least leave room for both of you to voice your preferences before making the final decision.

### **Acknowledgement.**

The third key factor in a successful marriage is being able to acknowledge the other person. I can't tell you how often I sit in my office hearing one person complain that when they talk to their partner at home the other person doesn't answer them, doesn't look up from their computer, doesn't look at them directly, so basically they feel ignored. Consequently, the first person winds up either repeating themselves because they haven't felt heard, or asking in an annoyed tone, "did you hear me?" It's really important to pay attention and convey to your partner that you are listening when they talk to you. A simply okay, fine, I get it, I hear you, that works, any verbal acknowledgement as well as looking at them goes a long way. Even if you disagree with what they are saying, you can reply, "well, I don't necessarily agree, but I do hear what you're saying, and we can talk about it at another time." This will prevent one person from feeling ignored and neglected, and the other person from feeling nagged and badgered by their partner's saying the same thing over and over.

### **Laughter.**

Finally, laughter. It seems so obvious and simple, but it has such tremendous healing power. It takes effort to keep up with

all the communication, appreciation and everything else in your daily lives, and all that work needs an antidote – which is laughing together because it creates instant intimacy. Developing a Morse code with a shared joke or funny expression is a default button that can diffuse the heat of any argument, and give you a chance to let it go and clear the resentment rather than letting it turn into a big deal. When you're married you learn you have to pick and choose your battles, otherwise there are so many things to go to the mat over, and you need a tool that says this is not that important, let's laugh it off. You can then revisit the more important issues later to address them in a serious matter.

If you are able to keep these four very potent techniques in mind and you begin to use them regularly, you're likely to find that you and your partner start to feel happier with each other.

The key to a positive marriage is to feel that your spouse has your back and is looking out for you, and they know that you always have theirs as well. It certainly seems that Hugh and Deborra-Lee have their secret to making their marriage strong.

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## Celebrity News: Time Travel with 'How To Be Single' Stars





By Marc Malkin

Get ready to do a little time-traveling with the stars of *How to Be Single*, an [E! News](#) exclusive.

In latest [celebrity news](#), when we sat down with [Dakota Johnson](#), [Rebel Wilson](#), [Leslie Mann](#), [Alison Brie](#) and Anders Holm to chat about their new romantic comedy, we decided to test their dating knowledge with a game of fill-in-the-blank.

We gave them [dating advice](#) for women that was featured in a magazine in 1938, but left some of the words blank. Let's just say things spiraled out of control with hilarious (and



sometimes gross!) talk about farting, condoms and more.

Check out the video above for all the LOLs.

**Related Link:** [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

In *How to Be Single*, Johnson plays a paralegal who has split from her longtime boyfriend in order to experience life on her own. Wilson is her hard partying BFF and Mann is her workaholic doctor sister. Brie plays a woman determined to find a husband through online dating while Holm is the womanizing owner of a local bar.

*How to Be Single* is in theaters on Feb. 12.

How do you spend your time when you're single? Let us know below.

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**Relationship                      Advice:**  
**Understand What You Don't**  
**Want**





By Venus Rouhani

If we are truly going to know and, eventually, accept ourselves for who we are, it's crucial for us to have clarity not only on what we value, like, and enjoy, but also on what we don't—and ask ourselves why. Probing our dislikes helps us discover what are our deepest values. This is essential because self-awareness and self-acceptance are key parts of the foundation of all successful relationships. In an interview with *Entertainment Tonight*, Will Smith was asked how he and his wife, Jada Pinkett Smith had managed to have a successful 20 year marriage. His [relationship advice](#) was, “If there is a secret I would say it's that we never went into working in our relationship” ... “We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously.”

**Relationship Advice: Your self-knowledge deepens when you**

**recognize what you do not want and helps you realize what you do want and need in a long-term relationship.**

### **Improve Self-Awareness**

Through this process, as you keep learning more about yourself, your self-awareness also increases. Without this self-awareness and admitting to yourself who you really are, you'll keep chasing relationships with partners with aspects of their personalities that, in fact, you do not want.

