

# Date Idea: Run in the Name of Love



By Emma L. Wells

This [weekend date idea](#) will have you and your beau gettin' physical! Instead of your usual dinner and a movie, get off the couch and go for a run or walk together. There's no better way to get your relationship and love out of a rut than with a little activity, so for this date idea, challenge your sweetheart to run or walk a 5K with you.

## Challenge Each Other With This Date

# Idea

Map out a good 5K route in your town or, if possible, sign up for an official 5K charity run. So many non-profits have them that you're bound to find a cause that you'll both appreciate. That way you'll not only be doing something great for your bodies *and* your relationship and love but also for society!

**Related Link:** [Date Idea: Enjoy the Water](#)

Run as a team to help keep each other's strength up. Or you can make it a race between the two of you to add some playful competition to this date idea. A little competitiveness between you and your partner can actually be really healthy for your partnership. A small rivalry can spice things up as long as it's all in good fun!

## Love Advice: The Couple That Runs Together, Stays Together

Exercising together has a lot of benefits. First, it'll give you the opportunity to wow him with what great shape you're in. You'll also run faster and work harder than you normally would so that you can impress him. Take this love advice and consider investing in some new workout gear that really shows off the results of your hard work. Additionally, it'll be nice to have someone so close to give you positive encouragement. Plus, a good workout releases chemicals in your brain that will leave you two feeling giddy and romantic all day long.

**Related Link:** [Weekend Date Idea: Play All Day](#)

If you're planning your own 5K, make sure to run past some nice scenery. For instance, if you live on the coast, why not map out a path along the water? You can plot your run to be a circle so you end up back at home or extend your day by ending at a park where you can enjoy a pleasant rest. Once you've

recovered, head to your favorite brunch spot. After all, you've earned it after your workout!

Have you and your partner done a 5K together? Tell us about it below!

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# 'American Idol' Star Joey Cook Opens Up About Her Celebrity Engagement: "He's the Love of My Life!"



By [Rebecca White](#)

Joey Cook will not only leave the reality TV show *American Idol* having gained experience and knowledge in the music industry, but she's also walking away with a [celebrity engagement](#)! Cook's longtime boyfriend Evan Higgins proposed a few weeks ago, and the now-famous couple shared the news on Twitter on Thursday, Mar. 26. In our celebrity interview, the performer opens up about the special moment, saying, "The proposal was really sweet. He's the love of my life!"

## Behind the Scenes of Joey Cook's Celebrity Engagement

Even though *American Idol* keeps the contestants incredibly busy, Higgins whisked Cook away for ten minutes in between photo shoots to get down on one knee and put a ring on her finger. "There was this garden with a bench in the hotel we were staying at," the performer reveals. "He started out with all of this heartfelt stuff, and I thought he was going to break up with me! I was thinking, 'Wait until the show's done!'" Not only did Higgins find the perfect backdrop for a proposal, but he also made sure that the singer had her support system with her to make it even more special. "Evan called my family and made sure my mom was going to be there. My childhood best friend was there too," Cook adds.

**Related Link:** ['American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"](#)

The couple has carried out their relationship and love since 2009 and will celebrate their anniversary this summer – just in time for them to tie the knot. "I want to do the wedding soon because we've always wanted a summer wedding," the reality TV star gushes. "And it'll be six years this summer, so it's perfect!" Although we're sad to see her leave the competition, we're excited that she now has time to plan the perfect celebrity wedding with her beau.

# ***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

Of course, Cook didn't just chat with us about her perfect celebrity engagement story. The eliminated contestant says that *American Idol* has provided her with so many resources for her future. "They've exposed me to millions of people," she shares. "I've never had vocal lessons before, and getting access to all of this information and being able to work with my vocal coach was amazing. I learned more about music in this last few months than I did in my whole life before now!"

The singer says she couldn't be more grateful for the life-changing experience, which taught her more about herself as well. "I wasn't confident as a vocalist before, and this show has shown me that, along with playing instruments and writing music, I'm a singer, and that's what I do," she explains. "It's proven to me that I am good enough, and I am capable and deserving." We couldn't agree more!

**Related Link:** ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

After saying her goodbyes, Cook has a different vision of who she is as a performer. "Now that I've been soaked in the *American Idol* world, I see myself so much differently when it comes to what I can do with a show and a backdrop and little things like that," the singer says. "It made everything larger than life for me."

*You can keep up with Joey on Twitter @IamJoeyCook!*

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# Reality TV Star Lea Black Says, “Once You Find the Right Person, You’ve Really Got to be Committed to Having Equal Power”



By [Sarah Batcheller](#)

The ever-glamorous Lea Black has appeared on *The Real Housewives of Miami* since season 1. Her charm and sass – not to mention her whirlwind lifestyle among Florida’s elite – have drawn audiences in. With a steady celebrity marriage and beloved thirteen-year-old son, the reality TV star has also balanced a cherished domestic life with all the glitz. She

hosts an annual charity gala to raise money for troubled teens and, in addition to her philanthropic efforts, is the president and CEO of The World of Lea Black, a multi-brand company that offers everything from jewelry and handbags to beauty products.

Now, in her upcoming novel *Red Carpets & White Lies*, Black has penned a fictional depiction of the scandalous, unpredictable lives of Miami's top socialites. In this [exclusive celebrity interview](#), we had the chance to speak with the newly-minted author about her book, the *Housewives*, and her best love advice.

## Reality TV Star Discusses Her Glamour-Filled Upcoming Novel

The spunky Texas native believes that the city of Miami is one of the best in the world, so it's no surprise that she wanted to capture its essence in her novel. "Miami is a very complex city, and it's very international – there's a very diverse crowd," she explains. "So I think it is one of the most exciting cities in the world because it really is a gateway to Central and South America. It's so multi-cultural; you get everything from the really serious intellectuals to the people who came here wanting to live the American Dream to the riff-raff who come and go and sort of reinvent who they are."

**Related Link:** [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

Of course, the best people to inspire the characters in Black's novel were none other than herself and her intriguing social circle. So we had to ask: Are her characters based off of real people? "They all are in a way," she confirms. "But they're compositions of people. I would take the personality traits of one person along with the character of another and

kind of camouflage them.”

Whether or not we’ll see the *The Real Housewives of Miami* stars, whom readers may be able to identify in *Red Carpets & White Lies*, grace the small screen again is still up for debate. The reality TV star says, “Bravo continues to say they haven’t made any decisions, and I think that’s totally true. Our ratings were certainly close to some of the other shows that were renewed, so they *could* justify bringing the show back.”

The network may be rethinking the cast too. “I think that some of the personalities on the show weren’t as well-received by the audience as they would’ve hoped...and that may include me!” she adds. Having formed friendships with other *Housewives*, including Lisa Vanderpump, whom she did business with in Los Angeles, and Kathy Wakile, it’s safe to conclude that Black won’t be falling off the radar anytime soon.

**Related Link:** [Top Ten Most Down-To-Earth Celebrity Wives](#)

Despite her busy career, her number one focus is always her family. Not only do the jewelry designer and her husband Roy love to have date nights when they travel, but they work to raise their son to be a respectable young man. “It’s funny; I’ve sent my son twice now to etiquette and charm school! As for my husband, he does good and bad, so I point it out to my son when he does something that’s not acceptable!” she reveals with a laugh. “I put a big effort into teaching my son manners. I think if you don’t have an ounce of manners, then later in life, people will view you differently.” As for their summer vacation plans, the family of three are planning to travel to Los Angeles, something they do each year.

## Lea Black Shares Best Love Advice

The reality TV star’s happy celebrity marriage can be attributed to her commitment to working at her relationship



every day. She believes that communication is key. “You should communicate *before* things escalate, not after,” she insists. “And you need to be on the same page in life. If you focus on the ‘me’ instead of ‘we’, then that relationship is not going in the right direction.”

The beauty guru believes that, after you find the right person, you need balance. “Once you find the right person, you’ve really got to be committed to having equal power, an equal balance,” she asserts. “That’s why I’m so against guys who make girls sign prenups – because it situates the guy to have more power through money. You have to go in expecting both people to have an equal say.”

**Related Link:** [Celebrity Couple Gabrielle Union and Dwayne Wade Signed a Prenup](#)

Black also thinks that, if you’re facing disapproval from your friends and family, you need to make a decision about who’s worth keeping in your life. “You have to tell your friends to support you unconditionally. If not, you can be friends with them at a distance and be amicable, but they can’t be in your daily life,” she believes. “If they’re judging your relationship, then it’ll just cause problems. If they’re going to be in your life, they need to be supportive. They don’t get to criticize your spouse unless it’s something very serious that requires an intervention.”

