

Dating Advice for Your First Thanksgiving as a Couple



By Abbi Comphe

Thanksgiving is an important family holiday. When you begin a new relationship and the holidays come around, you have to make the decision of what you are going to do. There are many options on Thanksgiving Day, and you should both talk about it and see what fits you best. Just remember, there will always be another Thanksgiving!

Cupid has some [dating and relationship advice](#) for your first

Thanksgiving as a couple:

1. Split your time: If you both have families who host their own Thanksgivings, then split your time. Sure, you'll be eating a lot of food that day, but it's about your family. Go to one home in the morning and the other in the afternoon. It will be exhausting, but you get to spend time with both families.

2. Host Thanksgiving: Instead of having separate Thanksgivings, ask your family to come to your home so you can host. This is your opportunity as a couple to show your family how well you are doing. It will probably be stressful, but it will turn out great. Just don't burn the turkey!

Related Link: [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

3. Be prepared: No matter if you host or go to your families house, be prepared for all the relatives. This is your first Thanksgiving together and it may be your first time meeting each others extended family. Help each other out and make sure you each know everyone's names and personalities.

4. Make time for yourselves: Thanksgiving can sometimes be a stressful holiday. So make sure you remember what it is all about. Thanksgiving is a time to be grateful for what you have and love. So let your significant other know how much they mean to you.

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5. Spend it together: If you feel under pressure about family and what to do, spend your first holiday together. It's ok if you two want to start a new tradition. Maybe it's just better if it is the two of you. Make your Thanksgiving dinner, watch some movies and be thankful for what you have. Your family

will understand, you are starting a new family!

What do you think is good advice for couples sharing their first Thanksgiving together?

5 Celebrity Couples Who Make a Point to Give Back



By Kyanah Murphy

Could you imagine having so much money that you could make a huge difference for many people and still be able to pay your own bills? While many of us aren't that fortunate, these five [celebrity couples](#) are and make it a point to donate a generous

amount of time and money to charities and to those in need.

Whether it's for publicity or from the kindness of their hearts, these celebrity couples are giving and at the end of the day, that's all that matters.

1. Angelina Jolie and Brad Pitt: Where should we even begin with this celebrity couple? A majority of their children are adopted from places in need. Together, these two have their hands in all sorts of causes, such as:

- United Nations High Commissioner for Refugees (UNHCR)
- Donation towards Afghans in Pakistan
- Building the Maddox Jolie-Pitt Foundation (MJP)
- Support of the ONE Campaign
- Co-foundation of Not On Our Watch

Honestly, this celebrity couple does so much it would be impossible to list them all here. Jolie and Pitt are a stand up celebrity couple.

Related Link: [Celebs That Actually Get Their Hands Dirty When Giving Back](#)

2. Beyonce and Jay-Z: Queen B and her man, the Jay-Z, are a celebrity couple that are on top of the music world. While sitting on the throne, however, a queen and her king have duties, which they generously fulfill. This includes:

- Founding the Survivor Foundation
- Donating to the Shawn Carter Foundation
- Raising awareness of the global water shortage while on tour
- Donating to the Red Cross

- Participating in the Hope for Haiti Now: A Global Benefit for Earthquake Relief telethon

Way to be, Beyonce and Jay-Z!

Related Link: [5 Ways that You and Your Honey Can Give Back During the Holiday](#)

3. David and Victoria Beckham: This British celebrity couple have had their hands in many causes. These include:

- Victoria promoting fake fur in her fashion lines
- Being patrons for the Elton John AIDS Foundation
- Joining the Ban Bossy campaign
- Supporting UNICEF
- Participating in Unite for Children, Unite Against AIDS

Thank you, loves, for supporting causes.

Related Link: [Date Idea: Volunteer Together this Holiday Season](#)

4. Gisele Bündchen and Tom Brady: Celebrity couple Gisele Bündchen and Tom Brady aren't just the world's top supermodel and football player. They are also a couple that make sure they give back to those less fortunate than they are by participating in:

- Donating to Brazil's Zero Hunger program
- Designing a limited edition necklace with the proceeds going to St. Jude's Children's Hospital
- Founding The Luz Foundation
- Donating to disaster relief programs, such as the Japanese Red Cross
- Donating to Save the Children

5. Taylor Swift and Calvin Harris: The latest celebrity couple to be sitting on top of the world together, Taylor Swift and Calvin Harris make it a priority to give back to the world. We already know that Swift is one of the top givers, along with

Bundchen and Jolie, but Calvin Harris gives back, too. They give back by:

- Donating to schools and facilitating new workshops and programs
- Donating to Red Cross
- Recording PSAs for the LGBT community and to promote reading for children
- Donating to medical causes like St. Jude's Children's Hospital and V Foundation for Cancer Research
- Performing at charity events, such as Campaign Against Living Miserably
- Participating in "Hometime Scotland"
- Participating with The War Child foundation

There's no stopping Swift and Harris, just like there's no stopping any of these celebrity couples from giving back to the world. You don't have to be a celebrity to make a difference, however. There are ways that we, too, can help those less fortunate than we are.

Who are some other celebrity couples giving back consistently? Share your comments below.

Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?



By Dr. Jane Greer

It's been a tough few months for [celebrity couple](#) Sarah Michelle Gellar and Freddie Prinze Jr.! Freddie is reportedly on the mend, but it has been a long haul. The actor underwent spine surgery, and it looks like he will make a full recovery. While his celebrity wife, Sarah Michelle Gellar, has been supportive throughout the process, it can be very difficult to deal with illness in the family. It's a stressful time for everyone involved, individually and as a couple. In the end, it can either strain a relationship, or it can ultimately strengthen it.

There are certain steps you can take to try to better deal when you

or your partner is ill, or recovering from an injury or surgery, to make sure it doesn't tear you apart.

When you are dealing with illness and recovery, the uncertainty and anxiety you might feel can totally drain you. There can be so much going on that it is easy to lose sight of the bigger picture. The sick partner is not him or herself, and the healthy partner must become the caretaker, not sure when or if their loved one will be what he or she once was. When the ill person isn't available the way he or she usually is, the other person might feel unsupported, angry, overwhelmed, frightened, and even alone. That can get even worse if the sick person becomes demanding and takes the other for granted, or is constantly unpleasant because of the pain or discomfort they are feeling. Also, that person might be afraid and worried about the future, putting even more of a damper on the household. The healthy one might resent having to carry the lion's share of the household work. They might feel burdened and overloaded, in addition to all the other emotions they are already experiencing.

Related Link: [3 Celebrity Couples That Waited to Have Kids](#)

As with so many other issues in a relationship, resentment can creep in when the communication creeps out. So often if you are the healthy one, you might feel you have no right to complain or ask anything of your sick loved one. If they feel bad and yell, so be it. If they tell you they need you to cancel the plans you made to be out of the house for a few hours, what choice do you have? But that is not the case at all. In order to get through, there has to be a give and take.

Talk about it.

The first step is talking about it, and sharing your feelings. Of course the person who is ill is going through an awful time, but you are going through it with them. There isn't just one person being affected, there are two. It is very challenging to navigate that difficult road of juggling helping and supporting with honesty and advocating for yourself and your needs. It can be hard to give yourself permission to be upset. But it is so important that you are able to share your thoughts and feelings, and work together to acknowledge what you are both experiencing and thinking.

