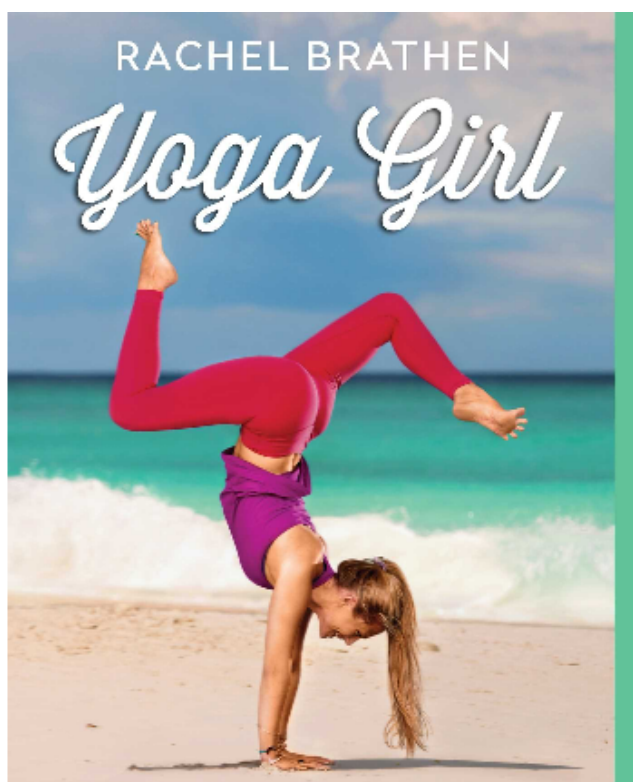


# Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"



By [Sarah Batcheller](#) and [Whitney Johnson](#)

In Rachel Brathen's new book *Yoga Girl*, you'll not only find the key to a successful harmony of body, mind, and spirit, but you'll also discover how to utilize this balance to achieve a fulfilling relationship and love life. The book is about more than just twisting on a mat; in it, Brathen shares her own life journey and how the physical and emotional healing process of yoga led her to understand the importance of living in the moment and appreciating all the good that surrounds

us. *Yoga Girl* takes readers on an unforgettable journey from a place of uncertainty and insecurity to one of wholeness and happiness. In our exclusive author interview, we uncovered the mysteries of all the gifts that yoga has to offer.

## **Rachel Brathen Shares Inspiration for *Yoga Girl***

**What inspired you to put your experiences and your yoga teachings into one book?**

I have been writing for as long as I can remember, and I'm lucky to have an audience that's excited to listen to what I have to say right now! I wanted to share my journey in-depth – not just the life I have today, but the obstacles and hardships that brought me here.

**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**In the introduction, you write that “we do not love ourselves enough.” How can yoga help someone find the self-love that's missing from their lives?**

Aside from the physical benefits we get from the practice, one of the most important things that yoga teaches us is how to listen to the body. Body awareness – learning how to feel the body and be grateful for what it does for us every day as opposed to judging ourselves – is a huge step when it comes to finding love for ourselves. Yoga brings us moments of complete presence and a break from the constant labeling and drama that's created by the ego on the daily.

**Can you talk a bit about acting instead of reacting? How does this behavior relate directly to relationships and love?**

Whenever we find ourselves in a tricky situation, we often

react to it right away, which usually means judging the situation from similar experiences we might have had in the past. Reacting with fear from past experiences is what causes us to become aggressive or insecure. It brings out jealousy and other qualities that might not correctly represent who we actually are. Looking at the situation with fresh eyes of the present moment – acting instead of reacting – allows us to take things for what they really are without tainting our experience with emotions from the past.

In terms of romantic relationships, it's important to know that just because a past love hurt you doesn't mean a new one will. There is no need to play games or be afraid of commitment. Let go of whatever patterns you may have that separate you from love, and remember that each moment is new and so full of potential!

**We loved the chapter titled “Love Over Fear.” What’s your best tip for someone struggling with choosing love and overcoming their fears?**

Most of the time, we are the ones standing in our own way. The mind tends to look for worst-case scenarios, and before each big step in life, we automatically see all of the things that could go wrong. By focusing on the negative, we hold ourselves back and try to create in a space of fear. Instead, focus on all the things that could go right! There are infinite amazing experiences waiting for you. Manifest those by living in a space of possibility and love!

**You moved to a tiny island with a man you only knew for five days...who eventually became your husband! How’d you know that he was The One?**

I just knew right away. I can't explain it... He made me nervous, and I'm never nervous! That's how I knew the first time I met him that there was something special there – he stirred something in me that I couldn't pinpoint. When I got

to know him, I felt so comfortable and at home that five days may as well have been five months! Moving in was easy.

## **Newly-Minted Author Gives Love Advice**

**Now, we'd love to get some love advice from you! How do you believe that yoga can improve our relationships with our self and our loved ones?**

We need to make peace with who we are and feel whole on our own before we can commit to another person. Yoga can help us get there by teaching us how to become present in the moment so that we let go of a lot of the judgment that keeps us from living a life we truly desire.

**Related Link:** [How to Be Mindful When It Comes to Relationships and Love](#)

**What can couples gain from practicing yoga together?**

So much! A yoga practice is a very intimate thing, and it gives us a routine to stick to as couples. Watching each other grow, learn, and have breakthroughs on the mat is very rewarding. Also, have you ever held hands with your partner in Savasana? Best. Thing. Ever.

**Finally, can yoga help someone heal after a break-up?**

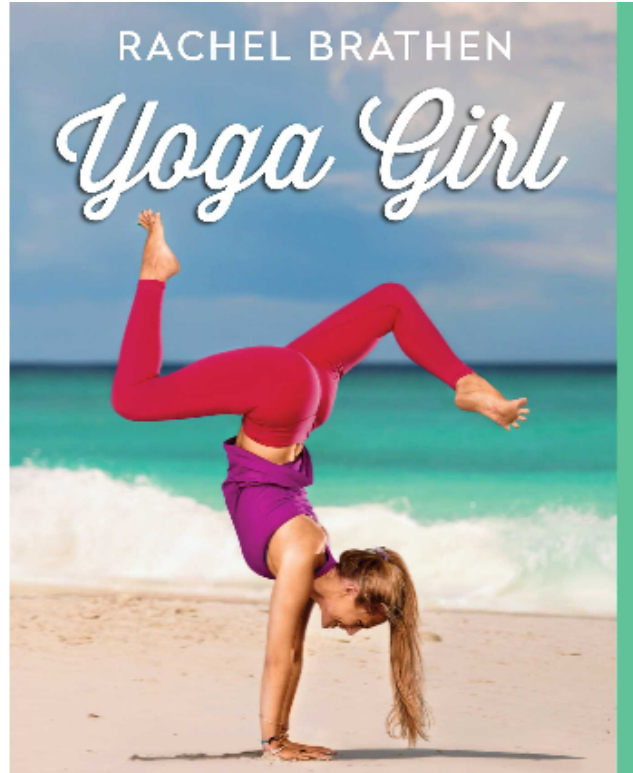
I think so. If we do it right, we can create lots of emotional release on the mat. Much of the tension we hold in the physical body is created from our inability to truly let ourselves feel and experience pain. By not expressing and releasing pain, it gets stuck. If it has nowhere to go, that tense, negative energy goes into the body. That's why the older we get and the more we experience emotionally, the tighter and stiffer our bodies become. By moving into poses with long holds and focusing on releasing tension, we can open

up emotionally.