*Keep up with Lea on Twitter [@leablackmiami](#) and [www.facebook.com/LeaBlackMiami](#). Don’t forget to pick up a copy of Red Carpets & White Lies on May 5th!*

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# Dating Advice: The Psychology of Online Dating

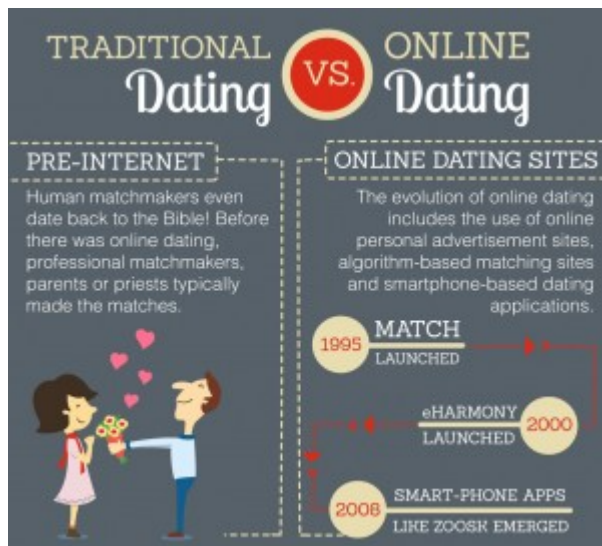


By Jill Kapinus

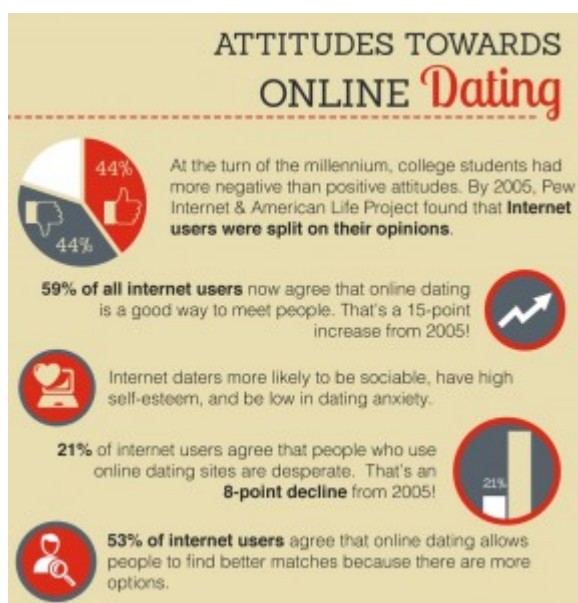
Have you ever wondering just who, outside of the people you know, is using online dating to meet potential partners? And whether people actually think it works? We can't quantify love—heck, we can't even define it!—but we can look at some relationship advice and the statistics of online dating.

## What makes a person reach out or respond to a virtual stranger? What

about the stigma that has lurked in the shadow of online dating since its outset? Let's reveal some dating advice below.



The Pew Research Center has conducted surveys that look at these aspects of online dating and how they've changed from 2005 to 2013. Back in 2005, 44% of respondents thought that "online dating is a good way to meet people." In 2013, that number rose to 59%—a pretty positive climb.



The stigma around online dating seems to also have taken a

positive turn as well, as 53% of internet users agree that online dating allows people to find “better matches” because there are more options.

**Related:** [Relationship Advice: Social Tips from Ben Franklin and Other Maxims Masters](#)



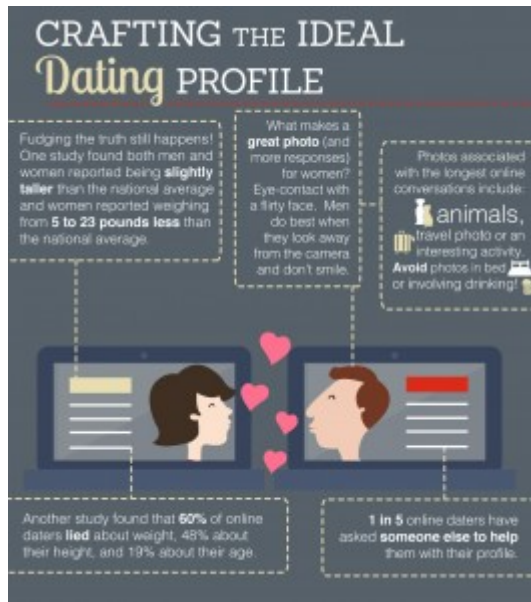
One thing that may always be consistent is that people tend to embellish the truth when it comes to self-describing. One study found that on average, men listed their height as being slightly taller than the national average and women listed their weight as 5 to 23 pounds less than their actual weight. And while women whose profile pictures that featured eye contact and a “flirty face” garnered more responses, men who looked away from the camera and didn’t smile received more replies.

**Related:** [Relationship Advice: 3 Ways to Handle Unmet Expectations in Marriage](#)



No matter what draws someone to online dating, it seems that

the popularity is increasing, with new online dating apps and websites popping up all the time. So, take our love advice. If you feel like branching out of your typical dating comfort zone, you're not alone! Take this dating advice and take a fun photo of yourself, ponder what your "type" is, and give it a whirl!



**What are some other pieces of psychology behind online dating? Share your thoughts below.**

*A native of northern New Jersey, Jill works as a copywriter in the education industry. She has also written for the healthcare, home mortgage, and home furnishing industries.*

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**‘American Idol’ Performer Qaasim Middleton Says, “My Girlfriend Has Been a Huge Impact in My Life!”**





By [Rebecca White](#)

We haven't seen the last of Qaasim Middleton! The performer has been a busy actor and musician since his first appearance on television in 2007. With fame and fortune still to come his way, he keeps himself grounded with his faith and his girlfriend. This week, he was eliminated from the [reality TV](#) show *American Idol* after being in the bottom two with his performance of "Stronger" by Kelly Clarkson. But don't worry: In our celebrity interview, he says he has "so much in the oven right now; it's just cooking!"

## **Qaasim Middleton Talks Relationships and Love**

**Related Link:** [‘American Idol’ Eliminated Contestant Daniel Seavey Wants to Prove That He’s “Not Just a Cute Kid”](#)

Middleton first got his start in the Nickelodeon show *The Naked Brothers Band* and is the guitarist of the real band of the same name. Still, his busy lifestyle hasn't stopped his relationship and love life from flourishing. He says that he's had a girlfriend for about a year and that she's been a "huge impact in my life!" He doesn't like to talk about his girlfriend very much because he wants to focus on his work instead. However, he does say that being with her has been "a great experience."

Middleton was in the bottom two based on his performance of the famous break-up song "Stronger" by Kelly Clarkson. During the performance, he wasn't thinking of a past relationship and love though. Instead, he was thinking about "my *Idol* save and how I came back strong from that." With the new fan save element introduced last week, he had to fight for his life on the show for the second time (as he received the judges save earlier in the competition). He sang the song "Hey Ya" by Outkast, which ultimately resulted in his elimination.

## **Post-American Idol Plans for Eliminated Contestant**

While most eliminated contestants discuss their album plans, Middleton is thinking even bigger. He has a video game in the works, likes to MC, is a producer, and, of course, will be writing more music. "Being a versatile artist helps with the professionalism and the craft," he explains. "I'm going to do some big stuff. The game is about to be completely changed." He plans to be the "next big stadium artist" and is excited to start boosting his career.

**Related Link:** [Eliminated 'American Idol' Contestant Maddie Walker Talks to Her Fans: "I Was In It For Them"](#)

Although we've all come to know and love the energetic and lively performances from Middleton, he says that's all new to

him. "I've been singing and playing guitar since I was 10, and I just started doing the dancing thing in December," he shares. "This is all new to me. I was experimenting with how good I can do and be, and I found out that I'm pretty good at singing and dancing." It's clear the 19-year-old is starting to find himself and his comfort zone. We can't wait to see what new things he has to offer!

*You can keep up with Qaasim Middleton on Twitter @QaasimOfficial!*

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## 5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships





by Molly Jacob

It seems that every day that a new Hollywood couple is breaking up or getting back together. But what about the couples that have withstood the test of time? When celebs have been in relationships and love for years, they have a lot of wisdom to impart about relationships and love.

## See what love advice celebrity couples in long-term relationships have found useful for their own relationships!

**1. Alyson Hannigan and Alexis Denisof:** These *Buffy the Vampire Slayer* costars married in 2003 and have two daughters. When she was asked about the best love advice she had ever received, the *How I Met Your Mother* celeb said, “‘Don’t ever spend more than three weeks apart.’ Two and a half weeks, maybe three, was the longest we ever did.”

**2. Tim McGraw and Faith Hill:** This country music Hollywood couple has been together for 19 years. McGraw said in an interview with *Great American Country*, "You just have to love the skin you're in, basically. You have to walk this life together. There will be times, ups and downs, but you have to essentially like the person that you love. I think it's important to laugh a lot and have a good time. Life is so short. It sounds contrived but it's the truth."

**Related Link:** [Tim McGraw Credits Faith Hill for Helping Him Quit Alcohol](#)

**3. David and Victoria Beckham:** This power celebrity couple has been married for 15 years. David Beckham says the secret to their relationship and love is that they "have fun together." Beckham told *People*, "We've got three beautiful children together which our whole time is making them happy and making sure they're healthy and good so most of our time is spent on them. But we have to also spend time together as a couple and that's always important."

**4. Kelly Ripa and Mark Consuelos:** This celebrity couple, who met on the set of *All My Children*, got married in 1996 and have three children. Ripa said her best love advice is, "Don't get divorced after your first argument! I have a lot of friends that have one fight and that's it, they get divorced. I go, 'Wait a minute! Oh my gosh, you guys! Calm down! You'll forget in three days what you were fighting about.'" The celeb also revealed in an interview on *Watch What Happens Live* that the secret to their marriage is that they have "lots of sex."

**Related Link:** [Kelly Ripa on Electrolux and Her Marriage to Mark Consuelos: "We Still Dig Each Other"](#)

**5. Robin Meade and Tim Yeager:** The *CNN* anchor and her long-term boyfriend married in 1993. The best love advice she has ever given is, "Gals, don't marry someone for their looks. Sooner or later we all age and start to droop. Don't marry



someone for their position and don't marry someone for money. Money comes and goes, and since when is that love? Marry someone because they make you laugh. Humor is always sexy. Besides, it's awfully hard to get mad at someone while they're making you laugh."