Related Link: [Celebrity Couples Who Shy Away From the Spotlight](#)

Have mutual empathy.

The life you shared (and presumably enjoyed) before your partner got ill is no longer the life either of you is living while the recovery is taking place. Without mutual empathy, that reality and all the stress you are both feeling can take a toll because most people eventually run out of emotional stamina. Talk about how you are each feeling, what is working and what isn't. Discuss what you have lost, and what you hope to get back. Come together as a team and be aware of a recovery plan. What is a realistic timeline to expect to get back to normal? That will give your partner time to rest without feeling pressure from you, and it will give you something to look forward to.

Freddie and Sarah are now closer to the other, healthier side of this. They are facing this challenge head-on, and hopefully will find it makes them stronger as they go forward.

Relationship Advice: How to Survive Thanksgiving with the In-Laws



By Mackenzie Scibetta

So you drew the short stick for the holidays this season. Thanksgiving will not be held at your loving, comfortable parents house, but rather you will be forced to put on your most convincing smile as you enter your in-laws home for the festivities. For the majority of us, venturing into in-law territory can be terrifying, stressful and impossibly frustrating. It's an unavoidable nightmare that must be endured with charming comments, positive vibes and endless efforts of offering help. If you want to make it out alive to enjoy Christmas, then you better prepare to exert yourself.

Cupid has some [relationship advice](#) to help you endure Thanksgiving with your in-laws

1. Don't take anything personally: Don't put up a fight or a defense when your in-laws come off cold towards you as this will only increase the tension. Preparing a giant, delicious meal for your closest friends and family can be extremely stressful so if your in-laws seem aggravated cut them some slack. They took the time to ensure your and your family's holiday is enjoyable so show them that you are appreciative.

2. Offer to help with anything and everything: Consistently, almost to the point of annoyance, ask if there is anything you can help with because this will show that you are not just asking to be polite, but that you genuinely want to help. Thanksgiving is all about authentic appreciation so helping out without being asked is a sincere way to win over your in-laws.

Related Link: [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

3. Agree in advance when you are leaving: Nothing is more uncomfortable than hinting and nudging at your partner that you want to leave. You don't want to hurt their feelings so instead of interrupting family game night to tell your loved one you want to go home, plan a rough time for leaving. Lay out an exit strategy complete with back-up excuses if you know your in-laws are the type to beg you to stay for "just one more game".

4. Find a place to catch your breath: If you can sneak away from the mayhem for a few moments to relax and decompress then by all means go for it. Do a few dishes by yourself or sneak outside for some fresh air. Offering to take the dog for a

walk is a practical way to sneak out and seem helpful.

Related Link: [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

5. Be prepared for the worst: If you usually have an unpleasant time then don't expect this Thanksgiving to be any different. Learn from previous family events and know what not to say, when to refrain from offering relationship advice and what to wear. If you're miserable just remember it is only short-term and momentary.

How do you make your in-laws feel comfortable at your own home? Let us know below.

5 Celebrity Couples Who Have Massive Height Differences





By Abbi Comphe

There are many [celebrity couples](#) in Hollywood that do not let their height difference bother them. They can be seen around Hollywood in love and happy. These celebrity couples definitely know how to make height difference look good!

Cupid has created a list of celebrity couples who have massive height differences:

1. Hayden Panettiere and Wladimir Kitschko: There is a major height difference between these two. Panettiere is 5'0" while her husband is 6'6". They are also 14 years apart. But the two still share a sweet relationship.

2. Kristen Bell and Dax Shepard: Kristen Bell and Dax Shepard are a Hollywood power couple. The height difference between the two is quite big. The *Frozen* star coming in at 5'1" and Shepard coming in at 6'2".

Related Link: [Dax Shepard Keeps Fiancee Kristen Bell Laughing](#)

3. Nicole Kidman and Keith Urban: This celebrity relationship can be seen by others as a little odd due to height difference, but they don't let that bother them. Kidman may have some height on Urban, but the two are still super cute and in love.

4. Portia De Rossi and Ellen DeGeneres: One of Hollywood's favorite power couple, Portia De Rossi and Ellen DeGeneres have a height difference. Ellen definitely looks up to Portia in this relationship!

Related Link: [5 Celebrity Couples Who Just Made It Official](#)

5. Will and Jada Pinkett-Smith: This long-time celebrity couple has a height difference of 14". Will Smith is 6'2", while Jada-Pinkett Smith is 5'. They have not let this difference bother them. The two have been together for quite some time now.

Do you know of other celebrity couples who have huge height differences? Comment below!

Wendy Williams Gives Gavin Rossdale A Piece of Her Mind Surrounding New Celebrity Couple Gwen Stefani & Blake

Shelton!



By [Rebecca White](#)

Today, the beautiful and fascinating Wendy Williams sent Executive Editor, [Lori Bizzoco](#) and the CupidsPulse.com team a SHOUT OUT and shared her opinion about Gavin Rossdale's trash talking behavior surrounding his soon-to-be ex-wife's new [celebrity relationship](#). "Well, you should have thought about that, Gavin," said the well-known media personality and daytime talk show host. Known for her catchphrase, *How you doin?* Wendy is speaking about Gavin's alleged affair with the couple's nanny and past affair with cross-dresser, Peter Robinson. Wendy definitely supports [celebrity couple](#) Gwen Stefani and Blake Shelton, especially after the celebrity gossip surrounding Gavin's affairs. Watch a clip of the show above for Wendy's take on the hot topic and then share your

opinion below!

Related Link: [Gwen Stefani and Gavin Rossdale Settle Celebrity Divorce and Will Share Custody](#)

Wendy Williams Talks About New Couple Gwen Stefani And Blake Shelton

Gwen Stefani and Gavin Rossdale have made celebrity news and headlines recently due to their heartbreaking split after 13 years of marriage. The couple's celebrity divorce filing wasn't completely shocking, but Gwen's quick rebound with co-star of *The Voice* Blake Shelton threw us for a loop. Gavin has reportedly been upset with Gwen's behavior saying that she's flaunting her new celebrity couple status.

Related Link: [Celebrity News: Are Gwen Stefani and Blake Shelton More Than Friends?](#)

In the end, Gavin's behavior seems a little childish. Wendy shares her relationship advice for the actor and musician, saying that he needs to stop trash talking his celebrity ex! The talk show host advises that he should take the high road, disengage from social media, and stop dating for awhile. Team Wendy and us at CupidsPulse.com are dying to know what you think. Please comment on this hot topic below!

How long do you think Gwen Stefani and Blake Shelton's relationship will last? Should Gavin and Miranda just move on? Let us know in the comments below!

Related Link: [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

You could also win BIG money just by watching "The Wendy Williams Show."

Visit Wendy's Facebook page to enter for your chance to win up to \$5,000 during "Wendy's Windfall" giveaway! Each weekday starting until Wednesday, November 25, 2015, a lucky viewer will be called at random and asked to answer a question about a recent episode of the show.

NO PURCHASE NECESSARY. Ends 11/15/15. 50 US/DC, 18+ only. Subject to Official Rules available at facebook.com/wendyshow.

You can learn more about Wendy Williams by following her on Twitter @WendyWilliams or subscribing to her YouTube channel.

For more videos from Cupidspulse.com, check out our [Youtube channel](#).