*You can purchase Rachel's book Yoga Girl on Amazon. You can also check out her new yoga programs on Gaia.com!*

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# Celebrity Photos: Famous Couples and Their Exotic Honeymoons





Mike Fisher and Carrie Underwood

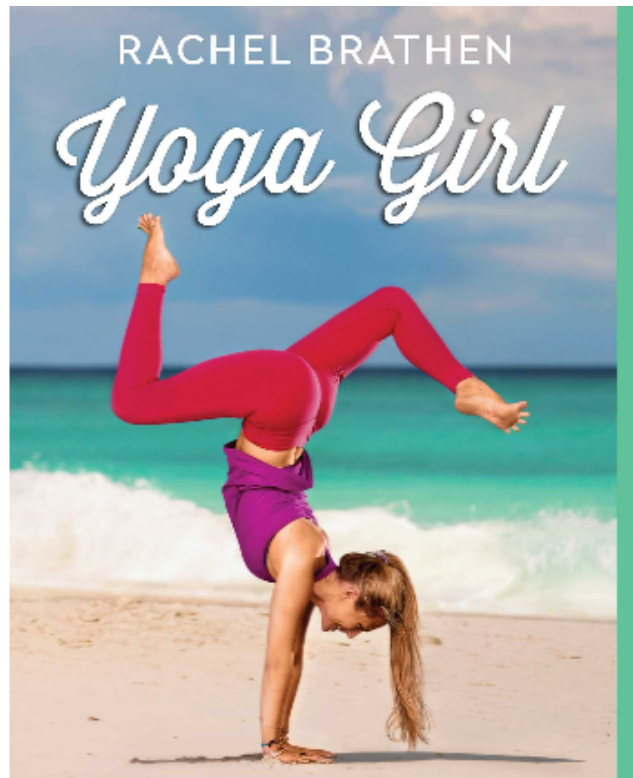
The Nashville Predators hockey player and country singer got married in Georgia in July 2010, and then they hopped on a plane to celebrate their honeymoon in Tahiti. The celebrity couple spent their time soaking up the sun on this beautiful island in French Polynesia. Photo: Flynet Pictures

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## Relationship Movie 'While We're Young' Features Ben Stiller Reliving His Youth







By [Courtney Omernick](#)

As a childless couple in their mid-forties, it seems that all of Josh (Ben Stiller) and Cornelia's (Naomi Watts) friends are starting to settle down and have children. While Josh is teaching a class in New York, he encounters Jamie and Darby, a young couple full of life in their relationship and love. After Josh and Cornelia befriend Jamie and Darby and start "living" again, Josh slowly starts to suspect that Jamie might be using him for his professional connections.

### **Should you see it:**

This relationship movie is a bit of a chick flick with a twist. And if that's what you're looking for, than look no further than *While We're Young*. This movie is also packed with amazing actors such as Ben Stiller, Naomi Watts, Amanda Seyfried, Adam Driver, and more!

### **Who to take:**

This film would be great to see with your friends or

significant other.

## **How can you pump some life back into your relationship?**

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

Especially if you've been with the same person for quite some time, you can eventually get stuck into a routine with them. It may seem to you like the desire you had for them when you first started dating isn't there anymore. You've lost that spark, or connection. Well, if you want to revive what you deem a dead relationship, check out our advice below.

**1. Take a look at yourself:** Do you know how *you're* contributing to the lull in the relationship? Nobody wants to admit that they're personally responsible. You may think that it's much easier to blame someone else. However, before you start playing the blame game, take a look in the mirror.

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

**2. Don't think about what's fair:** You'll probably have to practice guiding your partner to a better relationship. It's unrealistic that it will come naturally. It's not fair, and it's going to take some work on your part, but it's what will save your relationship.

**Related Link:** [Is It Okay to Hoop Up With Your Ex?](#)

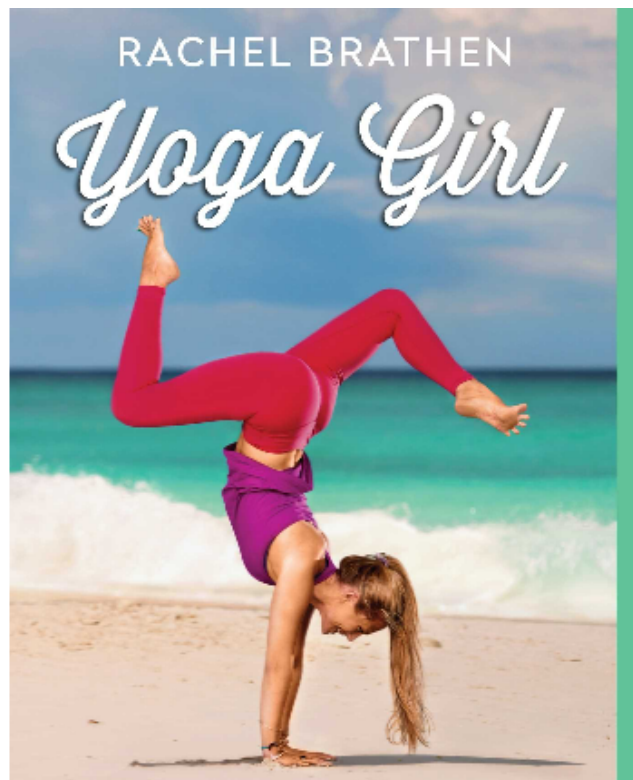
**3. Be positive:** Too often, we provide our partners with negative reinforcement. Now, it's time to change that. Be sure to thank your partner for doing the dishes, compliment them, and smile at them. These small gestures will go a long way.

**How have you pumped some life back into your relationship?  
Comment below!**



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# Celebrity Baby News: 5 Reasons Why We Can't Wait to Meet the Royal Bundle of Joy



By Maggie Manfredi

The arrival of Prince George was one of the most anticipated moments of 2013. Kate Middleton's fashion is closely watched and Prince William has many royal expectations. So it is no surprise that baby number two is creating buzz. This royal bundle of joy is bringing people across the globe together to talk baby names and sibling rivalry.

# Here are five reasons we can't wait for royal baby number two!

**1. A boy or a girl:** Is Prince George going to get a baby brother or sister? The gender of this royal baby plays a large role in the conversations being had about the baby-to-be.

**2. Big brother:** Let's not forget about everyone's favorite toddler, Prince George! Will he love his new sibling right away, or will the big brother need to warm up to the familial addition? We will have to wait and find out!

**Related Link:** [Royal Baby: Prince William Says 'We Could Not Be Happier'](#)

**3. Kate's closet:** Like last time, the fans are dying to see what the Duchess will don next. Though a royal, Kate has been known to repeat some of her best looks for different occasions. We are wondering if there will be some pregnant fashion repeats from her wardrobe in 2013.

**4. They are royals:** There is also buzz around the second child and what this means for him or her in regards to the legacy. Will George have a little brother with a bad boy reputation (Prince Harry, Jr., perhaps?) or a little sister who will no doubt be as poised and gorgeous as her mother?

**Related Link:** [Prince William and Kate Middleton Welcome Their Royal Baby Boy](#)

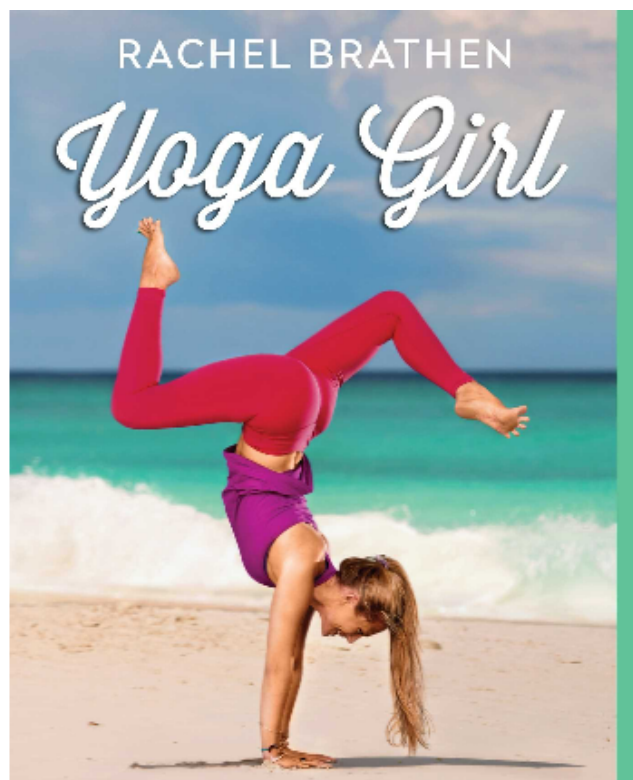
**5. Bring on the pictures:** We can talk and place bets all day long, but at the end of the day we cannot wait to get a look! The fantastic portraits of Prince George from Christmas, or the baby blue polka-dotted dress worn by Kate the day Prince George was presented to the public...all forever documented on Pinterest boards and Twitter feeds globally.