What's the best love advice you've received from someone in a long-term relationship? Share in the comments section below!

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## Chick Flick 'The Longest Ride' Features Brittany Robertson and Scott Eastwood Living Their Love Story





By [Courtney Omernick](#)

*The Longest Ride* focuses on a love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to start her dream job in New York City. Later in the story, Sophia and Luke make a connection with Ira, whose memories of his romance inspire Luke and Sophia.

**This chick flick spans generations and two intertwining love stories to explore the challenges and rewards of enduring love.**

**Should you see it:**

Since this relationship movie is based on a book by Nicholas Sparks, you know it's going to be a tear jerking, inspiring, chick flick! This movie is also filled with gorgeous actors

such as Scott Eastwood, Brittany Robertson, Oona Chaplin, Jack Huston, and more!

### **Who to take:**

This film would be great to see with your friends or significant other.

### **How do you know when your relationship is worth fighting for?**

#### **Cupid's Advice:**

Every relationship has ups and downs, but if you feel like your relationship has been on the decline lately, it can be hard to determine if now is the right time to let go. Especially if you've been with your significant other for years, you might not want to give up so quickly. Below are some signs that your relationship is worth fighting for.

**1. Check the fundamentals:** Relationships are built from trust, honesty, loyalty, commitment, and respect. If your relationship is missing any one of these elements, it could be a sign of trouble. However, if these building blocks are strong in your relationship, it might be worth hanging on to.

**Related Link:** [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

**2. You're still attracted to them:** Are the emotional and physical sparks still there? As you both mature in the relationship, bodies and minds change. Being both physically and mentally attracted to the person is important for a strong relationship. If the attraction is still there, you might not want to let go just yet.

**Related Link:** [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

**3. You both want to work to save the relationship:** You can't expect just one partner to do all of the heavy lifting. If you

both are committed to constantly fine-tuning your relationship, it may be worth saving.

How did you know your relationship was worth fighting for?  
Comment below!

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## **‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”**



By Jenna Bagcal

We've all heard the phrase "love at first sight," but the [reality TV](#) show *Married at First Sight* takes this concept to a whole new level. During the first season of the show, viewers saw Jamie Otis and Doug Hehner say "I do" on their wedding day – which was also the first time that they met each other. The "social experiment" takes six singles and matches them up with their perfect partner with help from a team of experts, including a sexologist, a spiritualist, a psychologist, and a sociologist. In this exclusive celebrity interview, the married celebrity couple discusses their experiences on reality TV and give us the inside scoop on their first year of marriage.

## **Married Celebrity Couple Discuss Their Experience on *Married at First Sight***

The *Married at First Sight* alums recently celebrated their one-year anniversary by renewing their vows in St. Thomas, where they honeymooned, for *Doug and Jamie's Wedding Special* on FYI. Still, they remember their first wedding as if it were yesterday. "I was so scared before I got *Married At First Sight*," says Otis. "I've never been the one to believe in love at first sight, but I was hoping to have chemistry and butterflies – which, looking back now, I realize is so unrealistic. He was a complete stranger! I was hoping to find my soul mate – and honestly, I believe I have."

**Related Link:** ['Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

Hehner adds, "I usually go into everything with an open mind, no expectations, and a positive energy. I was hoping to find my soul mate too."

Before they embarked on the marriage social experiment,



they had to share their big plans with their loved ones. “When I first introduced the idea to my parents, they kind of brushed it off as another one of ‘Doug’s Ideas and Adventures’ that would eventually play itself out. When I told my friends about it, they all had the same reaction,” Hehner explains. “However, no matter how random or bizarre I get, my family and friends have always been super supportive, and they really do trust my judgment enough to just be there for me, no matter what.”

Otis says that it was getting the approval of her siblings that mattered most to her. “They said I was crazy, but they’d support me if I believed in it,” she reveals. “And then they instantly loved Doug – so much so that they encouraged me to give him a chance when I began to doubt it. I was shocked to hear them encouraging me!”

Otis is no stranger to the world of reality TV: Fans may recognize her from *The Bachelor* season 16 with Ben Flajnik and *Bachelor Pad* season 3, where she had a short-lived relationship with Chris Bukowski. “If you saw *The Bachelor* and *Bachelor Pad*, then you know I am pretty miserable at dating,” she says with a laugh. “After *Bachelor Pad*, I had no intention of ever being vulnerable on TV again.” But despite her negative dating experiences on these shows, she was willing to give reality TV dating another try after she received a phone call that changed her mind: “When *The Love Experiment* called me (that was the original name of the show) and told me there were four experts who would help me along, it definitely caught my attention.”

**Related Link:** [‘The Bachelorette’ Contestant Chris Bukowski Wants His “Fairytale Ending”](#)

Hehner, who describes himself as “a leap of faith type of guy,” elaborates, “After meeting the experts and trusting that they were taking this experiment as seriously as if they were arranging a marriage for their own child, I had peace of mind

knowing that, if they did match me with someone, it was going to be someone that I dreamed about. That is why I was very specific and honest about what I wanted in a mate!"

## Reality TV Stars Jamie Otis and Doug Hehner Share Best Love Advice

Their first year of marriage has been full of surprises, and it only makes sense that the celebrity couple says they "still feel like they're dating." Hehner shares, "I think that, with any relationship, a strong foundation is key. So building a solid friendship was first on our list, and then, we needed to quickly learn how to be great roommates."

Otis adds, "Although it's been an emotional roller coaster, it's also so awesome to have a teammate in life. It's amazing to have someone you can count on."

The reality TV stars obviously know a thing or two about maintaining a healthy and happy marriage, no matter the circumstances. "I attribute the success of our relationship to taking the time to learn about each other and also being open and honest about everything from day one," says Hehner. "In my opinion, you should never stop dating your spouse. That's what keeps your relationship and love for one another fresh and exciting."

**Related Link:** ['The Bachelor' Winner Courtney Robertson Says Her 'Reality TV Days Are Over'](#)

The pair believes that "it definitely takes a special kind of person to get *Married At First Sight*," and they have some valuable love advice to share with the three couples participating in the second season of the show. "There are a lot of variables. If you don't tell them exactly what you're about and who you want, then they can't do their job right," Otis explains. "After they pair you, it's really up to you to

be open to it. It's easy to be scared and feel weird about it because it's the most bizarre feeling, but you have to trust the experts and trust the process."

So what's next for the adorable celebrity couple? They hope to one day have children but share that they have some things to work on before that happens. "Doug has a 'Before Becoming a Daddy' bucket list, and I want to really focus on my relationship with my mom and learn to forgive and heal," Otis divulges. "Also, I want to be patient for Doug. We won't have babies until we're *both* ready."

*You can keep up with Jamie and Doug on Twitter @jamienotis and @DougHehner! Check out Married at First Sight: The First Year.*

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## Date Idea: Around the World in 80 Minutes





By Emma L. Wells

This weekend date idea will have you and your sweetheart traveling the world without ever leaving your couch. It's perfect for a night when you might be a little tired but still want to spend some quality, fun time together. All you need is a good appetite and some takeout menus!

## Travel the World Without Leaving Your Couch on This Date Idea

Find some tasty, authentic cuisine in your neighborhood that you and your honey can order in. If you don't know your area that well, check out Yelp for some suggestions and reviews. You'll be able to get a taste of China, Italy, Mexico, and more – all in the same night. Order a small dish or two from every restaurant and set up a buffet at home so you both get to try a bit of everything.

**Related Link:** [Date Idea: Have a Dinner Date at Three Different Venues](#)

At the end of the night, vote on your favorites. Follow this dating and [relationship advice](#) to find out how well your tastes match. You might even come up with a new favorite restaurant for your next date night. If he mentions a particular dish that he likes, make a mental note to make a home-cooked version in the future; you should be able to find the recipe you need on Pinterest.

Make this a date idea a themed night by renting movies to enjoy with dinner. You can pick out some travel-themed rom-coms like *The Holiday*, *Under the Tuscan Sun*, *Eat Pray Love*, *French Kiss*, or *Roman Holiday*. Or watch food-themed movies like *Ratatouille*, *Chocolat*, *Chef*, *The Hundred Foot Journey*, or *Charlie and the Chocolate Factory*.

**Related Link:** [Mexican Cooking Classes: Spice Up Date Night](#)

After having a blast on this weekend date idea, you and your partner might consider doing the night all over again for a party with your friends. They'll be bound to notice how close and cute you two look while playing host together. Plus, takeout is really easy for a party set-up and clean-up! Or if one of you is a particular good cook, try recreating some of these yummy dishes for your pals. Spending time together in the kitchen can certainly add some spice to your relationship and love.

Have you ever had a cultural food extravaganza with your significant other? Tell us about it below!

**Author Ellen McCarthy**



# Discusses 'The Real Thing' About Relationships and Love: Find "Someone Who Appreciates Your Whole, Quirky, Imperfect, Wonderful Self"



By [Sarah Batcheller](#)

The day a bride walks down the aisle is magical not only for the lovebirds but for all those in attendance. Family and friends gather to gaze upon this unforgettable event. Weddings make us all ponder the intricate weaving of a lasting relationship and love and what it takes to create one. Having covered over 200 ceremonies as a wedding reporter for *The*

*Washington Post*, relationship author Ellen McCarthy has crafted a warm, insightful book based on the couples she has had the privilege of interviewing. In her new book about love, titled *The Real Thing: Lessons on Love and Life From a Wedding Reporter's Notebook*, she shares her findings on what it takes to reach this ever-magical day and make it last forever and always.