Celebrity Interview: SYTYCD Winner Gaby Diaz Says "I'm All Dance Before Romance"





Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

In a groundbreaking *So You Think You Can Dance* finale, the crowning champion of Season 12 was a tap dancer, the first one in the show's 10 year history! In addition to being a tapper, what makes winner, Gaby Diaz even more unique is that she is impressively only 19-years-old. The Cuban-born star received the ultimate package of \$250,000 and the opportunity to join her idol, Jennifer Lopez onstage at her Las Vegas residency. This [celebrity news](#) only gets sweeter as Diaz is currently performing with the *SYTYCD* tour, which hits 70 cities and runs until January. We had the chance to chat with Diaz last week and in our exclusive [celebrity interview](#), she spoke about her hectic life, her single celebrity status and how she feels about being the first tap dancer in the show's history!

Gaby Diaz Shares Inside Look at SYTYCD in Our Celebrity Interview

You recently performed for all of your family and friends in your hometown of Miami. What was that like knowing you had

your loved ones there?

It was crazy! The energy was incredible in Miami. I was in tears by the end of it because I didn't want it to be over. The hometown shows are incredibly special. I learned though that you have to pace yourself during the hometown shows because you want to impress your loved ones but I went too full out in the first half and realized I needed to calm down and not kill myself.

Related Link: [SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"](#)

What is it like being the first tap dancer to win this contest?

I am very proud to represent the show as the first tap winner. There have been a lot of incredible tap dancers before me who helped pave the way, so I'm just really happy I was able to put tap dancing on the forefront. It was definitely time for a tap winner! I hope this makes people respect tap more as a dance style too because it's really underrated. I want people to enjoy tap just as much as they enjoy the other more popular styles.

After you got rejected during the season 12 Dallas auditions, you flew to Detroit to try out again, where you obviously made the cut. What inspired you to give it another shot?

It's always been a dream of mine to be on the show and it's never seemed like a realistic possibility until 3 of my close friends made it onto the previous season. One of my best friends, Ricky Ubeda, actually ended up winning last season so that pushed me to think "if they can do it, why can't I?" It helped that I had them prepping me and giving me advice.

What advice did Ricky give you during your journey?

He told me to take the competition one week at a time and not

to get ahead of myself. The people who get caught up worrying about getting eliminated or comparing themselves to other dancers just preoccupy their mind with negativity. You need to focus on rehearsing your dances and making sure every dance you perform is in your own style.

Related Link: [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

How do your Latin roots play into SYTYCD?

I'm trying to get everyone to be speaking fluent Spanish by the end of the tour. I brought people from the tour over to my home to have Cuban food and Yorelis picked up some homemade food in Florida. There's definitely a strong Latin influence on this tour.

Did you ever think or know that you were going to win?

Everyone hopes to win but you never know how people perceive you and the judges are very good at not showing favoritism. Any of the 4 finalists would've been very deserving of the title so I didn't want to worry myself with the result. I was proud of myself regardless because it was a big accomplishment just making it onto the show.

Given your demanding schedule, it must be hard to balance your career with your personal life. Since CupidsPulse.com is a relationship site, we have to ask: Do you have someone special in your life and how do you balance that?

No, I'm all dance before romance. I said before I auditioned that if I'm going to do the show I need to put my full focus and full energy dedicated to SYTYCD. I didn't want to have someone that I couldn't devote the right time and energy to. It's hard to explain what I'm going through on the show to someone who's not on it. I'm so young so I've got plenty of time for romance.

Keep up with Gaby on Twitter @itsgabydiaz,
<https://www.instagram.com/itsgabydiaz/> and
www.facebook.com/Dance12Gaby to find out the latest! Don't
forget to check out SYTYCD tours as well!

Celebrity Interview: SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"





Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

Born and raised on Long Island by parents who were trained dancers, *So You Think You Can Dance* finalist Megan “Megz” Alfonso was bred for a life on stage. Known for her extravagant sneaker collection (378 and counting), Alfonso brought a unique edge to the hit reality TV show with her bold and upbeat hip-hop routines. In our celebrity interview, Alfonso told us about the determination it took to become a finalist, which started ten years ago when she auditioned for the first time and faced rejection. Determined to break [celebrity news](#) headlines with her SYTYCD performances, she remarkably auditioned for the show three more times before she was able to prove to the world that she had what it took to make it.

Cupid’s Pulse Executive Editor, Lori Bizzoco, had the privilege of getting to know Megz over the past two years while she was a dance instructor for her daughter at Oceanside Dance Center on Long Island. “Megz was an amazing mentor to my young daughter,” Bizzoco said. “You could see that she really liked working with kids, always giving them encouragement and helping to build their confidence.”

The top 10 finalists are currently performing on tour and this month Alfonso will be making three of those tour stops in her native New York State with Huntington, Long Island being her hometown show Saturday, November 7th. The other two New York tour stops will include Brooklyn on November 10th and Buffalo on November 20th.

In our exclusive [celebrity interview](#), Alfonso gives us the inside scoop on the show, her expectations for her Long Island homecoming tour and her ultimate goals for the future.

Long Island Star Reveals Her Struggle To Make It To The SYTYCD Finals in Our Celebrity Interview

What's the difference between the work you do on the tour and the work you did on the show?

The only difference was that there was so much more pressure to be on TV. I was being judged and didn't want to let anyone down. On the tour, we can work on our routine and make it better and better each time.

Related Link: [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

Can you tell us about your journey through SYTYCD?

I was around 18 years old when I first auditioned and I was just going for the experience. Unfortunately, I didn't make it through. The year after that, in season 2, I made it all the way to Vegas but didn't make it any further. After that, I took a two year break to work on myself to keep training and practicing. On Season 5, I auditioned again to see how I improved but I got cut again. I decided I needed a longer break to figure out who I was as a person and took time to

tour with my company. When I auditioned for this season, they were more open to different looks and new styles so I think they saw something exciting in me, finally. I auditioned four times before I made it.

Did you feel like this was your year?

Yes, even before I auditioned I was saying to myself that I'll give it a shot and just see what happens. When I made it straight to Vegas I was so excited. I knew that I needed to push myself. This season, I never stopped training myself no matter what. I wanted to send a message to everyone that your dreams are always a possibility.

You're a dance teacher to many students. What is it about teaching dance and working with students that you enjoy most?

I love kids because they're just experiencing everything and are just trying to find who they are as a person. They're like sponges trying to take in everything and their smiles show it. When they start to realize they're drawn to something it's exciting to watch how hungry they are for it. I want to teach them how to find themselves as a person and to grow from their style, not just as dancers but as people.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Existent"](#)

What does it mean to be a finalist on tour?

I'm just hoping for my two favorite goals to be accomplished: being a [Justin Timberlake](#) dancer and Janet Jackson dancer. I'm also excited to go on tour to explore new areas, especially Canada since I've never been there. I love learning about new cultures.

Do you have any tips for future contestants?

Don't be afraid of who you are and don't let anyone change who you are. You want to show everyone the true love and worth of

yourself.

We are a relationship site, so we need to ask: are you currently in a relationship with anyone? And how does that fall into the mix of your busy schedule?

Yes, I am currently in a relationship. I think as long as that person supports what you do and you support them, then you'll be okay. They need to know that you love doing what you do.

Keep up with Megz on Twitter @MegzAlfonso and www.instagram.com/megzalfonso/! You can catch one of the SYTYCD tours by checking out the tour dates [here](#)!