You may not be willing to admit to yourself what you don't want for the fear of what that reveals about you. If instead of being honest with yourself you pretend, then you and your partner are going to pay the price in the long run and find yourselves in an unhappy relationship. You cannot hide your true self from your partner forever, so it is best to never start.

### **Create A No-No List**

For example, your list of wants might include a desire for a supportive, funny, and good-looking partner. But, those qualities do not particularly tell you much about your personality. However, when you make a list of the traits you don't want and cannot tolerate in a partner, such as being needy, controlling, stingy, sexist, or egotistical, and then elaborating further on those traits you get much closer to revealing your true self. The same handsome, funny, and supportive person could also be needy, a know-it-all, controlling, or so on. If any of these personality characteristics are among your deal-breakers, your relationship with this person will end up being joyless and

unfulfilling. By having carefully defined your deal-breakers, or what I call your No-No List, you can eliminate those people with whom a relationship with will cause heartbreaks and unhappiness in the long run.

## **A “No” Reveals A Lot About You**

When you state that you don't want someone who is needy or who doesn't trust you, that reveal that you value independence and individuality and hate to be on a “short leash.” You may want to be there for someone, but you don't want to be the one person your partner relies on to do it all. It can also say that you want a relationship in which both of you express your individuality and both of you are capable of taking care of your own selves.

## **Embrace Labels**

Also, be aware that a trait that one person might think is your most shallow quality, another person might believe as simply practical. While one person may believe the things you don't want make you flakey, another person might see you as a free spirit. Don't be afraid of labels. The purpose of creating a list of the things you do not want is not to judge you or to blame you.

*Venus Rouhani is a renowned psychotherapist and author whose approach to relationship counseling emphasizes the importance of using the rational mind to guide the desires of the heart. Specializing in pre-relationship, pre-marital, couples, and family counseling, Venus encourages those looking for love to develop a deep understanding of their non-negotiables as a foundation for lasting relationships. To learn more about her new book, *The No-No List, how to spot Mr. Wrong so You Can Find Mr. Right*, please go to [www.VenusRouhani.com](http://www.VenusRouhani.com).*

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# Celebrity Interview: 'Grease: Live' Star Yvette Gonzalez-Nacer on Playing Cha Cha and Coping With An Ex



By Emily Hoff

If you were one of the nearly 12.2 million viewers who tuned in to watch *Grease: Live* on Sunday, January 31st, you saw Yvette Gonzalez-Nacer knock it out of the park when she played Danny Zuko's saucy ex-girlfriend Cha Cha. In our exclusive [celebrity interview](#), she opens up about this fun

role, discusses her other current projects (she's got an EP on iTunes!), and shares her best relationship advice and top four commandments for moving on after a break-up.

## **Celebrity Interview: Yvette Gonzalez-Nacer Talks About Playing Cha Cha in *Grease:Live***

You could say the actress has been prepping for this opportunity since she was a little girl. She loved *Grease* growing up and shares, "I used to go around the house singing 'Hopelessly Devoted to You' at the top of my lungs."

Performing a live show is much different than filming your typical television show or movie. "It was very much like preparing for a Broadway show – except instead of getting to perform for months or years, we only get to do it for one night," the actress explains. "There are a lot of technical aspects that needed to be worked out beforehand. It really was about working out the kinks instead of figuring it out on the day of the show."

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

Gonzalez-Nacer, who was originally up for the role of Frenchy, knew Cha Cha wasn't going to be the audience's favorite, but that didn't take away from the fun of playing the bad girl. "I realized pretty early on that confidence was key with playing Cha Cha, and I am really grateful for this experience, because in my search for Cha Cha, I was able to find myself more and tap into what confidence means to me."

She adds, "This has been such an incredible experience, and I miss everyone already!"



# ***Grease: Live* Actress Opens Up About Her Personal Life and Shares Relationship Advice**

So does the former star of *The Fresh Beat Band* have a real life Danny Zuko? “I do not. I’m currently single and loving it!” the actress shares. Still, she knows what she wants in a future partner: Her top three qualities are “honesty, integrity, and positivity.”