## Love Advice From Wedding Reporter and Relationship Author

**What did you want to capture in this book about love that you couldn't have in an article?**

The articles I wrote during my time on *The Washington Post* weddings beat were really about each couple's story – how they met, fell in love, and decided to walk down the aisle. But during so many interviews, I came away with little gems of relationship wisdom that didn't seem to fit into the story. These were the things I found myself thinking about later and relating to my friends over drinks. I wanted to collect all of those insights into a single book so that they could be passed on to others.

**Related Link:** [Celebrity Interview: Event Producer Cheryl Cecchetto Says, "Nothing is Traditional Anymore" at Weddings](#)

**How did your break-up on the day you began as the wedding reporter for *The Washington Post* impact your views on relationships and love? How did it affect your work?**

Ha! I wasn't sure how that was going to work out – interviewing happy couples who were about to walk down the aisle as I was licking my wounds from a break-up. In the beginning, it was just surreal. But as I did interview after interview, I found that the reporting gave me a great deal of hope. It was a reminder that people find love all the time, in

all kinds of ways. So in that regard, it had a really positive effect on my life.

I'm not sure that being newly single affected my work, but it did create some awkward moments when couples would ask about my relationship status after I'd learned everything about theirs. Then, the nice ones would usually try to set me up!

**What would you say is the most powerful piece of love advice you learned by reporting on weddings?**

The most important thing I learned is that you actually *can* learn to be good at love. You can give yourself tools and skills and perspectives that will increase your chances of finding and maintaining a successful relationship. A lot of people don't want to hear this because they think it takes away from the magic of love. But you know what really takes away the magic of love? Divorce.

**In your story about Lynne and Jud, you discuss how meaningful it is to find someone who is "wholly and transparently good." What do you think makes it so difficult for women to separate the good guys from the not-so-good?**

All of life is a learning experience. I'm not looking forward to it, but someday, my 14-month-old daughter will touch something hot – a stove, a curling iron, a heater – and she will learn what it feels like to get burned. Hopefully, she won't do it again. I think the same thing can happen in relationships. It takes getting burned before we realize we don't want to go through that again. And we learn to protect ourselves. The trick is being willing to honestly look at what happened in the past and ingest the lesson from that experience, so we don't just repeat it again.

**Ellen            McCarthy            Dishes            on**

# Relationships and Love in New Book

**Do you think that, because of the daunting divorce statistics, people are believing in marriage less and less?**

I realize that the statistics show that marriage is on the decline, and I know there are some people who choose not to marry, but I think, as a society, we believe in it as much as ever. There's a reason people have fought so hard for same-sex marriage. Civil unions don't quite cut it. We still think of marriage as the ideal. And if anything, we expect more from it than ever before. I think that's why people are waiting longer to get married today. They want to have all their ducks in a row – a career, finances, a road-tested relationship and love – *before* they walk down the aisle.

**Related Link:** [Single in Stilettos Show: What Makes a Man See You as Marriage Material](#)

**Finally, what is your best dating advice for a first date with a longtime crush?**

Be yourself. Be yourself. Be yourself. It can be tempting to put on a façade with a crush or any first date, but it's not worth it. If this person isn't into the real you, then it's not worth pursuing. Order another drink; enjoy the conversation; and then go forth in search of someone who appreciates your whole, quirky, imperfect, wonderful self.

*Check out The Real Thing on Amazon! For more from Ellen, follow her on Twitter @EllenMcCarthy and be on the lookout for her feature in The Washington Post titled This Life.*

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# 'Snap Strategies for Couples' Offers Efficient Relationship Advice for Busy Pairs



By Emma L. Wells

Relationship experts Dr. Lana Staheli and Dr. Pepper Schwartz are taking their dating advice to a new level of efficiency in *Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls*. In their new book about love, they offer quick, clear, practical fixes – or snaps – that couples can use to improve the day-to-day problems that often occur in relationships and love. The authors have identified 40 different situations that many couples face and 40 specific strategies for dealing with them. It's the do-it-yourself marriage counseling book that we've all been waiting for! This



relationship advice covers issues ranging from small, everyday squabbles to larger disputes that emerge over the course of a long-term love, offering couples an alternative to expensive discussion-based therapy.

## Helpful Relationship Advice in New Book About Love

**Being that you both are seasoned writers, what relationship trends made you realize that this book needed to be written?**

In our experience, couples often get stuck on small issues that become the focal point of their relationships and love. They will have the same argument repeatedly with the same outcome...and still they continue. This circular banter undermines the trust and intimacy between them. Lengthy therapy is often simply not an option; it can be costly and time-consuming. We are offering simple strategies that we have both tested and found effective and efficient.

**Related Link:** [Dr. Karl Pillemer Interviews Hundreds of Americans for '30 Lessons on Loving'](#)

**You write about everyday relationship pitfalls. Can you give us some examples?**

Some pitfalls include: not keeping the relationship front and center in your life; letting the relationship become “routine”; giving your partner advice that comes off as criticism and is unwanted; forgetting good manners; and believing you can say anything to your significant other because that’s what you are feeling. These are all damaging behaviors and attitudes.

**Out of the 40 fixes you offer in your book about love, what is your favorite one?**

We think the first chapter, “Redundant Conversations,” is the

most important because it is a widespread pattern and couples don't realize how damaging it can be. Consider the snap: "If there is no new news, why are we talking about this again?" Rehashing old wounds and wars will only create more stress and teach your partner to tune you out. If you think you are going to change your their mind by repeating old conversations, think again.

## Experts Discuss Common Problems and Solutions in Relationships and Love

**What are the biggest difficulties that newlyweds face in their relationships and love?**

Many of the newlywed issues are the same ones that couples will encounter throughout their relationship – primarily keeping the relationship fresh and lively. Sex drops 25 percent in the first year of marriage, and as the relationship ages, it can decline even further. We think an annual upgrade is important; it is easy to fall into patterns over time that make the relationship nothing special.

Putting your relationship ahead of other responsibilities and obligations is difficult, but it needs to happen. Sharing new experiences, planning regular sex dates, and creating new memories together keep a relationship fresh and dynamic. Another great resource for couples of all ages is Dr. Schwartz's recent book, *Places for Passion: The 75 Most Romantic Destinations in the World*.

**Related Link:** ['Messy Beautiful Love' Author Darlene Schacht: "True Love Doesn't Happen By Accident"](#)

**As people who give a lot of relationship advice, what is the best relationship advice you have ever been given?**

My mother-in-law once told me, "The things that drive you crazy about him are the same qualities you admire in him. He

is focused, intense, creative, and independent, and he likes change. That's who he is and always will be."

**Can you give us an example of a celebrity couples that seems to have it all figured out? What about a famous couple that could benefit from *Snap Strategies*?**

Brad Pitt and [Angelina Jolie](#) are a great couple. Obviously, they have passion for each other, and they treat their relationship and love with respect. Perhaps equally important is a shared passion: to help others. They use their fame to draw attention to world issues; they have shared values, and they walk the walk.

Recently divorced pair Mandy Moore and Ryan Adams just didn't seem to have enough time for each other. The more couples have in common, the easier it is to find a common path. We can imagine that this Hollywood couple could have benefitted from our chapter, "Neglecting 'US'," and the snap, "Think of it as a threesome: you, me, and us." An intimate relationship between partners is something bigger than each of you as individuals. Who you are, what you do, and the things you say—all of this changes when you commit to someone.

It is no longer just your own beliefs and experiences or just your partner's. Now there is an "us" that has to be bigger than you or me. As Aristotle wrote, "The whole is greater than the sum of its parts," and that concept applies here. Together, you are more than you are separately. That is what the "us" does; it creates synergy or the increased effectiveness that results when two (or more) people work together. As you've probably guessed, creating the "us" is neither quick nor simple.

**Related Link:** [Mandy Moore and Ryan Adams File for Celebrity Divorce](#)

**Do you have any other upcoming projects you'd like to share with our readers?**

We would like to explore alternatives to traditional marriage, considering that more than 50 percent of new marriages end in divorce and nearly 70 percent of remarriages do. In my practice, couples have sometimes decided not to live together full-time, especially if they are over 50 and have been married before. Women say they don't want to take care of a man, and men want to do their "thing" and don't want someone to take care of them. They want someone to have fun with, travel with, and share enjoyable experiences – not a housemate. Others have decided not to marry, especially women who have enough economic resources on their own and value independence more than marriage.

*Pick up your copy of Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls today!*

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## **Author Vicki Reece Offers Love Advice for Moms: "I'm All for Family Date Night"**





By [Sarah Batcheller](#)

When we think of motherhood there is one word that comes to mind: joy. Vicki Reece, author of *The Joy of Mom: Celebrating a Mother's Love*, has beautifully depicted the blessings of motherhood in her [book about love](#). She not only believes that childhood should be filled with positivity and inspiring messages, but she has committed much of her life to creating healthy products for children to enjoy, such as an interactive dance and exercise videos. In this exclusive interview, we spoke with Reece about her book, her best love advice, and all things motherhood.

## New Book About Love Helps Readers Understand Raising Children

**You've done a lot of work to better the lives of children and parents alike. What is the most important message you want readers to take from this book?**

Being a mother is the most sacred honor, gift, privilege, and



blessing. We are shaping and influencing our children's spirit, growth, soul, and experiences as they navigate through life – even as busy as we are. I've always been a working mom, so I know there's a lot we've got to balance and juggle. Unfortunately, all the multi-tasking can get in the way of being present in the moment. It sounds corny, but it's so important that we are present. When I was younger, I had two miscarriages and thought I couldn't get pregnant, and now, I've got kids in college. When we look back, there are so many things we "shoulda, coulda, woulda." So really be present in the moment because it will pass way too quickly.