12 Top Earning Celebrity Couples





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Kristin Cavallari and Jay Cutler

In 2014, the Bears quarterback signed a seven-year contract

that guarantees him 50 million dollars. Given his wife's many projects, including a popular line of shoes with Chinese Laundry and an upcoming book, it's easy to see why this celebrity couple made our list! Photo: Visual/FAMEFLYNET

Dating Advice: Find Out If Men Really Want the 'Cool Girl'



By Abbi Comphe'l

When you ask many guys what they're looking for in a woman,

they said they “just want the ‘cool girl’.” The problem is, everyone has their own opinion on what qualifications a girl must have to be the ‘cool girl’. That being said, mostly this girl will be hot, smart, funny, and will love football. Of course, that’s not an exhaustive list, and it totally depends on the guy in question.. Maybe he is just looking for a girl who has a great personality and who will love him. The question is, do men really want the ‘cool girl,’ or do they want bits and pieces of multiple definitions of a ‘cool girl’?

Cupid has some [dating and relationship advice](#) on what makes a ‘cool girl’ and what men are looking for:

1. Understanding: Guys are looking for someone who understands them. If they want to go out with their buddies for the night, they want you to be totally okay with that. They don’t want a girl who is going to watch their every move and not trust them when they just want a night out with the fellas.

2. Healthy: They want a girl who looks good and has a nice body. That’s a given, because being attracted to your partner is key in every relationship. Each guy has their own preference, but they are most likely looking for a girl who is healthy and loves her body just as much as he will.

Related Link: [Dating Advice: 5 Ways to Keep Boundaries with Your ‘Work Spouse’](#)

3. Funny: A great sense of humor is always a huge plus. They want someone who will laugh and joke with them. They don’t want a girl who is going to get upset over a small joke. If you can dish the jokes back at them, then that is even better.

4. Smart: A guy always wants a girl who has not only beauty,

but brains. He will always be looking to see if you can keep a conversation and have the smarts to hold your own. He wants someone who he can have meaningful conversations with when the time comes.

Related Link: [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

5. Yourself: Just be yourself. If you can be the best version of yourself, then that makes you a 'cool girl' no matter what. There is nobody else like you, and that is what will make you unique for special guys. Be confident with who you are and always strive to be happy.

What do you think qualifies a girl as being cool? Comment below!

Dating Advice: Is Trick-or-Treating with Your Love Life a Good Idea?





By Mario P. Cloutier and Diane Sawaya Cloutier

Yes, it's that time of year again. Soon we'll have legions of little devils and princesses running high on sugar, banging on our doors and willing to put on their best act in the hopes of stocking up on more sweets. Quite frankly, we love Halloween. For us, it's an opportunity to bask in the excitement of the smiling faces at our door and share some love.

But when it comes to love, is Halloween a metaphor for what your love life has become? Could trick or treating describe the type of encounters you have with romantic partners? We have some dating advice for you.

If you keep attracting the wrong individuals or repeating the

same mistakes in your choice of partners, you may be prey to the trickery behind this cast of characters and missing out on the treat:

The desperate treat beggar:

This one will keep his finger on your doorbell until you open the door... even if the lights are out! He is so needy, he'll do ANYTHING to seduce you—disguise his true self, compromise his values, lie, accept mistreatment, and more. This is a role nobody should ever take on. Disguising oneself to become love-worthy is not sustainable in a romantic relationship.

The deceiving treat giver:

This person appears to be nothing but giving, but she's only passing out rotten apples and stale candy. Do you know why? Because she loves the deception! She loves to cheat and oftentimes she'll pursue more than one relationship at a time. Be wary, because this person can frequently be found offering her "treats" on multiple online dating sites.

The savvy treat seeker:

This one has a specific strategy to her treat collecting. You'll never see her knocking on a door with limited candy supplies. She's after the big, opulent, flashy treats—the full-size chocolate bars and the like. As a result, she will completely disregard more modest offerings, even if they were lovingly handcrafted for the occasion. Such treat seekers find instant gratification, but rarely end up in a fulfilling relationship.

The leveraging treat giver:

This guy gets a kick from negotiating and... he never stops! "Ok kids, who's willing to count to 100 for these two candies here?" And, once you've performed it, he cranks up his request! "Alright, now do it backwards." He's the perpetual "I'll give you this if you give me that" kind of person in his relationships. The ultimate "what's in it FOR ME!" kind of guy. Even if you like the looks of his treats, the question

is, do you really need that?

If you have known one or more of these characters, we have only one piece of advice to give you: Take control of your FEAR. Identify what it is that prevents you from slamming the door on these pretenders, and start to confront it. Don't fall for the same tricks or settle for mediocre treats. Otherwise, you'll end up trick or treating a lot more than just your love life.

Authors and relationship coaches 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. Learn more at www.ReLovenship.com.

Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice





By Mackenzie Scibetta

If you're looking for guidance or direction in your life then listening to the unapologetic and uncompromising lifestyle coach Laura Baron may be just what you need. With a background in television, Baron has appeared on countless reality TV shows such as *Bad Girls Club* and *You're Cut Off*, giving contestants a taste of her own philosophy regarding career tips, relationship advice and family affairs. Baron is returning to the small screen as a [relationship expert](#) on Oxygen's new show *Fix My Mom*, which premieres tonight at 9/8 c, where she will tackle the issue of complicated mother-daughter duos who need serious help mending their bond. In our exclusive celebrity interview, Laura Baron offers her professional take on reality TV, dating and divorce.

Timeless Relationship Advice from Reality TV Life Coach

In your experience, where have you found that women are most in need of a life coach? And, at what age do you feel this is

most common?

My private clients range from late twenties to late forties. They're usually at a transitional point whether it be in a relationship and love, a job, or getting back to who they really are. A woman reminding herself of her true value is often the underlying theme. But any age and any time is the right time, as long as she's ready to do the work!

Related Link: [Relationship Advice on Financial Infidelity](#)

One of the mother-daughter groups faces a problem because the mother is dating younger men. What advice do you have for mother's who are on the dating scene and don't want to upset their children?

This shouldn't be about upsetting the children, this should be about setting expectations that EVERY member of the family deserves happiness. I don't subscribe to the idea that mother's should put their lives on hold to satisfy their kids. It's strengthening for kids to see that mom is also a woman and there is life outside of the family. They will grow up with less guilt that their mom sacrificed everything and less obligation to be her sole support. In the process, moms can have open discourse to assure their kids understand she's not looking to replace them or their father, but merely looking to add more love and support into their lives.

When is it the right time for a parent to start dating again after a divorce or tough break-up? And, how do they ease back into it if they have been out of the dating game for a long time?

The time is right when that parent feels ready. It's not about the action of going out to date, it's about the communication at home to make sure the kids feel safe and loved. They can ease back in by starting to have more social times with their same sex friends. Establishing a social life outside of the home is often the first hurdle parents have to get over. Then,

get open and say hello.

We see it time and time again, women settle for second best and end up in unhealthy relationships. What is the one piece of advice you would give to someone to help them avoid or break this pattern?

To avoid getting in a toxic relationship, before you date others, date yourself. People who get into sub-standard relationships are looking to fill a need. Get honest with what you're working with, so you can both better take care of yourself and also look out for where you're letting someone in for the wrong reasons.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"](#)

What are three red flags (not obvious ones) that a woman can look for to know whether or not she is in a toxic relationship from the very beginning?