Unlike her character in *Grease: Live*, she knows a thing or two about gracefully moving on after a break-up. “I think the best thing you can do is to fall in love with your life again. Sometimes, we lose sight of our own life, so it’s great to do the things you did before you were in a relationship and love,” the actress reveals. “Do things that inspire you and focus on what *you* want instead of dwelling on what went wrong.”

Along those same lines, Gonzalez-Nacer shares her top four post-break-up commandments: “Thou shall not cyber-stalk your ex on social media. Thou shall not compare yourself to their new love interest. Thou shall stop all forms of communication with your ex until you have properly healed. Thou shall focus on your life.” She could easily add relationship expert to her already-expansive resume!

**Related Link:** [Five Ways To Cope With A Relationship Breakdown Just Like The Celebs](#)

Once you’ve moved on after a tough break-up, it’s tempting to try to be friends again, but Gonzalez-Nacer says that’s not always the best idea. “I think it’s important to ask yourself why you want to remain friends and be really honest with yourself,” the single celebrity explains. “What I have found to be true is that in every instance that I have tried staying friends with an ex, one or both parties end up wanting

something more, and it can get messy and confusing.”

Just because *Grease: Live* is over doesn’t mean we’ve seen the last of Gonzalez-Nacer. Her single ‘Classy,’ under her artist project, Ava Gold, was just featured on ESPN and is now on iTunes. “I’m going to be in the studio finishing up my EP, and I have a new music video coming out next month for one of my songs,” she says.

Keeping us on the edge of our seats, she adds, “I also have some upcoming shows in Los Angeles and a couple really exciting projects that I can’t talk about quite yet, but I’ll be posting updates on my social media!”

It’s no surprise that the talented star has a clear vision of her future. “I see myself happily married, doing great humanitarian work, working with the best, and being considered one of the best in the industry,” she reveals in our celebrity interview. “I could list all the specifics, but in a nutshell, I want to continue striving for greatness, be happy, and do what I love.”

*To find out more about Yvette, follow her on Twitter [@avagoldworld](#).*

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## **Celebrity Interview: Celebrity Trainers Sebastien and Danielle Lagree Talk**

# Famous Clients, Relationships & Love



By [Michelle Foti](#)

At the heart of the fitness revolution stands Sebastien Lagree, Lagree Fitness owner, developer and innovator seeking to push all limitations of fitness as the world knows it. And in the heart of the fitness mogul is the celebrity love story that has brought him his wife, soulmate and business partner, marrying both of their lives into one. In our exclusive [celebrity interview](#) with the famous couple, the pair dishes on celebrity clients and reveals how they balance their relationship and love with their booming careers.

# Celebrity Trainer Talks About Celebrity Clients and Gives Relationship Advice

Lagree has had a host of celebrity clients, ranging from Kim Kardashian to Sofia Vergara to the First Lady herself, Michelle Obama. “I have enjoyed working with all my celebrities,” Lagree says. “Some were more personable than others. For example, Sofia Vergara is very cool and she is very funny.” Luckily, the celebrity trainer hasn’t had to deal with any divas! “That would be the worst!” he says.

## Celebrity Interview: Famous Couple Talks Relationships and Love

It only took this famous couple five weeks from the moment they met to say “I do” and take on the world as Mr. and Mrs. Lagree. Other developments bearing the Lagree name took a bit more time to come into fruition, but once Lagree crafted the Lagree Fitness Method, a snowball of new innovations soon followed. Lagree’s Supraformer released last month, joins the ranks of the Proformer and Megaformer in the lineup that breeds physical, emotional, spiritual, sexual, mental and tactile awareness, according to Lagree. Entering 2016 it is the same Lagree, bigger plans. Lagree will even be opening his first fitness studio in Los Angeles, California this year as well, with wife Danielle heading the studio operations.

**Related Link:** [Ivanka Trump: “I Don’t Stress About Being Balanced”](#)

After duty calls, “Call of Duty” it is. In our celebrity interview, Danielle reveals that marriage always comes first in her book. The married couple always tries to fit in a game

of “Call of Duty” after a busy day working. Dinner dates, movies, hiking, traveling and spa days are activities the couple enjoys as well. But when stress relief is on the agenda, the couple dives down deep into the depths of the ocean with creatures that may frighten some. The couple that shark dives together stays together, right? Well, that may not be the only factor that contributes to a healthy relationship and love. Lagree says he and his wife communicate and help each other out a lot.