**Related Link:** [Solo Parenting: Divorce with Children](#)

**We love that you continually strive to empower women, both with your blog and your new book. What do you think is particularly empowering about being a mother?**

Once you become a mom, something inside shifts forever. It's not about us anymore; it's about our babies. The greatest challenge is that we wear our hearts outside of our bodies – from the moment that we know we conceived to our last breath. It's a really tough balancing act!

**When is a time that you have been able to let your children shine?**

My daughter is in Germany now for five weeks by herself, staying in this tiny hotel. It was a dream of hers, and it took four years for her to save up and be able to go. The quote that I like about this gift and possibility is by Dorothy Fisher: "A mother is not a person to lean on, but a person to make leaning unnecessary."

**To shift gears a bit, what was your inspiration for your interactive children's dance and exercise video?**

It was the height of negative products, messages, and marketing to children. There were so many violent, silly

things, especially television shows. There was nothing inspiring, and if there were, they weren't that entertaining; they were really dry. Then, there were two incidences of children acting violently in the news, and I was just horrified. Back then, we didn't hear about those things much; nowadays, unfortunately, we do. So I couldn't sit on the sidelines and do nothing. I turned my life upside down – that started 23 years ago. I had no resources, so I learned how to make the software. After that, I went and knocked on doors to see if moms could resonate with my idea. Then, those moms told their friends who told their friends, and I sold about 500,000 copies.

**Related Link:** [10 Celebrity Moms Over 40](#)

**What is your best tip for mothers who are striving to teach their children positive messages?**

Our words are so powerful that we need to use them lovingly and wisely. They can be our greatest source of inspiration or – I hate to say this – something that could haunt our kids forever. But positivity is food for the soul. When your kids do wonderful things, highlight and talk about them.

## **Author Provides Expert Love Advice for Mothers**

**We'd like to get your love advice as well! How can couples balance romance and parenting in their everyday lives?**

Actually, my husband and I hardly do date nights! Every now and then, we'll go to the movies, but I just always want to be with our kids. It's important to have them be part of the special things you do. What may be right for people who get babysitters and go out on the weekend may not be right for other people – just listen to your gut! I'm all for family date night and other family activities. If you and your hubby

want to do something special, think of something that's fun for the kids as well.

**In what ways do you think the parents' relationship and love influences their children's notions about marriage?**

I think it completely impacts it. What our kids see, they will look for – it will be comfortable. As moms, we should only be in the type of relationships that we want our children to be in because they will follow in our footsteps.

*For more expert love advice from Vicki, visit [JoyofMom.com](http://JoyofMom.com). Don't forget to pick up a copy of The Joy of Mom: Celebrating a Mother's Love!*

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## **Relationship Author Daisy Buchanan Shares Her Dating Advice For 'Meeting Your Match' Online**





By Jenna Bagcal

Daisy Buchanan knows that online dating can be overwhelming for some people, but she wants to show readers that love *can* be found on the Internet. In her new book about love, *Meeting Your Match: Navigating the Minefield of Online Dating*, the relationship author teaches people how to get the best results when venturing into the virtual world to find a mate. She provides a comprehensive guide of [love advice](#) that includes how to find the best site for you based on the website's "personality," how to make your profile appealing to potential partners, and even how online dating should be approached by first-time users. In this exclusive interview, Buchanan, who met her fiancé online, shares her firsthand dating advice with readers interested in finding a relationship and love in the age of the Internet.

**Relationship Author Discusses  
Dating Advice In Her New Book About**

# Love

**First, what inspired you to write *Meeting Your Match*?**

I've been online dating, on and off, since 2009, and I've been amazed to see how the technology evolved but humans basically stayed the same! I love to laugh, and I think that, if your date isn't a romantic adventure, it will probably turn into a funny story. Whenever a group of single women are gathered together, the bad date tales will flow! I wanted to make daters laugh and show them that, even though the process can feel a bit lonely, you're not alone.

**Related Link:** [10 Tips to Being Successful With Online Dating](#)

**Do you have any love advice for someone trying online dating for the first time? How should they approach it?**

This makes me sound like an especially nerdy teacher, but just have fun! I think this is especially important for people in their twenties and thirties who think it's time to settle down. If you focus on finding the person with the great job and savings who wants kids in the next five years, you might miss your actual match.

Also, remember that it's a two-way process. Prepare yourself for some rejection but know that you'll have to do the rejecting too. Make sure a helpful friend is there for back-up and screening – ideally one who has done it before and knows when the messages are too good to be true or when there might be more to a profile than you initially think.

**You describe the “personalities” of different dating sites in order for people to choose which one is best for them. Why is it important for people to use the right site when looking for a relationship and love?**

The Internet is overwhelming, whether you're looking for love or pizza. If you're new to online dating and want a lot of



choices, the bigger sites might be better for you, but there's something to be said for narrowing the field. Think of it as searching a smaller haystack. Also, if you're just out of a relationship and you're fairly sure you're not ready for something serious, a casual, free site or app will suit. If you're sure you want to meet The One, you're more likely to find someone with similar intentions on eHarmony than Tinder.

**Let's talk a bit about online dating profiles. If there was one piece of information you'd recommend that online daters always include in their profiles, what would it be?**

Always use a picture. Various studies confirm this idea; no one will click or look at anything if there's a big blank space where your face should be. Other than that, you should name the one, super specific thing you're really passionate about. It doesn't have to be niche – it can be a kind of wine or a particular movie – but “For a great night in, I need a bottle of Margaux and *Anchorman* on DVD” is much more exciting than “I like watching films with a glass of red!”

## **Daisy Buchanan Talks About Staying Safe During Online Dating**

**To shift gears a bit, this book is aimed at young women who are online dating today, and safety is always a concern when strangers are involved. What are some tips for staying safe when meeting someone new for the first time?**

I think that a big thing is not to mix your social networks. If you met them on Match, don't add them on Facebook yet. Obviously, this doesn't apply if Facebook is where you've been communicating, but we give out so much information online without realizing it. Also, if you swap e-mail addresses, set up a separate dating one instead of giving out your personal one. Hopefully, it's an unnecessary precaution, but safety first! Remember that it's easy to feel like you've known

someone forever when you've been talking online a lot, but they're still a stranger, even though they don't seem like one.

**I had never heard of apps like "Grouper" before, where groups of friends can connect with other groups of friends of the opposite sex. I'm sure this really helps people feel safer! What date spots would you recommend as being ideal for group dates?**

It is great for safety.

I think it depends on the group! If you're all quite confident, I say go to a karaoke bar. Going bowling or planning a picnic might be fun too. A lively bar may make you all feel at ease, but if it's too lively, you won't be able to hear each other.

**Related Link:** [5 Red Flags in Online Dating Profiles](#)

**Is there anything else you'd like to share with our readers?**

Ultimately, online dating is just like traditional dating. The technology exists to make it easier and more fun and to give us more choices. But it's only as good as the people doing it. I think it's incredibly effective as long as you're patient, open-minded, and willing to see the funny side of any situation!

*To read more online dating advice, get your copy of Meeting Your Match on Amazon. Follow Daisy on Twitter @NotRollergirl.*

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# 'Married at First Sight' Relationship Expert Dr. Joseph Cilona Says, "Each Day Is A New Learning Experience"



By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their

wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

## ***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important for each partner to really discover their needs and wants," Dr. Cilona shares. "Recognize that each day is a new learning experience to get to know your partner and get closer to each other."

**Related Link:** [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. "Their relationships and love will obviously be different from a traditional marriage, as they didn't meet until they said 'I do,'" Dr. Cilona explains. "They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other."

The relationship expert adds, "We're eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses."

## **Dr. Joseph Cilona Opens Up**

# About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don't unanimously agree, then a match isn't made. “As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both,” Dr. Cilona reveals. “My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process.”

**Related Link:** [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. “The data yielded by my assessments of the finalists for season two was over 3,800 pages,” he says. “I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches.”

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. “It's important to remember that our job is to use scientific tools to try and find individuals who



have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

*You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.*

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## **'American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"**





By [Rebecca White](#)

After a rocky road on the reality TV show *American Idol*, Daniel Seavey was eliminated during Wednesday night's episode. Throughout his run, the judges and mentors pushed him to grow and improve, which is something that may just come with age. After all, the 15-year-old was the youngest contestant to compete in *American Idol* history. It's no surprise, then, that in our [celebrity interview](#), Seavey says that his next step is to "start writing and put music out there to show I'm not just a cute kid."

## ***American Idol* Contestant Talks About His Future Plans**

Now that his reality TV journey is over, the teenager has big plans for the future. "I want to hold on to these fans, and I want to be able to share my thoughts with them," he reveals. Even though the young singer received some hate for getting votes because of his age and looks, he adds, "I had fun with the experience, however I got it." Now, he's ready to

prove that he's a true artist.

**Related Link:** ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

This week, he had the pleasure of working with the original *American Idol*, Kelly Clarkson, who mentored him as he prepared to sing her hit song "Breakaway." The Portland natives says that the pop star told him that he needs to be able "to breathe and get comfortable before a performance because, if you're still here, that means people like you, and there's no reason to be nervous." Thanks to help from the judges and the other mentors, he also learned that "I really can do music for the rest of my life and that I have a lot of room to grow."

## Daniel Seavey Talks About the Reality TV Show's New Fan Save

During this week's episode, a new element – the fan save – was introduced. Once the bottom two singers were revealed, the two hopefuls sang their song from this week, and fans had five minutes to vote via Twitter for their favorite performance. The person with the lowest votes was sent home in real time.