**What are you most excited for with the newest addition to the**

royal family? Share with us below!

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# 'Game of Crowns' Reality TV Star Lori-Ann Marchese Shares Love Advice: "You Can't Expect One Person to Do Absolutely Everything"



By Jenna Bagcal and [Whitney Johnson](#)

Thanks to the popular Bravo show *Game of Crowns*, fans have

been introduced to feisty personal trainer [Lori-Ann Marchese](#). She believes in the concept of fitness by women, for women and proudly shows off the results of her hard work. As viewers know though, there may be a change to her fitness routine if the series is picked up for a second season: “We’re definitely trying to have a baby,” she confirms. “We’re just having fun with it and hoping to get pregnant very soon.” In our [exclusive celebrity interview](#), Marchese shares her fitness expertise and also opens up about her relationship with husband John.

## ***Game of Crowns* Star Shares Workout Tips in Exclusive Celebrity Interview**

Her personal experience and belief system is what led her to open up Body Construct LLC, a training facility that focuses on the specific health needs of women. “Before I started Body Construct, I actually was training with male trainers, and I just didn’t like how they were training me. They were training me as if they were training themselves,” she explains. “I wanted to share my experience with women because I understand a woman’s body. If you want to look good, you have to eat right. You shouldn’t be taking away carbohydrates from your diet; that’s just not a healthy way of living. You’ll still lose weight and gain muscle with good exercise and by eating your fruits and vegetables.”

**Related Link:** [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support from Their Partners Do Better Overall”](#)

When training her clients, Marchese believes in combining cardiovascular efforts with weights. “With exercise, I usually tell my clients to train three times a week. That’s going

to show results, and that's going to burn the most calories," she shares.

Of course, she knows that many women find it hard to go to the gym or find time to exercise while having a full-time job and a family, so she always keeps that in mind. "I give my clients an exercise program that's going to help them burn fat and help them burn it fast," she says in our exclusive celebrity interview. "You're pretty much out of breath for that hour in the studio, but that's all that you need!"

If you're like many women and hoping to get fit for bikini season, the beauty pageant queen has three simple tips to consider. First, if you have a hard time focusing and motivating yourself, get into a group training program. Second, eat very clean and fresh. "Stay on the outside of the grocery store. Everything on the inside isn't good for you because it's packaged," she advises.

And third, find something that motivates you. "Whether it's a new swimsuit, some short shorts, or a tank top, buy it and hang it in the front of your closet," she shares. "Try it on each week until it fits."

**Related Link:** [Date Idea: Warm Up By Exercising This Winter](#)

## **Bravo Reality TV Star Lori-Ann Marchese Gives Love Advice**

Given her fast-paced life, it's no surprise that Marchese finds it difficult to make time for her marriage, business, television show, *and* social life. Still, the reality TV star offers the following love advice: "You and your significant other have to find a middle somewhere. For me and John, I work a lot, and he works a lot, but whoever comes home first cooks that night. You can't expect one person to do absolutely everything – that's impossible."

Although both she and her husband are active, the fitness guru reveals that they don't usually work out together. "I think it can be motivating to work out with your partner, but for me, when I exercise with my husband, he distracts me. All I want to do is sit on his lap, poke him, or make fun of him!" she says with a laugh.

With that thought in mind, she believes that the best workout partner to have is someone who motivates you *without* being a distraction. "If you want to stay focused, you need to exercise with a partner who has the same goals," she shares. "Try to go to the gym or on a run with a girlfriend. That way, you're both there to work out and do your thing."

Although they may not head to the gym together, Marchese is incredibly thankful for her husband's support in other aspects of her life. "He's there for me every step of the way. He's my biggest fan, my everything," she gushes. "He's the one who keeps me going."

**Related Link:** [Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke](#)

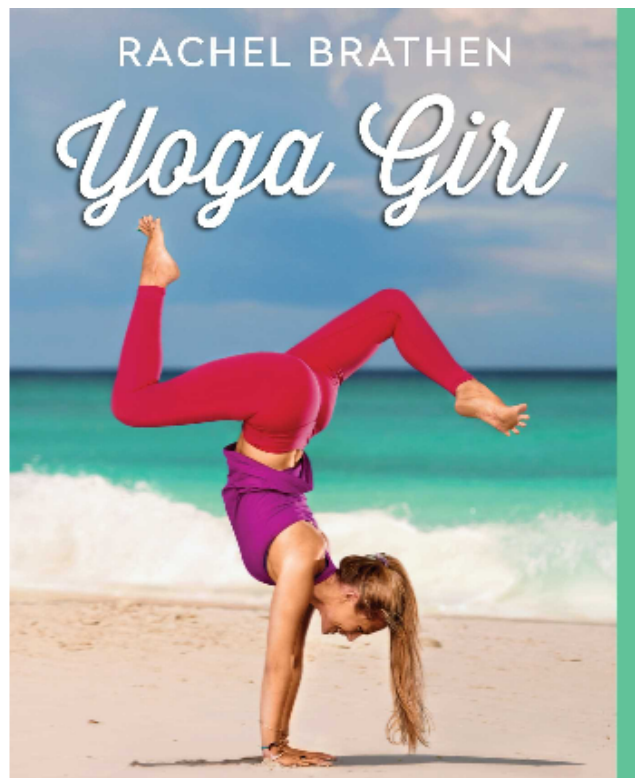
So what's next for the reality TV star? To help her fans achieve their fitness goals, Marchese recently came out with a line of meal replacement shakes. She is also developing a Body Construct workout video system. "It's going to include four workout DVDs and also have nutrition plans, grocery lists, and an evaluation. Somebody can buy the system, and they'll have everything they need," she explains.

*You can keep up with Lori-Ann on Twitter @LoriAnnMarchese. Learn more at [bodyconstructfit.com](http://bodyconstructfit.com).*

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# Rumer Willis Opens Up About 'Dancing With The Stars' and Her Parent's Celebrity Divorce



By Meranda Yslas

Rumer Willis, actress and daughter of former famous couple Bruce Willis and Demi Moore, recently sat down and talked on [Larry King Now](#) about the current season of *Dancing with the Stars* and her parent's [celebrity divorce](#).

# Rumer Willis on Val Chmerkovskiy and *Dancing with the Stars*

According to Willis, season 20 of *Dancing with the Stars* is the season to watch her partner Val Chmerkovskiy. “I think it’s going to be his year,” she explains. “He’s so sweet and really cares about the dance.” Still, winning isn’t going to be an easy task, especially being partnered with such a determined dancer. The actress admits, “He’s definitely a strict teacher!”

**Related Link:** [Demi Moore and Bruce Willis Barely Interact at Rumer Willis’ Performance](#)

With such an intense practice schedule, it’s obvious that the dancing is important for the duo. “When you’re doing a show that’s a reality TV version of ballroom dancing, it can become more about the costumes or the performance, but what I really like about him is he really cares about the dancing and keeping the integrity of what you’re actually doing,” she reveals.

## Actress Talks About Her Parents’ Celebrity Divorce

Although Willis has her own career, she’s perhaps best known as the daughter of two A-list stars. Experiencing your parents’ divorce is never easy, especially if you’re the child of a Hollywood couple. As a 10-year-old, it was difficult for her to understand the role of the press and the tabloids in her everyday life. “I think one of the hardest parts was growing up with having your whole life kind of be on display and have people have an opinion about it before you learn how to get a tough skin and really just have confidence in who you are without letting other people’s opinions affect that,” she explains.