But for Danielle, the separation of home and work is key. “We both love the work we do,” Danielle says. “Working with your husband is quite different than the husband at home at night. When we get home we try not to talk about anything work related.” Lagree acknowledged that the beginning of relationships are especially difficult because all you want to do is spend time with your significant other. “Hopefully, your partner has the same goals and will want to spend their time the same way you do,” Lagree says.

**Related Link:** [Arielle Ford Gives Relationship Advice in New Book “Turn Your Mate Into Your Soulmate”](#)

Perhaps fitness can be an area of common interest! “I think that if both partners like to workout, it makes it a lot easier to stay fit and healthy,” Lagree says. “We have a lot of couples coming to the studio and workout together which I think is awesome.” In fact, Lagree has created fitness routines suited for both men and women with the interest of couples in mind. “Getting or staying fit and healthy can be enjoyed together and one does not have to choose between the two,” he added.

**Related Link:** [Relationship Advice: How Your Relationships And Love Affect Your New Year’s Resolutions](#)

The couple has a lot to look forward to in the year ahead including Lagree’s autobiography, a documentary, the new

workout and the studio. Amidst all of the craziness Danielle says, “You always need to find time to spend with the one you love.” Diving with the sharks or staying dry for a nice walk along the sand, it may not matter so much what you do, but who you are doing it with.

*You can keep up with Lagree Fitness by visiting their [website](#)!*

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# Celebrity Couples and Their Most Extravagant Valentine's Day Gifts







Kim Kardashian West and Kanye West

If diamonds were a meter of love, West's love for the reality TV star is off the charts. The rapper bought his wife a 73,000 dollar Panthere De Cartier cuff embellished with diamonds and emeralds. Photo: Flynet UK/FameFlynet Pictures

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**‘The Truth’ Author Neil Strauss Gives Relationship Advice – Even When It’s**

# Uncomfortable



By [Rebecca White](#) and Myesha Cobb

It's no secret that relationships and love are hard to navigate sometimes. It's easy to become unsure of ourselves and not know how to deal with questions surrounding things like monogamy and faithfulness. Fortunately, author Neil Strauss tackles these tough topics in his new book [The Truth: An Uncomfortable Book About Relationships](#). He addresses issues that couples face on a daily basis and shares his own journey along the way. In our exclusive author interview, Strauss talks about the inspiration for his autobiography, the lesson he hopes his readers learn, and his three best pieces of expert [relationship advice](#).

# Expert Relationship Advice from Author Neil Strauss

To start, we love the premise of *The Truth: An Uncomfortable Book About Relationships*. Why did you decide to write an autobiography?

I write my books because I want to use my personal experiences to solve a problem in my own life and to help others. So I wrote *The Truth* because I felt like I had a real issue with intimacy and connection. I found a solution for it, and I felt like what I discovered could make a difference for my readers.

**Related Link:** [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After writing the book, what were your final conclusions? Is it natural to be faithful to one person for life?

The main conclusion is that a relationship and love has almost nothing to do with the other person. It really has to do with *you* and the way that you choose to relate to them. The first thing I found was that the healthiest thing to do for your relationship is to work on yourself.

As for whether or not it's natural to be faithful to one person for life, I think the answer to that question is different for everyone. First, get healthy. Then, do what feels right, whether that be monogamy or not. Do what you like. I think that the ideas in our culture about relationships are actually counterproductive.

Did you have any personal revelations while working on *The Truth*?

The biggest revelation I had was about my parents. By having a needy, smothering, and anxious parent of the same sex that I was attracted to, I began to recoil anytime I was with a

partner who got needy. It set a template in my heart for being distant in a relationship.

**What do you think will surprise your readers the most about your new book?**

I think a lot of these experiences, in the world of open relationships and non-monogamy, were not what I expected them to be or what other people would expect.