Of course, there may be some kinks to work out. Due to when the show airs, most of the votes come from the East Coast, leaving the West Coast without a chance to vote during the live show. That may have been a hindrance to Seavey, who is from Oregon. "I actually heard that the majority of voters were on the East Coast, but it is what it is," the performer shares. "The only thing that threw me off was the age limit because you had to be 13 or older, and a lot of my fans might be younger than that."

**Related Link:** [Eliminated 'American Idol' Contestant Maddie Walker Talks to Her Fans: "I Was In It For Them"](#)

While the fan save isn't without its issues, it *is* a great way to involve the fans in the show even more. "I think the fan save is a good idea because it gives the singers a second chance to prove themselves, and America gets to show who they like. It needs a little work, but it was a good start to it!"

While most contestants are upset when they're eliminated, Seavey is looking forward to going home, especially since today is his birthday! "Tonight, I'm going to see all my friends at the airport," he shares. "Apparently half my school is going to be there tonight." Other than seeing his friends, he's excited to "sleep and get my life back."

*You can keep up with Daniel Seavey on Twitter @SeaveyDaniel and [www.instagram.com/seaveydaniel/](http://www.instagram.com/seaveydaniel/)!*

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## Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?





By Dr. Jane Greer

The on-screen chemistry shared by actors Jennifer Lawrence and Bradley Cooper is so true to life, it's hard to believe it isn't real. The two can be seen everywhere from *Silver Linings Playbook* to *American Hustle* to their upcoming project, *Serena*. Both admit to being each other's work spouses, but insist there is no sex in their faux celebrity marriage. Having a close relationship with someone at work can happen to anyone, not just celebs. You don't actually have to be "playing" husband and wife on screen to feel like you are just that, to an extent. It can happen in any job setting.

**The love advice question is, how entangled can you become with a work spouse, and where do you draw the line so the relationship**



# doesn't negatively affect other parts of your life?

## **Define Boundaries**

Defining the boundaries and being clear about how far and where you can take the connection can, in fact, make the friendship better and allow you to fall into the zone where flirting can be fun, but safe. It also makes room for your chemistry to kick in because it eliminates the constant question of whether or not you're going to take this relationship to the next level. You know the answer is "no," so that gives you room to express yourself more freely.

## **Attraction is Good**

Many friendships between men and women are punctuated by attraction which is never acted on, but keeps the relationship exciting and alive. In the end, though, it isn't just about that energy and flirtation. It is more about knowing each other well, working well together, having each other's backs, and especially experiencing the security of the trust you share. While people often joke that the relationship has the dimensions of a marriage, it is, in fact, really about the camaraderie.

## **Know the Limits**

The most important piece of love advice when it comes to work marriages is if you aren't in a romantic relationship outside of work, knowing the limits of your "work marriage" is important so you won't end up disappointed if it never goes beyond what it already is. If you are dating or married to another person, knowing those limits is even more important so it doesn't spill over the walls of the office and create jealousy or a perceived threat to your partner. With that in mind, if you are spending time with your "work spouse" outside

of work, invite your significant others to join you. That way they will feel included in your friendship instead of excluded. Along those lines, if you spend personal time together, make sure it is work-related, rather than simply going out to have a good time, so that there is no question about what you are doing when you're together.

As “work spouses” and actors, Jennifer and Bradley might be put in more questionable situations than most who are close and share an office because of the specific roles they are playing. Even so, as long as they hold onto the agreed upon boundaries, they will be able to leave their “work marriage” on the set and live their personal lives without complications.

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## Celebrity Couples Who Always Make Us Laugh





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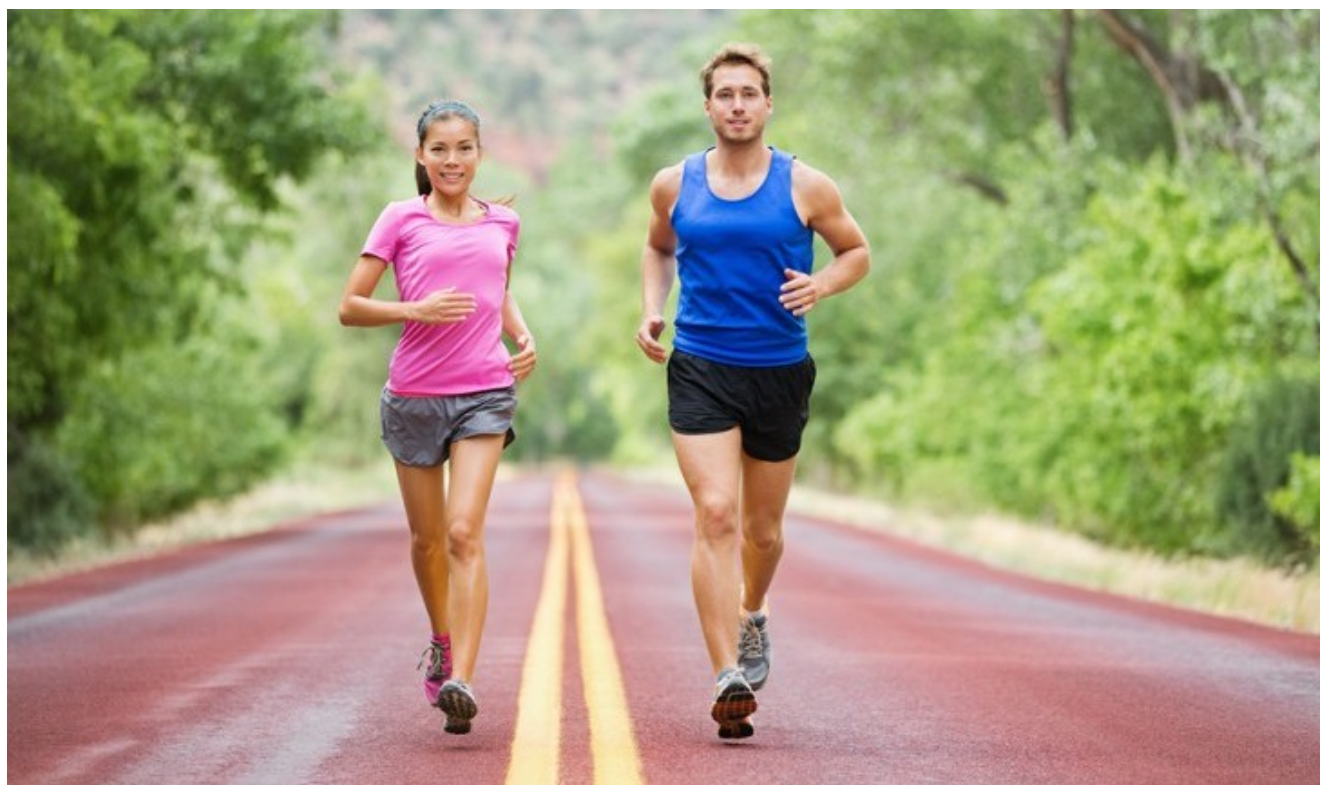
Leslie Mann and Judd Apatow

The hilarious actress and her film producer husband met on the

set of 'The Cable Guy' in 1996 and were married a year later. Since then, this celebrity couple has worked together on a number of comedies, including 'The 40 Year Old Virgin' and 'Funny People.' Photo: Janet Mayer / PRPhotos.com

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# The Hottest Single Celebrities of 2015



by Molly Jacob

While the 19th season of *The Bachelor* may have ended, we're still drooling over the dreamiest bachelors in Hollywood. Even though a few of these celebs may be dating women, they're fair

game if there's no ring! While many of these single celebrity men may be unattainable for the average person, it's still fun to fantasize about having a chance with one of these hunks.

## Check out Cupid's list of the hottest single celebrities of 2015!

**1. Ed Westwick:** Who doesn't love Chuck Bass? This *Gossip Girl* star is on the rebound after a split with co-star Jessica Szohr. He's been spotted around town with a few mysterious brunettes, but like many single celebrities, Westwick is keeping quiet on any serious relationship and love in his life.

**2. Jake Gyllenhaal:** This handsome celeb has been breaking hearts since the early 2000s. Even though no official announcement has been made, there are rumors circulating that he and his "Constellations" co-star Ruth Wilson are romantically involved. Plus, he was recently spotted with Rachel McAdams having a cozy dinner. We won't believe either one of these until he says so himself!

**Related Link:** [Celebrity Exes Reese Witherspoon and Jake Gyllenhaal Reunite at Golden Globes](#)

**3. Prince Harry:** The notorious party boy is known for causing trouble, but as of now, there's no serious relationship in his life. Among all the single celebrities on this list, Prince Harry may be the least likely to settle down soon, which we're sure the Queen isn't too happy about.

**4. Leonardo DiCaprio:** Leo is one of the most infamous single celebrity men in Hollywood. News of his breakup from German model Toni Garrn came around the time he was seen leaving a club with 20 models in tow. It sounds like this celeb isn't looking to settle down any time soon, either!



**Related Link:** [Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits](#)

**5. Ansel Elgort:** A young woman his age was noticeably missing from his arm last month when this *The Fault in Our Stars* cutie took his mom as his date to the Oscars. Although he apparently has recently gotten back together with his high school girlfriend, we're not giving up on dreaming about this celeb!

**Which of the hottest bachelors of Hollywood did we miss? Let us know in the comments section below!**

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**Katie Maloney of 'Vanderpump Rules' Opens Up About Her Relationship and Love Life: "I'm Confident Now That a Proposal is Coming"**





Interview by [Lori Bizzoco](#). Written by Emma L. Wells.