Fortunately, her parents' celebrity divorce was made a little bit easier to handle, thanks to the continual support from her mom and dad. "I am so thankful and grateful that my parents made such an effort at the time," she shares. "I never had to split up vacations or split up birthdays. They always made an effort to do all of the family events still together. They made such an effort to still have our family be one unit as opposed to two separate things."

**Related Link:** [Rumer Willis Moves On With New 'Glee' Beau](#)

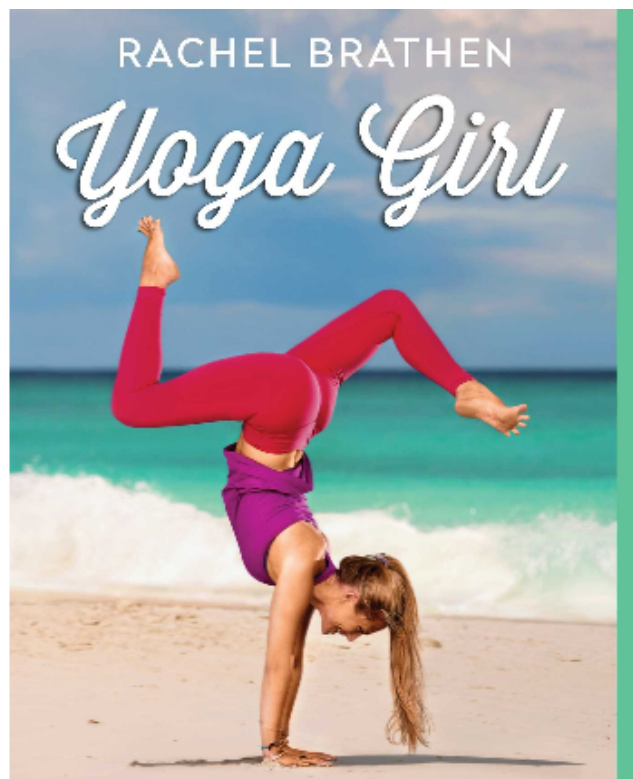
Given her family's status in Tinseltown, the *Dancing with the Stars* contestant is subject to celebrity gossip. She tries to maintain a positive attitude about the rumors and be open to criticism. "If you want to judge me, I'm totally fine with that," she candidly says. "And if you don't like me but just take five minutes to get to know me and if after that your opinion stays the same and you *still* don't like me, then that's your prerogative."

Having a confident attitude while dealing with negativity from the press and general public isn't easy to pull off, but Willis has her mother to thank for her perspective: "She always says, 'Live in whatever your integrity is, and go out to the world and present yourself how you want to present yourself and how you want people to see you.'"

For the rest of the interview, visit [www.ora.tv/larrykingnow/2015/3/16/rumer-willis-0\\_5jsq5lpkgb75](http://www.ora.tv/larrykingnow/2015/3/16/rumer-willis-0_5jsq5lpkgb75).

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# Relationship Advice: Social Tips from Ben Franklin and Other Maxims Masters



By Vicky Oliver

Eons ago, long before the invention of Facebook and Match.com, our ancestors grappled with social conundrums. Before Twitter sent out its first tweet, or anyone had heard of an RSS feed, our forebears asked themselves questions. Namely, how does one overcome social alienation, win friends, and build a richly rewarding social life?

**Consider these three social, relationship advice gems that have withstood the test of time. Their insights may help form the foundation of a richly rewarding social calendar that leads to new opportunities for success:**

**1. “Early to bed and early to rise makes a man healthy, wealthy and wise:”** Benjamin Franklin noticed in the late 18th century that good sleeping habits made him feel better and think more clearly. If our overextended, hectic lives leave us too sleep-deprived and grouchy to pursue a rewarding social life, it’s time we take Ben’s advice. Shut off the computer in favor of shut-eye. Friends and business associates will enjoy their interactions with us more, which may lead to more opportunities.

**Related Link:** [Q&A Should I Be Concerned About My Man’s Social Network Activity with Other Women?](#)

**2. “A rolling stone gathers no moss:”** What Latin writer Syrus, circa 100 BC, may have foreshadowed regarding our 21st century lifestyle is that many of us move too fast (“rolling”) to gather much moss (“a social life”). Think about places where we fritter away our time, such as planes, trains, and automobiles. Then, make a point of engaging fellow travelers in conversation. These individuals may have access to all sorts of insider tips, connections, and other perks that will make the road well traveled more interesting.

**Related Link:** [Celebrity Couples Who Let Social Media Run Their Relationship](#)

**3. “Birds of a feather flock together:”** To find our flock, it’s often helpful to turn solitary activities into social opportunities. Those who like running or painting might use [www.meetup.com](http://www.meetup.com) to find a running buddy or an artist’s colony, writers may consider organizing a monthly writers group, and divorcees can create support groups. Forming groups over shared activities helps us break out of our individual silos and find like-minded individuals.

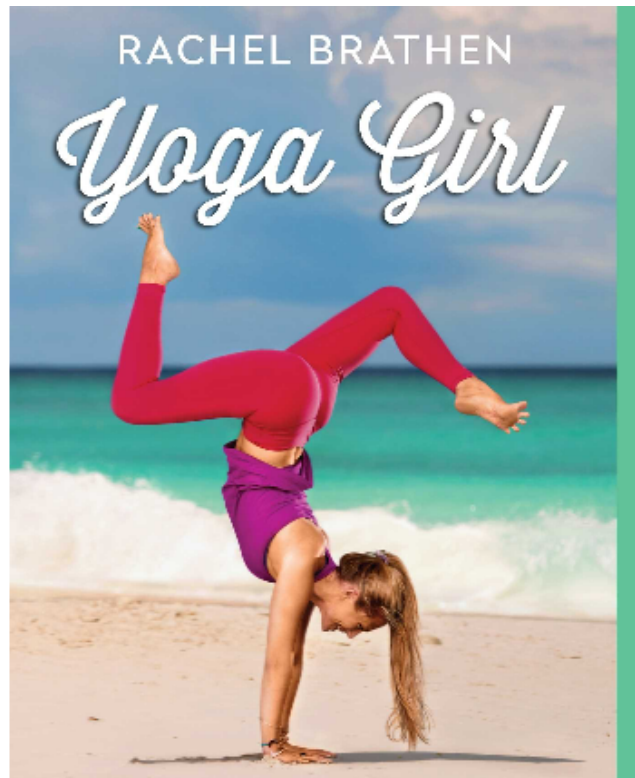
*Vicky Oliver is a leading career development expert and the multi-best-selling author of five books, including her newest, Live Like a Millionaire (Without Having to Be One) (Skyhorse, 2015). She is a sought-after speaker and seminar presenter and a popular media source, having made over 700 appearances in broadcast, print, and online outlets. For more information, visit [vickyoliver.com](http://vickyoliver.com).*

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## What to Do When Religion Conflicts In Your Relationships and Love Life







By Molly Jacob

In our modern world, interfaith couples are becoming increasingly common. That being said, for some people, dating someone of another religion may be a deal-breaker just because religion is such a huge part of their identity.

**If you're willing to work with your partner to find a balance between your religious views and your relationship and love life, Cupid has relationship advice for you!**

**1. Educate each other:** It's always good love advice to get to know all about your partner during your relationship and love life, but what about their religious background? Tell each other a little about the beliefs, traditions, and meanings of your religion, and you'll begin to understand each other's perspective. Do some research on your own, too, so you can

understand where your sweetheart comes from. As with anything involving relationships and love, better understanding of one other can lead to a stronger relationship. It also shows you care.

**Related Link:** [Brad Pitt and Angelina Jolie Are Scheduled to Meet the Pope](#)

**2. Attend services:** Dating someone of a different faith can be difficult during the holidays, but you can make it easier if you attend each other's important religious services! Not only will you be showing support by attending a service at a church, mosque, synagogue, or wherever your significant other may worship, you can also continue to educate yourself about his or her religion. This also can appease potentially disapproving in-laws. Getting your significant other's parents to like you is always great relationship advice, but some may be wary of their son or daughter dating someone of a different religion. By attending a service of your honey's faith, you can show that you're both supportive of him or her and interested in learning more about their religion.