**You previously said that you're not the "hero in this tale" and that you are the "villain." Why do you feel that way?**

It's just true. The book begins with me cheating on my girlfriends! I tried to figure out how I could do that to someone I love. Throughout my story, I start to care about why would I cheat, why would I hurt them, why would I betray my own value system.

**Related Link:** [Find Out If Your Partner is Undateable with 'The Cheat Sheet'](#)

**Relationships were a challenge for you, especially coming out of the "seduction community." Do you have any advice for our visitors who are also struggling to maintain a serious relationship?**

My relationship advice is to stop trying to change the other person and really start looking at yourself and your patterns. Recognize that we're often attracted to people who possess the worst traits of our parents of the same sex. Then, we try to get them to change to heal our childhood wounds through a subconscious level. If we recognize that, then we can start to do something about it.

It's also important to understand the stages of a relationship. Usually, a relationship starts with projection, where you don't truly see who the other person is; you just see who you want them to be. The next stage is

disillusionment, where you see who they really are and not your fantasy. That's why people break-up in that three to nine month window – because you're seeing who they really are. Then, there's a power struggle or conflict. If you get through that, there's a relationship. If you can recognize the baggage you both bring and unpack that baggage, you get to have a relationship that's ten times better than the fantasy.

**Now, we'd like to ask some personal questions. You got married in 2013 – congratulations! What made you become a one-woman man?**

It was really the work I did on myself. I recognized if I didn't change, every relationship I had would fall apart. I really worked hard with really, *really* deep therapy, not just talk therapy. I treated my childhood wounds like cancer, so I could have control over them. And Ingrid as well – she worked on her abandonment issues.

**And how did you know that your wife was The One?**

You never *really* know. Asking that question can be detrimental. To me, I just asked myself over and over again, "Am I really, really happy?" And the answer was always yes. She lights up my life.

**You also welcomed your first child earlier this year. How has it been from transitioning from seduction community to husband to father? Did becoming a parent change your marriage?**

That's just how life works. You're young and want to date a lot. Then, maybe you want to build something bigger and build a life with someone. Then, you think we're happy and maybe we should have a baby. So the transitioning is very natural. All the work we did on ourselves allows me and Ingrid to be the best, healthy, and nurturing parents we can be, so our child doesn't have the issues we had.

Becoming parents made our relationship better. Our

relationship is still important; we still have that connection time. I was initially scared of marriage because of my parents, but sometimes, what you're scared of is what you should be doing.

**Related Link:** [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do."](#)

**Lastly, what's the best relationship advice you've ever received?**

It's really different than what you might read about or what you're expecting, but I really wanted to share these with everyone. I have three pieces of love advice:

1. Unexpressed expectations are pre-meditated resentment. People build up resentment in their relationship by not communicating.
2. A relationship is not about finding the right person; it's about *becoming* the right person. Become that person yourself, and you're bound to attract someone at your level of emotional maturity.
3. Only when your love for someone exceeds your need for them can you have a shot at a genuine relationship with them. Sometimes, you need someone more than you love them, and that shouldn't be the case.

*You can learn more by purchasing The Truth: An Uncomfortable Book About Relationships from [Amazon](#) and also visiting his website [NeilStrauss.com](#).*

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# Relationship Advice: 5 Ways



# Our Authentic Self Builds Healthy Relationships



By Steven DeSalvo

When we are our true, authentic selves in a new relationship, we begin it with honesty about who we are and what we desire. It gives the partnership a solid foundation from which it can grow into a long-term friendship or potential romantic adventure. When we are not our authentic selves, the relationship starts on uncertain ground. Despite good intentions, over the long run, it can create bigger problems.

**Here are five pieces of**

# relationship advice to help you put forth your authentic self:

**1. State clearly what you need:** You can't go into a relationship saying "yes" to everything, or you will end up pleasing your partner at your personal expense. You can say "yes" when it is comfortable, but you must also be willing to say "no." "No" is not always rejection when it comes to articulating desires, needs, and expectations. Both answers can provide your partner with timely feedback so all desires or expectations are known and understood.

**2. Be your authentic self to develop trust:** You want to be liked or loved for who you are, not for who you think a person wants you to be. This can be the hard part because we all want to be liked and find love. To do so, we may go down a path of being someone different just to please another person, but eventually, the truth will come out. You can't fake it 'til you make it!