1. Pattern of control. Unhealthy partners want to control you and it usually starts small. You deserve authority over all decisions you make.
2. Rude behavior. How people treat others who cannot ultimately 'benefit them' (i.e. waitstaff) is who they ultimately are. Someone who is comfortable belittling or being rude to another human regardless of their perceived status is going to eventually treat you the same way.
3. Woman power. There are men who love women and men who do not. You can tell by how he talks about women, treats the women in his life, and ultimately how he treats you. Choose a man who loves women, that simple.

What is the best lesson viewers can take away from watching Fix My Mom?

Change is not limited to these women. Yes, they worked their tails off. Please allow that dedication to inspire you, that

ANY RELATIONSHIP CAN HEAL, as long as both people are committed. And as long as women support each other ANYTHING IS POSSIBLE!

If you want to read more about Laura Baron or receive more advice then check out her website, www.asklaurabaron.com/ or follow her on Twitter @asklaurabaron and www.facebook.com/asklaurabaron. Don't forget to tune into Fix My Mom tonight on Oxygen at 9/8 c.

Dating Advice: Dinner Date Dos and Don'ts



By Jessica Tom

For most of my career, I've been immersed in two things: love and food. For years, I was the Community Director at an online dating site, meaning I helped thousands of people in all things romantic. I'm also the author of *Food Whore: A Novel of Dining and Deceit*, a book about a young woman who secretly writes the *New York Times* restaurant review because the real critic has lost his sense of taste. Cue lots of drama.

So, I guess you can say I'm an expert in dining and early-stage dating. Dating while dining? Well, I have a couple thoughts on that. Here's some dating advice:

Do: Share some – if not all – dishes. It's more intimate. And, hey, if you like the person, you're sharing saliva anyway.

Don't: Eat off each other's plates. You're not a dog.

Do: Read up on the restaurant. A little background knowledge is a good thing and can help you both get situated.

Don't: Go overboard. You want some mystery.

Related Link: [Date Idea: Feed Your Heart with a Sushi Sampling](#)

Do: Have a drink to take the edge off and lighten the mood.

Don't: Test your limits. Tipsy is cute. Drunk, not so much.

Do: Order adventurously. Approach dates with an open mind ... and that includes with the menu.

Don't: Get something that's totally foreign. Maybe not the best time to get spicy alligator sweetbreads, ya know?

Do: Order courses that are subtly sexy: ricotta with honey and speck, dates stuffed with goat cheese, sticky toffee pudding.

Don't: Order cheesy “romantic” courses like chocolate fondue. (Though chocolate in general is always okay.)

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

Do: Tell him if you have a restaurant or cuisine in mind.

Don't: Try to run the show over multiple dates. Sometimes it's nice to be surprised (and let him do the surprising).

Do: Notice how he treats the waitstaff.

Don't: Pursue if he's an asshole to them, even if he's sweet to you. Red flag central.

Do: Get dessert!

Don't: Get so stuffed that you'll feel like a balloon about to pop afterwards. Especially if the restaurant isn't the last stop...

JESSICA TOM is a writer and food blogger living in Brooklyn. She has worked on initiatives with restaurants, hospitality startups, food trucks, and citywide culinary programs. She graduated from Yale University with a concentration in fiction writing and wrote the restaurant review for the Yale Daily News Magazine. Connect with her at www.jessicatom.com and @jessica_tom. “Food Whore” is her first novel. Order it on Amazon!

Celebrity Couples Who Called It Quits in Summer 2015





By Abbi Compel

Some celebrity couples just couldn't handle the summer heat together. There were many celebrity break-ups in the summer of 2015.

See what celebrity couples did not make it through the summer this year!

1. Zayn Malik and Perrie Edwards:

So many fans thought this celebrity couple was going to last forever. But sadly, they broke off their two-year engagement in August. This was shortly after Malik made his split from former pop group, One Direction.

2. Nick Jonas and Olivia Culpo:

The *Jealous* singer Nick Jonas and former Miss Universe winner Olivia Culpo split this summer in June. After two long years

together the celebrity couple called it quits. Jonas is taking time for himself and his work.

3. Scott Disick and Kourtney Kardashian:

Sadly, the famous *Keeping Up With the Kardashians* couple Scott Disick and Kourtney Kardashian called it quits in July. Disick was found out and about with his ex-girlfriend. That was the last straw for Kardashian.

Related Link: [Celebrity News: Scott Disick Cries in Trailer for New Episode of 'KUWTK'](#)

4. Gwen Stefani and Gavin Rossdale:

This summer Gwen Stefani and husband Gavin Rossdale finally ended things. The two have gone back and forth throughout their time together speaking about the struggles of marriage. They have finally called it quits, but will still have a happy and healthy relationship for their children.

5. Miranda Lambert and Blake Shelton:

Famous country star couple Miranda Lambert and Blake Shelton divorced in July after four years of marriage. They surprised everyone with this news and their fans were heart broken. The two have gone their separate ways.

Related Link: [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

6. Avril Lavigne and Chad Kroeger:

Celebrity couple Avril Lavigne and Chad Kroeger split in September after two years together. This couple has no bad blood though. They have chosen to remain close friends and will always be there for one another. That is a good break up!

7. Jennifer Garner and Ben Affleck:

Long time hollywood couple Jennifer Garner and Ben Affleck

divorce after 10 years together. They announced their split in June. They are still friends and choose to co-parent in a healthy and happy way.

What other hollywood couples split up this summer? Comment below!

10 Spooky Ideas to Strengthen Your Relationship and Love Life



By [Sarah Batcheller](#)

Halloween is one of the most anticipated holidays of the year. People of all ages decorate with faux-spider web, smear on face paint, and practice their best evil cackles, all in the name of an exciting fright! This is an especially thrilling time for lovers, who can not only comfort each other during the ghoulish hours of the night, but revel in the excitement of dressing up and going out. Many people spend the entire month of October building up to the suspense of Halloween.

Cupid has 10 pieces of spooky [relationship advice](#) you can use to strengthen your relationship and love life!

1. Carve a pumpkin: The scarier, the better! Witches and ghosts don't seem so bad when they're etched into your favorite fall vegetable. Plus, you and your sweetie can add your own touch of personality to your décor- like funny eyes or a great, big smile- truly making it your own.

2. Bake a pumpkin pie from scratch: Only the most talented bakers make their desserts from scratch. It can be a long process, but it sure is a fun one, and the results are definitely a sweet reward!

3. Attend a fall festival: Think of it like a carnival date, but with creepy mirror houses and other activities and games. Usually, there are markets to purchase your favorite autumnal treats. You can easily research online a local Fall festival that your city is hosting.

Related Link: [Date Idea: Look into Your Future](#)

4. Enter a costume contest: A little competition may be just the trick (or treat!) for you and your lovebird to get into a team spirit. It's also an excellent way to show off your

personality as a couple.

5. Have a horror movie marathon: It's the best excuse for snuggling (as if you need one!). You can opt for classic childhood flicks, or ultra-haunting thrillers. Either option is sure to set the spine-tingling mood.

6. Create a haunted house: Deck out your house in horrifying gear, getting it ready for ghoulish guests. Not only will it make for a great way to get creative together, but you can involve your friends and neighbors in your favorite holiday.

Related Link: [Top 10 Celebrity-Inspired Halloween Costumes](#)

7. Have a haunted tour: Research stories about hauntings in your area, and go scope out the scenes. You and your sweetie can explore places, like haunted houses or woods, with particularly spooky myths attached. Just be sure to use the buddy system, and: no trespassing!