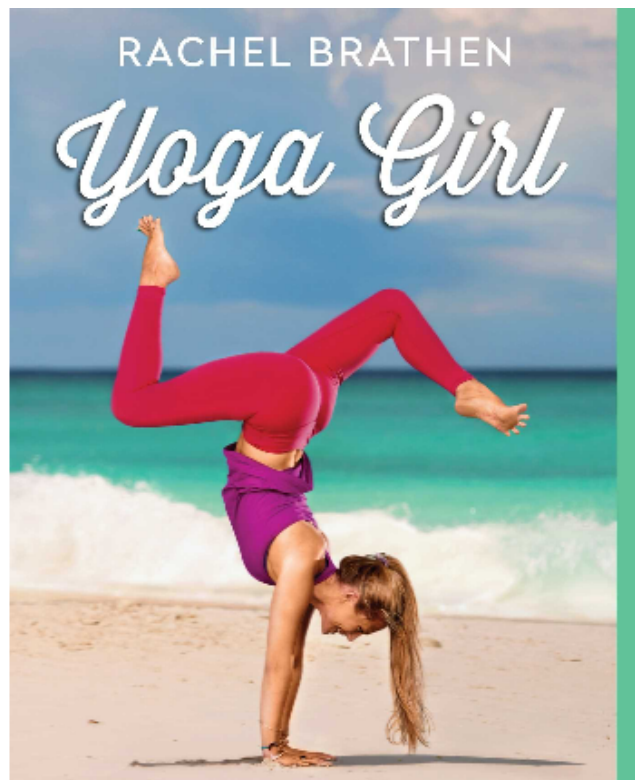
**Related Link:** [Celebrity Couples Keeping the Faith Alive](#)

**3. Find shared values:** While religion may not have been the factor that brought you two together in the first place, you two may have more in common than you think. You may realize that there are certain values or even beliefs that you two share, even if you come from different religious backgrounds. These might include love, loyalty, and honesty. Love advice: when you two encounter rough times in your relationship, reflect on what you two share, not how you two differ. This will bring you two closer together and help you resolve your relationship problems.

**Do you have any other relationship advice for people in interfaith relationships? Share in the comments section below!**

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# Relationship Advice: Add a Little “Luck 0’ the Irish” to Your Wedding Day



By Meghan Fitzgerald and Molly Jacob

Irish wedding traditions are very strong. When an Irish bride begins to plan her wedding, it can be fun to center it around that culture and tradition, which essentially means planning to tie in good luck and shun as much bad luck as possible. There are many superstitions within the Irish outlook on marriage. Did you know that some believe the saying “tying the knot” comes from an Irish wedding custom? Adding an Irish

tradition to your wedding is great relationship advice, and it can make your important day even more special!

## **Check out these Irish wedding traditions and learn how you can add a bit of luck o' the Irish to your day of relationships and love:**

1. If the sun is shining on your face the morning of your wedding day, good luck is present amongst you and your mate!
2. In no circumstances should you get married on a Saturday; it is the worst of luck in Irish traditions.
3. Marry during a growing moon and a flowing tide for eternal luck.
4. It is very lucky to hear a cuckoo on your wedding day and it is especially lucky if you see three magpies. Your luck will triple for three of them!
5. The lucky horseshoe! Brides used to carry horseshoes down the aisle for good luck. Carrying a heavy piece of iron might sound unappealing, which is why brides now buy porcelain and fabric ones for their special day.

**Related Link:** [Desiree Hartsock and Chris Siegfried Announce Their Wedding Date](#)

6. As obscure as it may sound, it is bad luck for a caterer to break a glass or cup on the wedding day. Don't have your day of relationships and love ruined by a clumsy waiter!
7. For the bride to be followed by good luck, it is essential for a guest to throw an old shoe over her head as she exits the church.

**8.** It is very lucky to be married on the last day of the year. The beginning of the year symbolizes the beginning of their life of relationships and love together.

**9.** In Ireland, it is luckiest for a couple to be married on St. Patrick's Day!

**10.** Chiming of bells is said to keep away any evil spirits attempting to ruin the couple's love and future.

**Related Link:** [Love Advice: 10 Ways to Meet Someone on St. Patrick's Day](#)

**11.** Irish brides wear blue on their wedding day, not white. In ancient times, blue symbolized purity. It was actually during Victorian times that white became the go-to color for brides.

**12.** It is said that if the bride's mother-in-law smashes a piece of cake on her head as she enters the house after the ceremony, they will be friends for eternity. Staying on the good side of your mother-in-law is always good relationship advice!

**13.** Have the bride and groom toss a handful of coins to their guests, it is said to bring them prosperity and good luck forever.

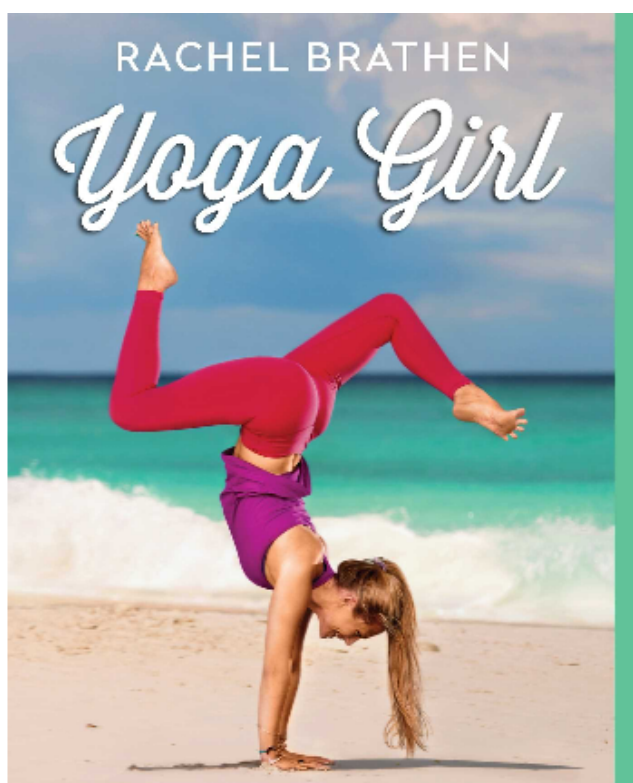
**14.** It is good luck for a happily married woman to put on the bride's veil, not the bride herself.

**15.** After the wedding ceremony, it is important for a man to wish the bride joy, not a woman.

**Did you have any luck on your wedding day? Share below!**

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# Dating Advice: How to Introduce Your Kids to Your New Partner



By [Katie Gray](#)

When you have children and are no longer with the other parent, it can be a very difficult transition. Raising kids is a lot of hard work and it's important. When you get a shot at happiness in your relationship and love life, you deserve it – even if you do already have children. The important thing is to make sure your kids are still your number one priority – them. It's often very hard to tell when you should introduce your kids to your new partner.



# **Cupid talked to some experts about relationships and love to find out exactly when and how you should introduce your kids to your new partner.**

## **1. Introduce when it gets serious.**

When you do decide to introduce your children to the new special person in your life, it should be when the relationship and love is developing into something permanent. Dr. Jane Greer, a New York based relationship expert and author, gave dating advice by explaining, "You should introduce your kids when you become really exclusive and serious with the new partner. You don't want to confuse the kids or allow them to become attached to the new partner if he or she won't be around for long."

## **2. Keep it casual.**

As far as how to go about introducing the children to your partner, Dr. Greer says, "It's always best to introduce the kids in an activity that's casual and informal – a ball game, a movie, etc. – something where everyone is participating together." She also added that if your new partner also has children, then this is the perfect time for everyone to get to know one another. If you are unsure how to label your significant other to your kids, it's always good to use, "Mommy's good friend" or use your partner's first name.