**Related Link:** [Love Advice For a Stronger Long-Term Relationship](#)

**3. It takes energy to be someone else:** Being yourself is the most comfortable and easy state of being and it is actually more attractive to people than being someone you are not. It also makes the time you spend with someone more authentic. The fact is, if you act in a different way just to please someone, you'll eventually tire of the façade and revert back to being yourself somewhere down the road anyway. It takes too much energy to be someone else. So, why not start as yourself from the very beginning?

**4. Over-giving eventually exhausts you and your resources:** When we give too much of our time, energy, or other personal resources in a relationship without getting anything in return, we will eventually feel exhausted or put out. Giving

what you feel comfortable giving – versus over-giving to please someone – is the most optimum. Over time, there must be a reciprocal give and take in your relationship for both parties to feel satisfied.

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

**5. Articulate your feelings clearly:** This is important in all stages of relationships, as our true feelings should be known and shared. New relationships need reassuring signals along the way to show that there is enough interest to continue. In longer partnerships, we have to continually be true to ourselves and express our feelings on an ongoing basis to show how we love, care for, and value our significant other.

As these five pieces of relationship advice show, being anything other than our true selves builds a relationship on the shaky ground of untruth and uncertainty. When we show up as our authentic selves, we set a relationship in motion from a foundation of honesty and respect that endears us to others and deepens our connections.

*Steven DeSalvo is an author of the book [Relationship Dynamics](#), which looks at how we develop deeper and healthier connections that will fulfill our desire for lasting and meaningful relationships. Connect with Steven on Twitter at [@BecomeAdult](#) or visit [www.BecomeAnAdult.com](http://www.BecomeAnAdult.com).*

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## Relationship Advice: Are You Ready For Storybook Love?



By Elaine Taylor

A couple of decades ago, my dog was sprawled out snoring on the sofa, belly on a pile of unfolded laundry, tail stuck in an empty Ben & Jerry's tub. I was slouched beside her stroking her hindquarters, glumly ticking through the carcasses (figurative, not literal) that made up my dispiriting trail of my relationship roadkill. I had recently completed a reverse sprint down the aisle (not my first) with Peggy Lee's, "Is That All There Is?" echoing through my disenchanted heart.

**Was I ever going to find a true love who didn't walk on four legs and woof for his breakfast? Here's**

# what I found in the way of relationship advice.

Desperate for an answer, I took a jaunt into California woo-woo: went to see Allie B, astrologer/psychic. She closed her eyes, did that deep-breathing, blahblahblah chart-reading thing and assured me I was destined for the kind of love about which stories are written.

“But,” she said, “not until you’re ready.”

**Related Link:** [Relationship Advice On Finding True Love](#)

Ready? My mani-pedi was fresh enough you could still smell the polish; I’d had a Brazilian so recently you could ... well, I’ll let you come up with your own image. My roots had been darkened, my highlights brightened. How much more ready could one woman be?

“What the heck am I doing wrong?” I whined.

“Guess what, chickie-poo. Wrong question. Try asking, ‘Why do I keep doing it wrong?’”

“OK, why?”

“I’m a psychic, not a mind reader. Go sort it out with your therapist.”

Seriously? Ugh.

**Related Link:** [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

With teeth-grinding resistance, I trudged off to sit on Julia’s couch and ask my why question. She countered with, “Do you love yourself?”

Uh oh ... Strong stench of psychobabble. I tapped my finger on

my bottom lip. "Hmmm. Do I love myself?" Was I supposed to? The concept alone made me squirm.

So I yuck-yucked and went with a wise-ass, "Oh, you mean self-love. Like they do in porn films. Kinda personal, don't ya' think?"

Julia gave me that undeterred shrink stare. I knew she could outwait me; and I definitely did not want to go where she seemed to be trying to lead. So I canned therapy and took another run at California woo-woo.

**Allie B said, "You want storybook love? Start with these three things."**

**1. Understand that emotions are an all-or-nothing deal:** "You want the light, happy ones—like true love and contentment—you have to embrace the heavy, ugly ones. Heartbreak. Fear. Jealousy. Shame—the whole shtick."