After an emotional ride on season three of the popular Bravo reality TV series *Vanderpump Rules*, [Katie Maloney](#) seems better than ever! She took some time to talk with CupidsPulse.com about the biggest moments of last season, her relationship with Tom Schwartz and what's next for them as a [celebrity couple](#).

## Katie Maloney Discusses Her Relationship and Love Life and Reality TV Show

There were many points during last season where the fate of Maloney's relationship and love life with Schwartz was unclear. Viewers had watched the reality star give her boyfriend a six-month proposal ultimatum on the show. "When that came about, I was fed up and really frustrated," the reality TV star explains. After the complete story of his infidelity finally came out, Maloney admits that she was

at the end of her rope: “I was like, ‘Okay, well, how many blows can I take and still be patient and understanding and work at this with you?’ There were all these bombs coming out of left field!”

**Related Link:** [‘Vanderpump Rules’ Reality TV Star Katie Maloney Confirms That She and Tom Schwartz Are Still Together!](#)

In January, the beauty guru wrote about her celebrity romance in her Bravo blog: “I had to completely turn my attention and priorities towards our relationship and assess everything. Rebuilding my relationship was the most important thing to me. So in order to move forward, both in head and heart, I had to forgive everyone. Not for them but for me... For me, I cannot move forward and grow and learn if I do not swallow my pride and forgive and accept. I did this for myself and for my relationship. Tom on his own was making moves to preserve our relationship, and this was my contribution to our growth.”

And while her deadline has come and gone without an engagement ring, she seems optimistic about her future with Schwartz. “I’m confident now that a proposal is coming,” she shares. “We’re in the best place that we’ve been in. We went through hell, and we decided that our relationship is important to us both. We’re committed equally to it, and I think we’re more in love than we have been.”

Fans of *Vanderpump Rules* know that the famous couple have, of course, talked about their eventual engagement. Maloney says that she is a sucker for watching the crazy flash mob proposals on YouTube, but she has a different idea for her own special day. “I want him to do something that’s representative of us and that he wants to do,” she admits.

When it comes to their wedding day, she’d like it to be “completely stress-free. We get married, and then we party!” The pair hasn’t completely ruled out getting married on

reality TV though. “We’ll see,” she cryptically responds when asked if her walk down the aisle will be seen on *Vanderpump Rules*.

She also reveals that they have talked about having a family. “I definitely want us to enjoy being married for a bit before we start having kids. And that’s why I want to get the ball moving – I’m young, but I’m not getting younger!” she says with a laugh.

**Related Link:** [Celebrity Interview with Scheana Marie – Dishes About Oscar Picks and Wedding Plans](#)

It’s no surprise that Maloney feels that the issues she faced last year, both in her romantic relationship and in her friendships, have allowed her to grow as a person. She cites the difficulties with Schwartz as the turning point and shares, “Instead of letting it destroy me or devastate me, I’d rather use it to empower me. I want to focus on my strength and happiness and really begin to let go of the petty drama. I realize now that life is short.”

That new mindset is one of the reasons why she decided to bury the hatchet with Scheana Marie and go to Miami, even though it ended her friendship with Stassi Schroeder. “At the end of the day, if it’s going to be something that dumb that causes Stassi to toss out an amazing friend, then you know what? Sorry I’m not sorry,” she comments.

## ***Vanderpump Rules* Star Katie Maloney Has Big Plans for the Future**

It’s not just Maloney’s romantic life that’s coming together. “I’m at a point right now where I’m thinking, ‘What are you going to do next?’” she shares of her career path. Outside of working at Sur, she’s still focusing on her beauty blog Pucker & Pout, which offers makeup and fashion advice and

might soon be broadening into health-conscious content like meditation, yoga, and exercise. “I’ve been brainstorming other ideas, little ventures I can do,” she adds. “It would be so much fun to do a line of cosmetics or hair care products, but it’s a huge undertaking.” While the blog is definitely her passion, she doesn’t know much about the business side of things. “I just like to put makeup on and be creative,” she confesses.

**Related Link:** [Celebrity Women Who Built Business Empires with Their Husbands](#)

Her work on Pucker & Pout is something that viewers of the show don’t really get to see. “That stuff would be fun to have on *Vanderpump Rules*, but there’s not a lot of drama in it,” she explains. “Sometimes, I wish we could show more of the personal endeavors and things outside of the show. I think it’s important because we all are people who are creative, talented, and smart and work at a restaurant to supplement our income.”

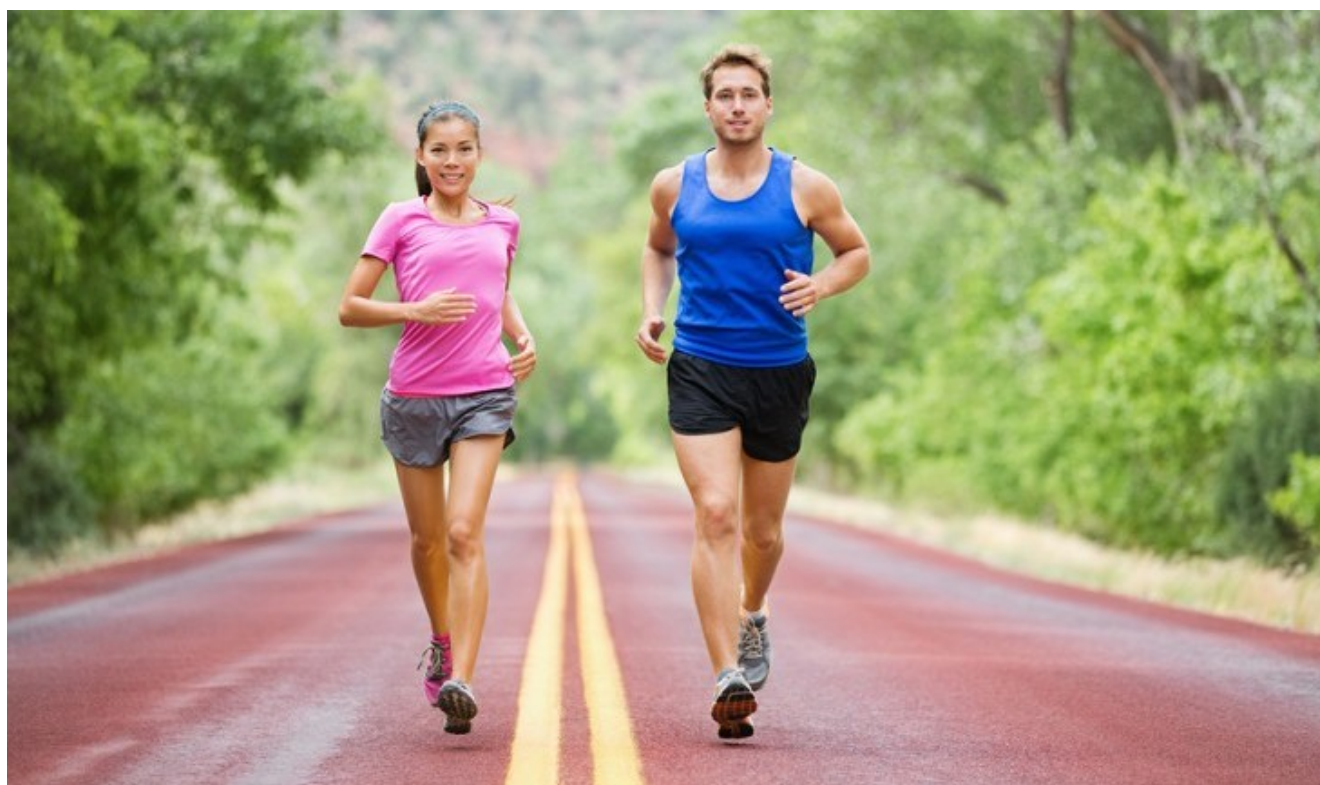
Speaking of the hit reality TV show, fans of *Vanderpump Rules* are dying to know if there will be another season. The most recent season received such high ratings and viewership that many would be surprised if it Bravo didn’t renew it. When asked if she’d sign on for season four, she enthusiastically responds, “Of course!”

*Keep up with Katie on Twitter @MusicKillsKate, and don’t forget to check out her blog Pucker & Pout, [www.puckerandpout.com/](http://www.puckerandpout.com/)!*

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# Relationship Advice: 5 Small Things You Can Do To Increase Generosity in Your Relationship



by Molly Jacob

It's a fact that generous couples are happier couples. Experts are finding that love advice for stronger relationships can be just as simple as increasing the generosity between the two of you. Being generous in the realm of relationships and love doesn't always have to do with money, but can even be something as simple as helping your partner unload the groceries.

# Cupid has relationship advice for how to increase the generosity in your relationship!

**1. Be generous first:** This piece of relationship advice is super important. If you want your relationship to be more generous, you need to set an example of what that looks like! From offering to pay for dinner to giving your partner a foot rub after he or she has had a long day, give as freely as you can. Because you love your partner, you should desire to treat them well even if you expect nothing in return. A common rule of thumb about how to treat other people, and something that can also be applied to love advice, is to treat others how you would want to be treated.

**2. Be forgiving:** We all make mistakes sometimes, and often these have to do with relationships and love. Relationship advice: don't hold grudges. Give out your forgiveness freely if your partner ever does something that warrants an apology. Sometimes, it's hard to accept an apology for something that your loved one did. But think about how hard it is to ask for forgiveness in the first place, especially if it's a mistake they made in the area of relationships and love. Put yourself in your partner's shoes, and you will be able to add more generosity to your relationship.