## **3. Make it positive.**

JoAnn Ward, President of Master Matchmakers, emphasizes, "No matter what, always make it positive and show that you can create a balance between your kids and your dating life."

#### **4. Consider age and timing.**

The amount of time that passes before you introduce your kids to your new partner varies. It depends on factors such as: the age of your children, how comfortable you are with your partner and how long you have known them. Ward suggests that the minimum would be a month to six weeks for mentioning them to your kids and about three months to initially introduce. She explains, "Younger kids do not quite have a firm grasp on time, so you don't want to confuse them if you tell them about your new partner too early and it doesn't work out."

#### **5. Mention a new partner to your kids' other parent.**

Ward says that you should absolutely tell the other parent of your children if they are going to meet your new partner. Ward explains, "The kids will wind up saying something anyway. You'd want to say that you're seeing someone and give them notice that you're planning to introduce them to your kids." It's a common courtesy and the polite thing to do, especially if this significant other will be around long term.

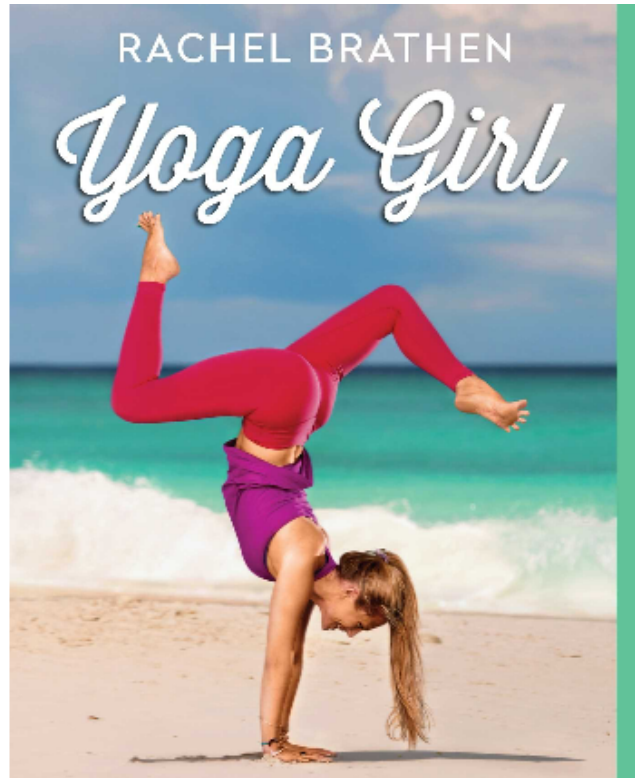
Dr. Greer and Ward both agree that you must be honest with your children. That is the most important thing!

**What are some other things to keep in mind when you're introducing your kids to your new partner? Share your thoughts below.**

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## **Julie Andrews' Relationship Advice: How to Survive the**

# Death of a Loved One



By Dr. Jane Greer

Actress Julie Andrews revealed that she is still dealing with the death of her husband, Blake Edwards, who passed away in 2010 at the age of 88. They were married for 41 years, and it “was a love story,” according to Andrews. Some days she gets along just fine, but others the loss of this relationship and love hits her like a brick, and she finds herself missing him and wishing he were still with her. This is common when one is dealing with grief, especially the death of a spouse.

## When you spend decades with the

**same person, and form hundreds of habits and routines that include them, it's devastating when they are no longer with you.**

Very often when someone is mourning the loss of a loved one, it is hard for the people around them to understand why they haven't gotten over it already. As a result, the person who is grieving may have unrealistic expectations of themselves, and could worry that there might be something wrong because they haven't yet been able to let go. Consequently, they may stop sharing their feelings either because people aren't asking anymore, or because they think people might no longer want to hear it. With that in mind, the fact that Julie is able to talk publicly about her sadness and not bottle it up is a positive action.

In addition to the normal course of processing the death of someone close to you, there is another piece of relationship advice that helps with coping that I wrote about in my book *The Afterlife Connection: A Therapist Reveals How to Communicate with Departed Loved Ones*. I was compelled to write it after my mother died.

### **Recognize signs and messages.**

In my book, I identified the ways to recognize the signs and messages that are coming your way from your loved one who has died. I also talk about the power of transcommunication, whereby rather than just waiting for those signs, you can initiate contact by directly asking for them.

## **Utilize the power of experience.**

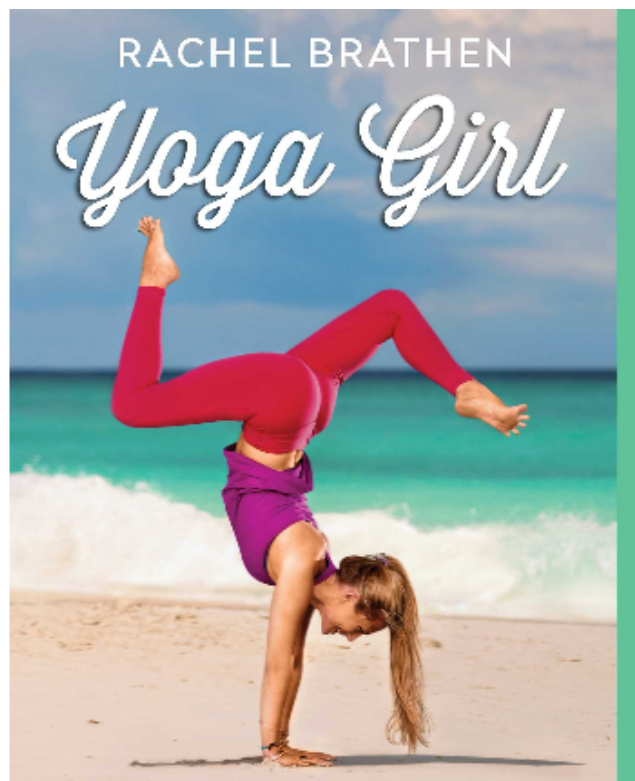
Through the power of the experiences you share, it is possible to remain spiritually connected to the person you lost even after they cross over. It is another way of coping with your grief, and can be a tremendously helpful tool in alleviating the anguish of their death. Although you will always miss your loved one on a physical level, knowing their energy lives on and feeling their presence can help you buffer the pain of their departure. For many people, myself included, you may now feel as if you have a very special guardian angel who is with you when you need them to be.

While we don't know if Julie embraces the possibility of maintaining a spiritual connection to her deceased husband, we do know that at the very least she is being open about the magnitude of her loss. The truth is, we never really get over the death of someone we loved and lost. Rather, we look to get on with it in terms of living our lives as best we can in one way or another. Hopefully Julie can continue to cope with her husband's passing, and be able to enjoy the rest of her life to the fullest without her grief weighing her down.

*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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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# 10 Pieces of Love Advice Learned From Famous Hollywood Couples







Jessica Simpson and Eric Johnson

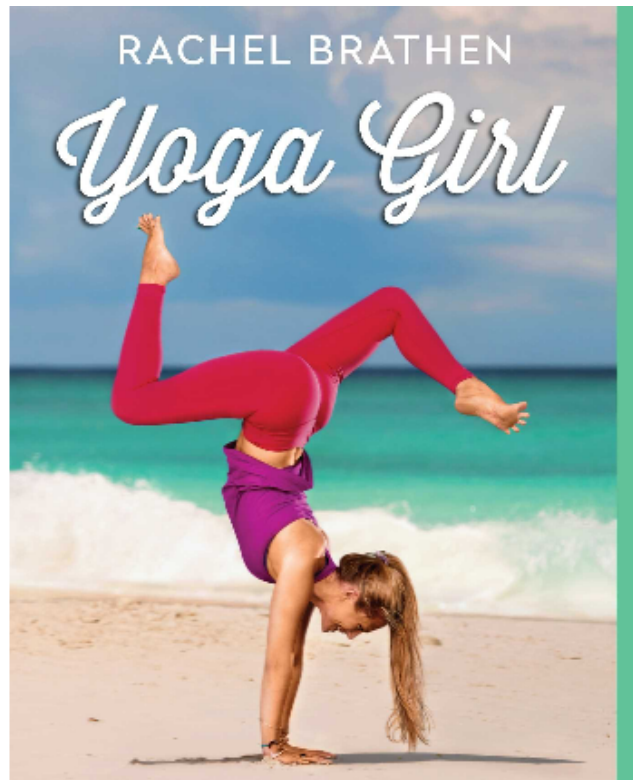
Love Lesson 1: Don't be afraid to be yourself.