8. Tell stories around a bonfire: There are more ghost stories in the world than anyone can count, so bundle up by a nice, warm fire, and see who can tell the scariest ones. Plus, it's a great way to stay warm at the end of October.

9. Host a haunted game night: Add an eerie twist to your favorite board games, and have your friends over for a fun evening. Not only can the two of you bond over planning the night, but you can have plenty of laughs with your favorite pals.

10. Last but not least...The Classic: Trick-or-Treating! By now, you're probably too old to dress up and go knocking on neighbor's doors. But, you can dress up and greet all the little goblins and superheroes who come your way. Whether you prefer handing out sweet treats or healthy snacks, the trick-or-treaters are sure to gobble it all up...let's just hope no one's appetite is spoiled before Thanksgiving!

What are some other spooky ideas to strengthen your relationship? Share your thoughts below!

Celebrity Couple Kylie Jenner & Tyga: Is Fighting Good or Bad?



By Dr. Jane Greer

Current [celebrity couple](#) Kylie Jenner and Tyga recently revealed that they enjoy focusing on the fun things in life and “don’t really fight” in their relationship. They admit to

disagreements occasionally, but not all-out fights. One of the ways they do this, they said, is by ignoring negativity. While this can create a very enjoyable and pleasant relationship in the moment, if it means brushing disputes under the rug for fear of where they might lead, it is possible it can create difficulty down the road.

It is important for all couples to address any concerns or differences of opinions so they can learn to work through conflict together. Here's some [relationship advice](#).

Focus on points of contention.

Being hesitant to delve too deep might prevent people from being able to truly share their feelings and needs. With that in mind, the question becomes is fighting in a relationship good or bad? Arguing in and of itself can be very upsetting, so it isn't surprising that some people look to avoid it completely. The problem is that if you do that, you will close off an important channel of communication that can eventually lead to a better place. There are few couples who don't occasionally encounter a disagreement, feel annoyed with the other, or have concerns about something. When that happens and the issues are sidestepped and left alone, they can fester and grow into bigger problems that, if they go on long enough, can be destructive to the relationship.

Related Link: [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

Establish methods and listen.

In order to continue as a couple with a strong foundation, you

need to have methods to work out the clashes that inevitably arise between you. An intense fight might not be the way to do that, but often an argument is the first attempt at addressing what is bugging you. Being able to voice your concerns in a respectful way so that your partner has a chance to hear what's on your mind and not get defensive is a good place to start. This enables you to take an important step toward listening and understanding each other so you can reach a compromise that feels fair and balanced to you both. The key is working to get beyond that first intense burst of anger when your temptation is to lash out and hurt the other person. If you get stuck there it can work against you as a couple. The real goal of an argument is to problem-solve so that you can find a better way of handling things going forward.

Related Link: [5 Celebrity Couples That Fight Dirty](#)

Manage your anger positively.

The first step is to steer clear of name calling, blaming, criticizing, or attacking your partner. While that lets your anger out in the moment, it can leave your partner feeling wounded and wanting to retaliate against you, which shuts down your attempt to work things out. The aim is to reach a point where you feel cared about and know that what matters to you is also important to your partner, so that you can trust that your needs will be met. Another tip is to pay attention if things are getting too heated and out of control. When that happens, take a deep breath and hit the hold button. Use this skill to take a break so you can both cool off before you broach discussing the topic again. One important aspect of hitting the hold button is that you agree on a time when you will resume the conversation so it is not left hanging, giving either one of you the chance to feel resentful.

When you resolve an argument it can play an important role in helping you feel closer and more intimate with each other since you're able to get beyond it and feel understood.

Although Kylie and Tyga's choice is not to argue, making room to do so could be a good choice for you.

Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"



Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

It sounds like [Chris Soules](#) found his true love...in farming! The star of [The Bachelor](#) season 19 truly stepped out of his comfort zone during his stint on reality TV, going from being a farm boy to a celebrity overnight. On the finale episode, he proposed to Whitney Bischoff, but just seven months later, the famous couple announced their celebrity break-up. Now, he seems to be finding solace in his farm.

Former *Bachelor* Talks Farm Life in Our Exclusive Celebrity Interview

In our [exclusive celebrity interview](#), Soules shares that, prior to his time on reality TV, he had never left Iowa for more than 10 days. Suddenly, he was gone for two months to film *The Bachelorette*, another two months for *The Bachelor*, and *another* two months for *Dancing with the Stars*. After his third stint on television, he took a step away from Hollywood – and he couldn't be happier. "It's been good to get back home and do what I love," he says. "Going on all these reality shows and being some what disconnected from the farm was pretty unusual for me."

Related Link: [Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up](#)

The former *Bachelor* describes being a pig farmer as an "intense labor of love," explaining how, as a farmer, you never truly have a day off because the animals and crops always need care. We only hope that he can give a lucky lady that level of devotion someday!

Recently, Soules was a judge on the National Pork Board, and he introduced us to the winner of this year's First Annual America's Pig Farmer of the Year Award, Keith Schoettmer. Schoettmer reveals his approach to farming, saying, "It starts with our responsibility of the farm, which we take very

seriously. We properly care for these pigs everyday, and while we're doing that, we're not losing sight of the people we work with and the consumers."

Reality TV Star Opens Up About His Relationships and Love Life

Soules has been on a roller coaster ride for the past year when it comes to his love life. The celeb went from trying to win the heart of [Andi Dorfman](#) on *The Bachelorette* to having his pick of 30 women on *The Bachelor* to being engaged to Bischoff...to being single again. With that said, relationships and love are the last thing on his mind right now. "My dating life is relatively non-existent... After dating 30 some-odd women and being engaged and going through that whole process, it's been nice to just kind of get back to normal," he explains. "Eventually, I'll get back in the dating rink." He adds that he and his [celebrity ex](#) still keep in touch and are "good friends."

Related Link: [‘The Bachelor’ Winner Whitney Bischoff is Casually Dating After Celebrity Break-Up from Chris Soules](#)

In our exclusive celebrity interview, the reality TV star admits that his approach to dating hasn't really changed since being on *The Bachelor*. "There's not a lot of changes I'll probably make. It's still just about finding the right person, someone who appreciates the farming life and also the finer things in life," he shares. He believes that finding love this time around will be a little easier since he is "out there," confessing that there are a lot more women interested in dating him now.

Chris Soules Shares Dating Advice

for Upcoming *Bachelor* Ben Higgins

Soules recently met the newest *Bachelor* Ben Higgins and says he's a great guy. He wishes him the best of luck on the reality TV show and adds, "He deserves it. He's a stand-up guy, and he's what the show is all about, I think. He's truly trying to find somebody, so hopefully, that happens for him."

Of course, the former *Bachelor* had some dating advice to share with Higgins: "The main advice that I gave him was to make sure you take each relationship that you have with those girls very seriously and make sure they feel as comfortable as possible... In order to have a real relationship develop, those girls need to feel like they're the only ones involved in the relationship."

Related Link: [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

Despite his return to farming, Soules hasn't completely said goodbye to reality TV just yet. You can catch him on the latest season of *Worst Cooks in America* on The Food Network. He explains that, although he may be good with a grill, he's not so great in the kitchen!

Keep up with Chris on Twitter @SoulesChris and www.instagram.com/souleschris/!