**2. Examine, from a different perspective, the stories you've always told yourself about the people who did serious damage to your little-girl psyche.** "Those adults with all their human flaws? Their little-kid psyche was wounded, too, by someone who was supposed to love and protect them."

**3. Knock down that barricade you built around you heart:** "Confront the abandonment and betrayal and loneliness of your redneck-Texas, girls-aren't-worth-a-damn childhood." (*Oh brother, not that cliché childhood thing, again.*) "Unless you do all that," she said, "you won't be able to forgive. If you can't forgive, you'll never heal the wounds of the past. Until you heal the wounds the past, Prince Charming ain't GPS-ing you."

I argued, I fretted, I weaseled. But a few months later, my devoted four-legged love was diagnosed with cancer and soon after departed my world. Heartbreak, fear and loneliness crashed my heart defenses. I was on my emotional knees. I



crawled back to Julia's couch and began to clean out the hurts and betrayals of the past. Both those done to, and by, me.

**Over a years-long process I discovered three critical truths:**

**1. It is not possible to find long-lasting, deeply satisfying love until you believe yourself worthy of it.** (Yes indeed, I had to learn self-love.)

**2. As a woman clawing her way in a man's world, I defined "emotional strength" as all sharp-edges and impenetrable boundaries.** I had to relearn that tenderness and vulnerability are the DNA of true emotional strength. When the time came, I used that strength to love Jake, a Ferrari-driving doctor who had once broken my heart. A man who, then on his deathbed, desperately needed to receive love, even as he could not return it.

**3. I accepted and found peace with the fact that Allie B might be wrong. I might never have that storybook life hiding in her crystal ball.** So what would I do with all the love my newly opened heart yearned to give? I stopped focusing on what I did not have . . . and sought a way to offer compassion and caring to those who needed it most. I began to volunteer at a homeless shelter for families—the kind of place that, but for the grace of God, I could have landed in my early, below-the-poverty-line, single-parent years.

As for that long-lasting, deeply satisfying storybook love? The psychic foresaw that it would come via a "karmic pact" between me and Jake, that dying man whose hands I cradled as he breathed his last breath.

Two years after his death Allie B said, "I was channeling Jake. He's sending someone who will love you for the rest of your life. Someone who will love you the way you deserve to be loved."

Ten days later I was introduced to a man whom I never would

have met had I not reopened my heart to Jake. This year we celebrate our fifteenth Valentine's Day together.

Thankfully, I was ready for love—I was ready for him ... when he found me.

*Elaine Taylor is the author of **KARMA, DECEPTION and a Pair of Red FERRARIS: A Memoir**. She is a former IT headhunter and Contingent Workforce Management consultant. She served on the Board of Raphael House in San Francisco. She can be found at [www.KarmaDeception.com](http://www.KarmaDeception.com).*

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## Cutest Celebrity Couples in Young Hollywood





By Katie Gray

There's nothing like young love – and the [celebrity couples](#) in young Hollywood do it best! [Celebrity relationships](#) are the relationships we all look to for guidance in both good times and bad. If we are looking for a cute date night idea, we can turn to our favorite celebrity romance. If we need to rebuild our relationship after hard times, we can look at how our favorite celebrity couple did it successfully. The future is so bright for young celebrity couples in Hollywood, as it may even lead to a [celebrity wedding](#) or a [celebrity baby](#). How exciting!

## Cupid has compiled the cutest celebrity couples in young Hollywood:

**1. Gigi Hadid & Zayn Malik:** Gigi Hadid has accomplished so much already as a supermodel. She even walked this winter in the Victoria's Secret Fashion Show, which was a dream come

true for her. (Side note: You have also seen her alongside her mother Yolanda, on Bravo's *The Real Housewives of Beverly Hills*.) Now, rumors has it that she's dating Zayn Malik, who was formerly as member of One Direction. A source said that Gigi even has a photo of him as the wallpaper on her phone – how cute! Plus, the couple was even spotted apartment hunting this month in Manhattan.