The fashion designer is happy and comfortable in her celebrity relationship, and she's not afraid to tell the world! On her Instagram account, she often posts silly or romantic pictures of her and her hubby. Letting loose with your significant other can strengthen the love between the two of you. Photo: DMac/Flynetpictures.com

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**Exclusive                      Celebrity**  
**Interview:    Kailen    Rosenberg**  
**Says, “There Is No Such Thing**

# as a Failed Relationship”



By [Sarah Batcheller](#)

[Kailen Rosenberg](#) is one of the nation’s most highly-acclaimed matchmakers. Known as “The Love Architect” and owning a company under the same name, the dating expert helps her clients discover the strong foundation within themselves so that they can then build a lasting relationship and love with their true soul mate. If you were to look at the world through her eyes, “love” would be more than just a four-letter word – it would be a way of life! After reading our [exclusive celebrity interview](#) with Rosenberg, you’re bound to feel empowered in your search for The One.

# Dating Expert Kailen Rosenberg Shares Relationship Advice

Rosenberg's matchmaking services are elite and one-of-a-kind. She gets to a person's core in order to find just the right person to ignite them. The mission of The Love Architects, who have clients ranging from your next-door neighbor to your favorite celebrity, is to help people authentically find love in whatever way, shape, or form they require. "We connect true soul mates who have been waiting forever to finally meet, and we help those who are married and struggling fall madly in love with each other either again – but in a healthier way or even for the very first time," Rosenberg explains. "Every potential client starts with a deep, spiritual, therapeutic, get-to-know-your-true-self assessment."

**Related Link:** [Relationship Expert Kailen Rosenberg Shares Dating Advice on Experiencing the Love We Deserve](#)

Those who participate in a "Love Design" session with the relationship expert are first asked to answer a few head-on questions. The matchmaker wants to know "who you are, who you believe you are, and why" before asking why you ready for love and what kind of partner you desire. Rosenberg continues, "From there, we get to the truth about what has kept them stuck, away from the love that has been waiting for them their entire lives, and then, we go get it!"

Once their clients have completed the first portion of The Love Architect's process, it's time to look for someone special! "Next, a personal love and life blueprint is used as a custom map to build, heal, tear down, or do whatever is necessary to bring the most amazing experience of love into our clients' lives," the love guru divulges.

# Exclusive Celebrity Interview With “The Love Architect”

Before you find someone else to love though, the life coach urges you to love yourself. Sharing an important piece of relationship advice, she claims, “If we have no real clue who we are, we then spend our entire lives not really knowing our authentic selves and therefore ending up on a treadmill going nowhere but on a habitual track of unhappy, unsuccessful, unfulfilling relationships. That in turn changes our energy, which in turn affects the planet we live on.”

Of course, falling in love isn't always smiles and butterflies; it can lead to heartbreak too. To those who are trying to move on after a rough split, Rosenberg offers the following dating advice: “Realize that your break-up was one of the greatest gifts you could have ever received. It was raw and real. It tugged at your ego and your heart and gave you the chance to see something in yourself you perhaps have never seen or weren't ready to see until now.”

**Related Link:** [Dating Expert Kailen Rosenberg Constructs Celebrity Relationships From the Inside Out](#)

In our exclusive celebrity interview, she encourages you to take a look at your value and see what you have allowed into your world that shouldn't be there. “Life is here to love on you, to teach you, and to bring you love, and it won't allow you to be with the wrong person for too long,” she adds. “Your most recent break-up leaves you with a wonderful opening for the right person to finally come in.”

With the weather finally warming up, it's a popular time of year for “spring flings” – which are one way to get over a broken heart. You may be surprised that Rosenberg says to go for it! “There is no such thing as a failed relationship. Instead, look at it as an in-depth experience with yet another

‘love teacher’ who showed up to teach you about *you* and about love,” she insists. “So be smart and be a great student of love. Seek to find what more there is to learn about yourself when it comes to love, where your ‘blocks’ still might be, and where you have clearly grown.”

Real love comes in all shapes and sizes, which is why the celebrity matchmaker has partnered with Betsy Broyles Arnold to recognize Alzheimer’s disease caregivers. “I am honored to have been given the opportunity to join forces on such an important and inspiring campaign. As you know, my entire life-work focuses on teaching and bringing genuine love to this world, and we all know that love is far more than hearts and chocolates, so it couldn’t have been a better fit,” she says of the Unconditional Love campaign. “We all want to understand love, and we all know that there will come a time in our lives when love is challenged. Those truly forgotten, unrecognized heroes – the caregivers of those with Alzheimer’s – give every bit of themselves, and *that* is when love becomes unconditional.”

**Related Link:** [Relationship Author Kailen Rosenberg Gives Dating Advice for Finding ‘Real Love, Right Now’](#)

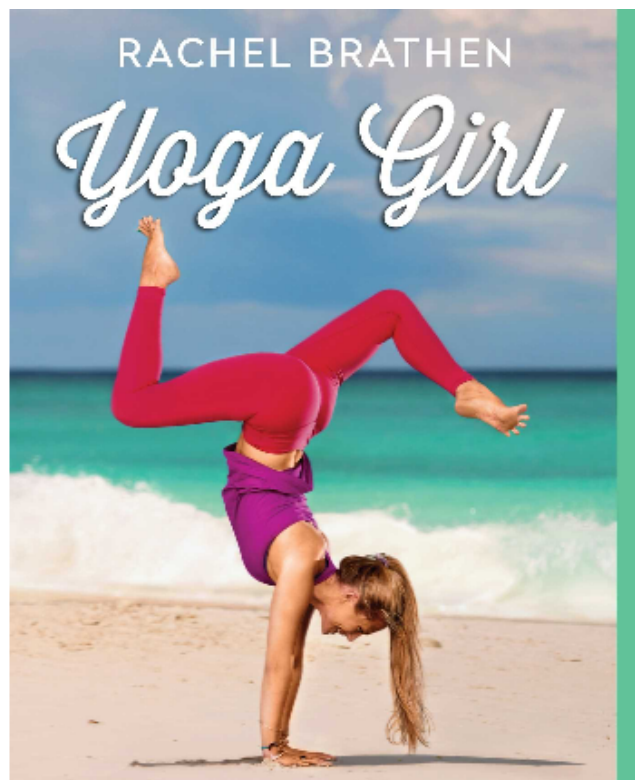
Honoring these caregivers can be as simple as sending a card to show that you appreciate their work or offering to clean their home or cook them dinner. As Rosenberg explains, “They know in their hearts they have no choice but to be strong for their loved ones, to be present, and to love unconditionally in ways they never thought possible. We need to recognize them for their efforts.”

*You can keep up with Kailen on Twitter @kailenrosenberg and [www.facebook.com/kailenrosenberglovearchitect](http://www.facebook.com/kailenrosenberglovearchitect). Also, be sure to pick up a copy of her book about love, Real Love, Right Now: A Thirty-Day Blueprint for Finding Your Soul Mate – and So Much More!*



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# 'American Idol' Contestant Sarina-Joi Crowe on Being Eliminated: "It Motivates Me Even More"



By Jenna Bagcal

Perseverance and determination are two qualities that 19-year-old Sarina-Joi Crowe possess. The Columbia, Tennessee native has auditioned for reality TV show *American Idol* four times since 2011. This season, she made it to the Top 12, but her journey ended this past Thursday after she received the lowest

number of fan votes. She performed Demi Lovato's "Neon Lights" as her save song, but it wasn't enough for the judges to keep her from elimination. While this came as a shock to viewers and fans, the singer isn't done yet: "This is not the end of me. There's definitely more to come!" she assures us in our celebrity interview.