**Related Link:** [Are Chris Martin and Jennifer Lawrence Getting Back Together?](#)

**3. Let go of the little things:** Even in healthy relationships, we can get hung up on petty disagreements or fights. Let your honey pick the restaurant or change the television channel. Your sweetheart will be grateful, and next time you're going out to dinner or sitting in front of the T.V., they may remember how generous you were the last time and will reciprocate the good deed.

**4. Share with your partner:** Just like that saying, “What’s yours is mine and what’s mine is yours,” be more open to sharing in your relationship. We should have independence and autonomy in our relationships, but we should also let our partner into our lives. Whether it’s as simple as sharing your food or sharing a meaningful aspect of your lives, be generous with your love.

**Related Link:** [Sharing May Not Always Be Caring](#)

**5. Express your feelings:** Even after you do many generous acts in your relationship, your partner may still not be getting the message. If this makes you upset, say it! Bottling up feelings of resentment or like you are doing all the work is never good in any situation involving relationships and love. Communication is essential in a relationship, so sharing your thoughts with your partner is always good love advice.

**What other ways do you increase the generosity in your relationship? Share in the comments section below!**

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**Eliminated ‘American Idol’ Contestant Maddie Walker Talks to Her Fans: “I Was In It For Them”**





By Jenna Bagcal

From the tender age of three, Maddie Walker has been pursuing her passion for music. The 17-year-old singer from Ankeny, Iowa, first auditioned for *American Idol* in season 13 but was sent home during Hollywood Week. However, this minor setback didn't stop her from auditioning again, and she made it to the Top 11 on season 14 of the [reality TV](#) show. Last week, she sang "Let's Hear It For the Boy" from the film *Footloose*, which earned her a place in the bottom three. Unfortunately, her journey ended on Wednesday when she was sent home in a double elimination along with fellow contestant Adanna Duru.

## Aspiring Country Artist Discusses Her Time on *American Idol*

**Related Link:** [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

As the last contestant on *American Idol* this season representing country music, Walker says, "I think that it's

sad that no one is representing country. It breaks my heart a little bit.” The aspiring star was lucky enough to work with mentor Scott Borchetta, who is known for discovering [Taylor Swift](#). “I really loved working with Scott. I couldn’t have asked for a better mentor because country really is in his wheelhouse,” she shares in our celebrity interview.

Last week, Walker suffered from a ruptured appendix, and there were questions as to whether or not she could perform. “They were saying, ‘Do you think you can sing? You have to put your health first. Don’t worry about the competition.’ The thing is, people voted me through, and I wanted to sing for them,” she explains.

She adds that, although she was in pain prior to and during the show, her fans helped her find the strength to perform. “There were people in the crowd with signs that had my name on it, and I was standing there thinking, ‘How can I say that I’m not going to sing for the people that have taken the time to make a sign and cheer for me?,” she shares. “I wanted to prove to people that, no matter what happened, I was in it for them – not just for the competition itself but because they were supporting me.”

**Related Link:** [Adanna Duru Says ‘American Idol’ “Is Like Superstar College!”](#)

Despite her elimination, Walker maintains a positive outlook on her journey and time on the show. “I just need to keep working and moving forward because *American Idol* motivated me and taught me so much that I could’ve never learned anywhere else.”

We haven’t heard the last of this talented performer. “I’m definitely going to start writing and hopefully recording country music because that’s my goal,” she reveals. “That’s what I want to do.”

*Find out what Maddie is up to on Twitter*



@TheMaddieWalker! Tune in for American Idol on Wednesdays at 8/7c on FOX.

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# 'American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"



By [Rebecca White](#)

Being on the [reality TV](#) show *American Idol* is not all fun and games. When it comes down to it, the contestants are there to

learn and improve so that they will be successful in the music industry. After the top 11 performances last week, the judges used the save on Qaasim Middleton, which meant that two of the hopefuls were sent home this week. Unfortunately, the journey ended for 18-year-old Adanna Duru. This came as a shock to the viewers and judges alike. In our celebrity interview, Duru says that she plans to “constantly stay active now because the fans look up to us and they want to see you doing things.”

## ***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

**Related Link:** ['American Idol' Contestant Sarina-Joi Crowe on Being Eliminated: "It Motivates Me Even More"](#)

A previous contestant on the third season of *The Voice*, she is no stranger to performing in front of large crowds. The eliminated contestant learned so much just by being on *American Idol* because of the professional atmosphere. “I’m all for self-improvement, and I’m always trying to figure out how to better myself,” she shares. “People get knocked down; that’s what life is about. You just have to seize the opportunities and go for it as hard as you can.”

It’s no surprise that judges Keith Urban, Jennifer Lopez, and Harry Connick Jr. taught her a few things too. “I learned that I can do a lot under pressure and with a lot of stress,” she explains. Big Machine Records founder Scott Borchetta also reminded her that she needed to be confident and that she could do anything that she puts her mind to. “*American Idol* is like superstar college,” she says with a laugh. “It’s like university. You’re preparing for the future, and you learn a lot.”

# Adanna Duru on Being Eliminated From *American Idol*

Duru auditioned for *American Idol* in San Francisco. The California native made it past the first few rounds but was not voted into the top 10 by the fans. Instead, the judges chose her as the final wildcard and advanced her into the top 12, which she describes as the most surprising thing that happened to her all season. Once the show continued, the judges questioned her song choice at times. Even so, she sticks with her decisions: "If I did this entire experience over, I would still have sang all the songs I sang."

**Related Link:** [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

She adds that she isn't sad about being eliminated because "whatever happens is in God's will. There are some things we don't have control over, but the universe has a way of working things out."

You can keep up with Adanna Duru on Twitter @adannaduru and [www.facebook.com/AdannaDuru](http://www.facebook.com/AdannaDuru)!

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## Alternatives to Couples Therapy: Save Your Relationship and Love Life





By Keith Miller

For many couples, there's no substitute for the dedicated attention of a qualified couples therapist to breathe life into your relationship and love life. For others, an intensive weekend retreat, relationship coach, self-help educational product, or online program can be very effective.

**You may want to consider alternatives to couples therapy, or some combination of both, if your situation warrants it.**

If one of the following applies to you, an alternative to couples therapy may be for you:

- You're preparing for marriage or have no serious concerns about your relationship, but want to stay on a good course together.
- Your experiences with couples therapy were so bad that

you aren't ready to start the process again.

- You can't afford to pay for couples therapy.
- You want to enhance your couples therapy with complementary educational experiences.

There are vast resources available which are excellent alternatives to couples counseling. Below are a few options:

**1. Educational workshops for couples:** There are dozens of educational workshops focused on relationships. How do you sort through an overwhelming number of choices to select a reputable workshop and presenter? One time-saving and effective strategy is to search for the three most popular "brands" of couples therapy today and get information about educational workshops based on these approaches in your area.

**Related Link:** [Relationship Advice: 3 Ways to Handle Unmet Expectations in Marriage](#)

**2. Relationship coaching:** Coaching in the United States is not regulated by state boards of health as psychotherapy is, and it therefore has a reputation for being a less formal method of getting love advice and help for your relationship. One way relationship coaching is distinct from therapy because a coach is like a personal consultant who assumes you and your partner are generally healthy and capable of making changes if given guidance and information.

**Related Link:** [Cameron Diaz: Is Sex the Answer to Relationships and Love?](#)

**3. Online self-help for relationships:** Proceed wisely. When you turn to the web for advice about your relationship and love life, know that your search results may vary. To assist you in weeding out the far-out from the outstanding, three great websites are [www.SmartMarriages.com](http://www.SmartMarriages.com), [www.talkaboutmarriage.com](http://www.talkaboutmarriage.com), and [www.familydynamics.net](http://www.familydynamics.net).

*Keith Miller, LICSW, is the director of a large DC*



*psychotherapy private practice and the author of Love Under Repair: How to Save Your Marriage and Survive Couples Therapy.*

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# Relationship Advice: 3 Reasons Not to Break Up Via Social Media



By [Courtney Omernick](#)

Relationships and love are never easy roads to navigate. However, when you know you've hit a dead end and it's time to move on, it's natural to feel scared at the prospect of taking

a new path. Sometimes letting your significant other go via social media can seem like the ideal situation. But, it isn't the best option.

## **Cupid has a few pieces of relationship advice below as to why you should not break up via a social media channel.**

**1. It doesn't bring closure:** The abrupt "we're over" via a Facebook or Twitter message feels impersonal. The person you're breaking up with is going to have some additional questions beyond 140 characters. They'll be able to find more closure if they're seeing and hearing your feelings rather than reading them via the internet.

**Related Link:** [Bradley Cooper and Suki Waterhouse Become Celebrity Exes After Two Years of Dating](#)

**2. It makes you look cowardly:** It's been said that it's easier to express our feelings via the internet because the computer screen is a "wall" between us and the other person. Breaking up via social media makes you look like you'd rather hide behind a wall than confront your true feelings.

**Related Link:** [Bethenny Frankel Sparks Celebrity Gossip: 'I Will Never Get Legally Married Again'](#)

**3. It shows that you don't care:** Granted, if you're breaking up with them, you might not "care" about them anymore. However, breaking up via social media makes it seem like you would rather not treat the other person as a human being with actual feelings. If you're breaking up with them via social media, it gives off the vibe that you're just checking another item off of your "to do" list.

**Why do you think people shouldn't break up via social media?  
Comment below!**