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

**2. Taylor Swift & Calvin Harris:** Music and love go hand in hand! Singing superstar, Taylor Swift, 26, and DJ Calvin Harris have been enjoying their romance over the last several months. They've had date nights at fancy Italian restaurants, hangout sessions by the pool, award shows, and this holiday season she even supported him while he DJ'ed at a Las Vegas nightclub. Stay tuned for the music that is surely to come regarding this relationship! We cannot wait to jam to it.

**Related Link:** [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

**3. Kendall Jenner & Harry Styles:** *Keeping Up With The Kardashians* star and supermodel Kendall Jenner is now dating Harry Styles, the singer/songwriter of the boy band One Direction. Even though they're both busy, they keep in touch when traveling and have frequent dinner dates. This is a new budding romance we hope will last. Some fans have started calling them "Kenry."

**4. Selena Gomez & Samuel Krost:** Everyone's favorite pop songstress, Selena Gomez, has been entertaining us recently with her hit songs 'Can't Keep My Hands To Myself,' 'Good For You' and 'Same Old Love.' The brilliant brunette is rumored to be in a new celebrity relationship with Samuel Krost. They were even sighted having dinner at Nobu on Saturday before her *SNL* appearance and performance! This is one relationship in young Hollywood to watch!

**5. Justin Bieber & Hailey Baldwin:** Pop performer Justin Bieber, hopefully won't have to say 'Sorry' for much longer. He is rumored to be in a budding romance with Hailey Baldwin, daughter of Stephen Baldwin. Hailey's a 19 year old model, who runs in the young Hollywood social scene. However; for a long time the duo denied relationship rumors and stated they were just friends. In fact, they said they have been for years! The pretty pair enjoyed a nice vacation in Anguilla and St. Barts recently and shared the holidays together this past year. We look forward to more of their lovey-dovey posts. Hopefully this Bieber-Baldwin romance is here to last!

**Who are some of your favorite celebrity couples in young Hollywood? Share your comments below.**

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## **Dating Advice: 7 Signs of Cheating You Need to Know**





By Dejha Carlisle

Being cheated on is like having your heart ripped to shreds, and it's nowhere near enjoyable. In order to know your partner is cheating, you don't need to catch them red-handed. There are signs you can look for that are very telling. Most people tend to ignore these signs, as well as other [dating advice](#) that could actually help. We don't agree that's the best way to handle things.

## Cupid has dating advice on the signs of cheating you should be aware of:

- 1. He suddenly needs privacy:** If you've been with someone long enough, you pretty much know that person's behavior and habits. One sign your partner could be cheating is a sudden need for privacy (hiding out in the bathroom with their phone, always staying late at work, going into another room when the phone rings, etc.). If you see any of that happening, it's



time to look into things.

**2. Loss of interest:** Another sign of cheating is his loss of interest in you. His quality time with you has lessened, and he often seems pretty bored or distracted when he's around you. Plus, he's not paying attention to you from a conversational or physical perspective.

**Related Link:** [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

**3. He's secretive with his phone:** Now, this may not exactly be a sign, but it can bring suspicion, especially if he didn't used to act this way. If your partner always shields his phone from your view, or he always positions his body to where you can't see the screen, then he may be cheating.

**4. Picks fights for no reason:** This can also be a reason for thinking your partner may be cheating. If your partner is always on edge and starting fights with you for no reason, they may be taking their guilt about the situation out on you.

**Related Link:** [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

**5. Accusations:** The main sign of a cheater is when your partner constantly accuses you of cheating, when you haven't changed how you're acting at all. This is because they have guilt built up inside of them, and they'd rather you take the blame than having you catching them for whatever they're doing.

**6. Transformation:** Another sign is if your partner has developed a new "interest" in how he looks. If he changes his entire appearance from the way he dresses to the way he smells, he may be cheating. This is because he could be shaping his image to fit someone else's.

**7. Trust your gut:** Just because you *feel* that someone is

cheating on you doesn't mean you should accuse them right away. It is a good idea to trust your gut instinct, though, as most times it's right. Proceed with caution.

**What are other ways to know if someone may be cheating on you?  
Share your thoughts below!**