20 Fashionable Celebrity Moms





Gwen Stefani

The No Doubt front woman and L.A.M.B. fashion designer has a unique sense of style, one that she's passed down to her three celebrity babies. Photo: Gucci/FAMEFLYNET PICTURES

Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book





Interview by [Whitney Johnson](#). Written by Mackenzie Scibetta.

Watching a grown woman yank on another woman's hair while wearing a skin-tight dress and holding a cocktail is the opposite of what it means to have poise, but as we know from the latest celebrity news, it is neither surprising nor uncharacteristic in our society. In fact, it is almost commonplace for women these days to have a lack of grace and dignity. Lucky for us, relationship author and blogger Jennifer Scott recently released her third book in her *Madame Chic* series dedicated to this topic. In *Polish Your Poise with Madame Chic*, she serves us a guide to a classy and elegant lifestyle and also sprinkles in some [dating advice](#).

Relationship Author Shares Her Tips for Having Poise

First, can you define poise for our readers?

There are five main characteristics that make up poise: confidence, composure, compassion, presentation, and being present. Confidence is really just about feeling comfortable

in your own skin and owning who you are. Composure is so important and hard, especially in a difficult situation where someone is pushing your buttons. There are so many encounters where we could use composure to our benefit. As for compassion, that asks us to think about someone other than ourselves, which is a major part of having poise, especially in our narcissistic society. Also, how you present yourself – not just your clothes but how you behave – can say a lot about you. Making eye contact, speaking clearly, and dressing in your own true style will help. Lastly, being present means not getting stuck in your own head and worrying about the future. Instead, seize every moment you have.

Related Link: [Most Popular Girl in New York City Shares Online Dating and Relationship Advice in New Book](#)

What celebrities come to mind when you think about poise?

I love Rachel Bilson because she doesn't have a big presence on social media, which says a lot about her. Other celebrities that I love are Natalie Portman, Michelle Williams, and Kirsten Dunst because they all possess a lot of grace. And of course, Audrey Hepburn is still an icon even so many years after her death.

An obvious choice for someone who needs to work on their poise would be [Miley Cyrus](#). She's trying too hard to shock people, and that's not going to last long-term.

What was your favorite chapter to write in *Polish Your Poise with Madame Chic*?

I loved the presentation and style part because it is so valuable. People assume style is superficial, but it's not! It's simply about presenting yourself well with dignity and respect. I always encourage my readers to find their own style. You see people on the streets wearing black yoga pants everyday with an old t-shirt, and it's rancid.

In what aspect of their life do you find young women need to work on their poise most?

I think they struggle most with finding their place in the world and learning how to carry themselves. It's hard in our society, especially with celebrities focusing on the wow factor; young women start to think they should behave like that too. They're acting anti-establishment because it's the popular trend right now. Instead, young women should really think about how they present themselves and what their choices say about who they are.

Jennifer Scott Provides Dating Advice For Those Lacking Grace

Now for some dating advice! What suggestions do you have for women going on a first date?

First, I think that dating should be taken seriously. You shouldn't just accept any invitation! Next, dress beautifully and in a respectful way because you want to attract the right kind of person. There's no need to be overly sexual to try and get the guy interested in you. Also, when you're in conversation with him, don't spill your life story. Instead, show that you're well-read and discuss current events or books and movies that you enjoy. Make him see that you're an interesting person.

Any tips for someone meeting their partner's family for the first time over the holidays?

This is where poise can be your secret weapon. Make sure to dress respectfully, make good eye contact, shake hands, and bring a gift for the host. Show them what a dignified young lady you are by really being present and engaged. And no matter what, do not play on your cell phone the whole time!

Related Link: [Relationship Author Dr. Tara Fields' Love](#)

[Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"](#)

How can a woman maintain her poise post-breakup?

It's really easy to maintain poise in the good times, but it's even more important to maintain it in the bad times. Always pause when you're agitated and do not jump on social media. Keep things private, both good and bad. Additionally, don't let yourself go into a funk of wearing only sweatpants. Pull yourself together to help keep that positive attitude.

Lastly, as a working mom, do you have any tips for our readers who are struggling to balance their family life with their career?

Set your priorities. Family is the main focus for most women, so when you come home from a long day of work, make sure to spend time with your spouse and kids. Whatever precious time you have with them, be present and make it count.

Polish Your Poise with Madame Chic *is available on Amazon. If you're looking for more from Jennifer Scott, check out her blog Daily Connoisseur!*

Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'





By Katie Gray

The concept of having a “work spouse” is becoming more and more common in the workplace. In this day and age, people are typically working more hours than they used to. This means that they are also spending more time with their co-workers, which includes the opposite sex. This type of relationship is similar to having a real spouse – it’s someone to support you through life, but without the sexual benefits. Vault.com conducted a survey among a diverse range of industries and found that out of the 693 people surveyed, 32% said they have or have had previously, a “work spouse.” This type of relationship is on the rise!

Cupid has some [dating and relationship advice](#) on how you can keep boundaries with your work spouse:

1. Don’t share too much personal information: While at work

and interacting with your work spouse, don't overshare personal information. It's important to keep the relationship light and happy. If you overshare things from your private life, the relationship won't be strictly professional anymore. Be personable without crossing the line.

2. Don't go out drinking together: Dr. Phil's advice on this subject is, "Don't drink with your work spouse. When you drink, boundaries get blurred." Therefore; keep the relationship professional and no conflicts will arise.

Related Link: [5 Ways To Know Your Partner Is Lying To You](#)

3. Be honest: The most important thing is honesty when it involves this topic. Make sure your work spouse is aware if you have a real spouse or significant other. If you do, be sure to tell your partner about your work spouse as well so there are no secrets. Sources say that it's good to even have them meet, so there is no room for paranoia or tension.

4. Avoid frequently talking about your work spouse at home: Although you love being around your work spouse and have many inside jokes and stories, it's best to avoid talking about them too much at home. There needs to be a distinction between your work life and your home life. It could potentially hurt your partner's feelings if you bring up your work spouse too much. However; it's good to casually mention them and share information.

Related Link: [Relationship Advice: Marriage Survival](#)

5. Communicate appropriately: Even if your work spouse is your favorite co-worker by far, make sure that you are still communicating and interacting with other employees. This way it won't seem like you and your work spouse are exclusive and like a clique. Your fellow co-workers and the people in your personal life should all be aware of this strictly platonic relationship in the workplace. With effective communication, everyone will remain on the same page.

How have you maintained boundaries with your own work spouse?
Share your stories below!

Relationship Advice: When to Stop Wearing Your Wedding Ring



By Dr. Jane Greer

Actor Brian Austin Green was spotted making a trip to the grocery store, smiling and still wearing his wedding ring despite his split from Megan Fox. He appeared to be in good

spirits. After five years of marriage, the couple decided to part ways about six months ago. Yet the fact that he is still wearing his ring brought a lot of media attention. There is so much to think about when you are separating and considering divorce that sometimes that tiny detail about when to take the ring off either falls to the bottom of the list or becomes too overwhelming to face.

Deciding when to slip it off is a personal choice, with no right or wrong answer. Here's some relationship advice.

The wedding band itself can hold a lot of meaning not only to the people in the marriage, but also to everyone around them who sees if they are or are not wearing theirs. It is a marker to the world that says they are in a committed relationship, or possibly, if they have broken up but continue to wear it, that they are still dealing with aspects of their relationship and are not completely ready to let go.

When people keep wearing their ring post-split, it might be that they are not ready to transition their identity from being married and part of a "we" to being single and just a "me." That shift can be challenging and daunting, and the ring itself can continue to give them a sense of security so they don't have to be out there on their own in the world just yet. Or, it may be a simple signal that they are not ready to start dating and want to give a very clear message that they are unavailable. Or, when there are children involved as there are with Brian and Megan, continuing to wear a ring might be a subtle sign that the parents are still connected so the kids can have the ongoing sense of family.

When is the right time?

All of this leads to the big question: is there a right time to take it off? That answer is different for everyone, and will vary greatly from person to person. It doesn't matter when you do it, but what does matter is knowing and understanding what it means to you when you finally decide to stop wearing it. For most people, when they take their ring off it is a statement that they have taken a definitive step into their new single life. It can be a long road to get over a break-up or a divorce. It takes time for both partners to heal and recover, but first they have to accept it is over and begin to move forward. Removing your ring is part of the process of letting go. Only time will tell when Brian will be ready to do that.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.

Celebrity Photo Gallery: Breast Cancer Survivors





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Amy Robach

'Good Morning America' anchor Amy Robach was diagnosed with breast cancer in October 2013 when she received a mammogram on

air. She recently opened up about how trying the disease was on her celebrity marriage. Photo: Janet Mayer / PR Photos

Relationship Advice: Don't Give Up on True Love as a Single Parent



By Diane Sawaya Cloutier (with Mario P. Cloutier)

A well-known proverb tells us: “Don’t judge a man until you’ve walked a mile in his shoes.” I’ve walked many miles in the shoes of a single parent trying her luck at dating, and my aim

is not to judge, but to encourage and advocate with some important [relationship advice](#).

I know first-hand what it's like to be a single mom. While I was fortunate to benefit from an amazing support group, I remember that phase of my life as one that brought many fears and questions, often in the form of self-doubts. I felt lonely, and I truly thought that few others could relate to my situation. This was some 25 years ago, in a world that was certainly different from today's for single parents. For instance, the likes of "xyzSingleMomsMingle.com" had not yet arrived. Facetime couldn't help me keep an eye on the little one when I went out. And less people were becoming single parents by choice. Still, when it comes down to the real anxieties and worries single parents face, has much really changed?

The troubling concerns that single parents say torment their lives today sound identical to the ones I wrestled with more than two decades ago: "Am I a good enough mom?" "Will we be okay financially?" "When will I be able to find some time for myself?" "Am I going to be alone for the rest of my life?" And, the BIG one: "Will I ever be able to love and truly be loved again?"

I don't pretend to have all the answers to these pressing questions, but, on the BIG question, I do have some pieces of relationship advice for you. Here's what I've learned:

The journey of a thousand miles begins with a single step. Everything starts with a decision—a choice we make. What is

yours? Are you just looking to meet someone, or are you seeking to love and truly be loved? This may sound simplistic, but it is the first step of any true love journey.

Decide not to settle.

After my divorce, I found myself back on the dating scene as a single mother. It took me several failed relationships before I made a choice that changed my life. I decided I would no longer settle or compromise for anything less than a lasting, blissful relationship. And I was resolute in my decision, even if this meant remaining alone with my son for the foreseeable future.

Make it a B.Y.O.S.

Party invitations refer to B.Y.O.B. My advice to you is don't jump into a new relationship unless you Bring. Your. Own. Self.

Early on, I was undermining what I really wanted from a relationship when I first started dating someone. I camouflaged who I really was just so I wouldn't have to be alone. To fill a void, I made the focus on what I thought the person I was dating wanted from a relationship instead of whether the person could fulfill my needs. Trust me on this: Once you make the choice to no longer settle or compromise on anything less than a lasting relationship, you are more likely to find your soul mate.

You're in charge.

Make a conscious effort to figure out the non-negotiables, or "personal laws" you require from a relationship. Once you've established your own needs and your own self-worth, you will have a clear picture of the shape your next relationship will take. Remain steadfast and unbending about your personal laws. This will help you avoid pitfalls in your quest to find your ideal relationship, and it will show others that you care enough about yourself to not compromise what you feel is important.

For me, my #1 personal law was: My son has to be embraced, not just accepted. I'd been in situations where I knew this wasn't the case, and it didn't feel right. This became a non-negotiable condition for me. Personal laws are by nature...personal! There's no one set of requirements. But, if you fail to establish them—or worse, if you don't implement them as you embark on your next relationship, chances are this will end up as a deal breaker later on.

After experiencing it firsthand, I strongly believe a single parent can love and truly be loved again. However, if you're looking for a lasting, fulfilling relationship, keep in mind:

- When we continue repeating the same stuff, we can't expect different results;
- Everything is a process, and anything of great value is worth the wait;
- Faith without work is a waste of time.

Diane Sawaya Cloutier found her soul mate and husband, Mario Cloutier, in 1998 after they both had experienced unfulfilling relationships. Now, authors and relationship coaches, Diane and Mario Cloutier's 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. Learn more at www.ReLovenship.com.

Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man



By Mackenzie Scibetta

The only situation more traumatizing than discovering your man is with a secret woman, is realizing that you have unknowingly been the “secret woman” to a man and his wife or girlfriend. Devastating to a woman’s self-esteem, this type of relationship needs to be stopped before it takes off into something more serious. The typical man who is already taken will be manipulative, uncommunicative and cautious. Watch out for those telling traits, as well as other signs that your lover may be in another commitment.

Look at Cupid's [dating advice](#) on the most revealing signs that your man is taken:

1. He's overly protective of his phone: One reason your significant other doesn't want you to touch their phone might be because there are incriminating messages, phone calls or photos on it. If he keeps his phone hidden and becomes defensive when you ask about who he's talking to, that hints he's hiding at least something, whether it is another woman or not is for you to decide.

2. He doesn't invite you to his place: This could be for the fact that he has a wife, girlfriend, or even kids at home. To keep this other life veiled from you, he will likely always suggest heading to your home instead. All and any excuse will be brought out to mislead you from the real reason you cannot visit his place.

Related Link: [10 Body Language Signs That Mean He's Into You](#)

3. He doesn't talk about his friends or family: Opening up about his friends, or even introducing you, could potentially lead to you finding out details about his other significant other. Naturally, if your man is taken then he will keep you as distanced as possible from anyone who knows that he is deceiving you.

4. He is not active on social media: This sign is significantly important, especially in our modern age where everyone and their grandparents have at least one form of social media. This lack of an online presence suggests he does not want to be found, tracked or followed.

5. He stays quiet about past relationships: A cheating man will not share many details about his past relationship

because, technically, his past relationship is also one of his current. To prevent slipping up on information or accidentally giving clues to another woman he will likely completely avoid any topic about past romances and will become agitated at the mention of it.

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

6. He always calls you when he's out of the house: Whether it's from the supermarket, post office, or sidewalk he will make sure that your voice is not heard inside of his home. He uses these outside places to avoid his home life, where a girlfriend or wife awaits him.

7. He's always busy on the weekends: It's hard to sneak in time with you on the weekend when his wife/girlfriend knows he is off from work. Attached men cannot afford to be spontaneous or adventurous. They can only stick to safe zones and days when they know they will have an excuse.

How do you handle a cheating a boyfriend? Let us know below.