## ***American Idol* Contestant Talks About Elimination and Relationships and Love**

Crowe grew up in a small town in Tennessee and worked as a hostess at a restaurant. She learned to sing in church and credits her mother as the driving force behind her tenacity. "She's always been very big on following our hearts, doing what we want to do, and not letting anyone stop us," she shares. This attitude is one that Crowe has held on to throughout her life, and it's what has pushed her to pursue her goals.

**Related Link:** ['American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going](#)

While many contestants in the performer's position would feel disheartened, the veteran says that her elimination from the reality TV show "doesn't affect her determination" to pursue music as a career. "It actually motivates me even more. At the end of the day, I know everybody wants to go all the way on *Idol*, and that's ultimately the goal," she explains in our celebrity interview. "But if you can go from number 100 to 60 to 48 to 12, then it's a pretty good sign of what kind of career you're going to have. You're always gonna go a little farther; you're always gonna get a little better. I still have time to grow and do great things."

Of course, we had to ask Crowe about her relationship status!

When she performs romantic songs like “You Really Got a Hold On Me,” she’s not thinking of anyone in particular. “There’s nobody in mind because I’m so single, it should be illegal!” she says with a laugh.

Instead, she thinks of a personal experience or an experience of someone she knows and tries to channel that energy into the song and make the delivery of it convincing. “I try to use past relationships and love as an example, or I try to jump into the shoes of somebody that I think would feel that way,” she explains.

**Related Link:** [‘American Idol’ Contestant Majesty Rose: “I Didn’t Change Who I Am At All”](#)

The young singer has also learned a lot about the audition process during her long history with *American Idol* and has some advice to share for next season’s hopefuls. “You should never give up. That’s the one thing I want to make known across the nation,” she exclaims. “When somebody tells you ‘no,’ you can’t really take that. You have to figure out what to do next and try it again. It’s that one ‘yes’ that’s gonna make the difference.”

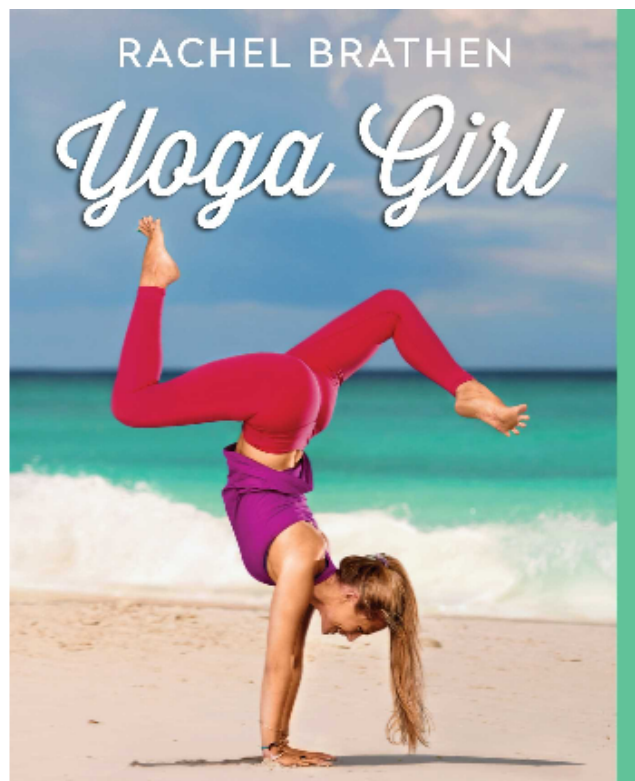
To her fans, Crowe says, “I just want to thank them so much. I love them dearly! I’ve been reading so many great things on Twitter and Facebook, and it’s just really awesome to see a group of people who are so dedicated and loyal. I owe them everything because I wouldn’t even be here if not for them.”

*You can keep up with Sarina-Joi on Twitter @SarinaJoi and [www.facebook.com/SarinJoiMusic?ref=br\\_tf](http://www.facebook.com/SarinJoiMusic?ref=br_tf)!*

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# Celebrity Video Interview: Meryl Davis and Charlie White Dish About Their Love Lives!



Interview by [Lori Bizzoco](#). Written by Jenna Bagcal.

From winning gold medals at the 2014 Winter Olympics to appearing on *Dancing With the Stars*, [Meryl Davis](#) and [Charlie White](#) know what it means to have a lasting and successful partnership. After such a phenomenal year, the duo is taking some time off from training to pursue other projects, including traveling across the country with the *Stars on Ice Tour* and returning to the University of Michigan to finish their degrees. Earlier this week, on Mar. 11, the athletes appeared at the airweave store opening in Soho as brand ambassadors for the company, and Executive Editor and Founder

Lori Bizzoco was there to chat with the duo in this [celebrity video interview](#).

## **Meryl Davis and Charlie White Discuss Their Partnership in Celebrity Video Interview**

Having trained together since 1997, Davis and White are currently the longest-lasting ice dancing team in the United States. They credit their partnership to a number of different factors. “I think that we want the same things,” Davis reveals. “But I think also having a set of parents and having families that instilled similar values and raised us in very similar ways – raised us to respect not only each other but other people – has really been the foundation to our relationship.”

**Related Link:** [Find Out What Olympic Swimmer Ryan Lochte Looks for In a Girl](#)

White adds that, despite their long partnership, they’re fortunate enough not to get into any huge disagreements. “We always knew that, even when we disagreed on something, we were trying to get to the same place,” he says. “The key for us was just keeping our eyes on the prize and knowing that, either way, it was going to be a win for us because we just cared so much.”

## **Celebrity Athletes Talk About Their Relationships and Love Lives**

Thanks to their compatibility and convincing performances on the ice, people often mistake Davis and White for a famous couple. However, White is currently engaged to former ice dancer Tanith Belbin. “She retired in 2010, and having her

support through the last four years was really so significant to my ability to both succeed and really enjoy the whole process.," he reveals. "She was such an amazing pillar of strength and one that I definitely used as much as possible." He also confirmed that their celebrity wedding is set for the end of April. Congratulations to the happy couple!

**Related Link:** [Exclusive Celebrity Interview: Karina Smirnoff and Lindsay Rielly Share Dating Advice In 'We're Just Not That Into You'](#)

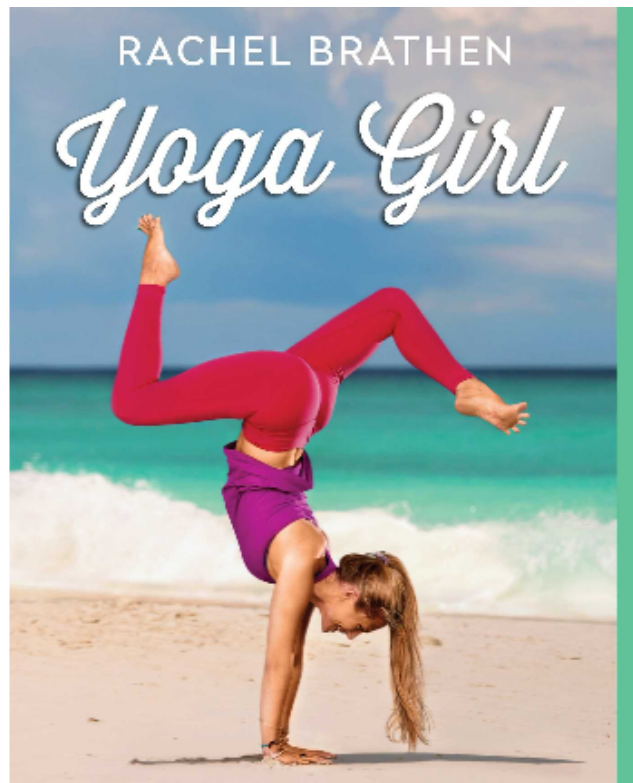
Davis, who has been linked to her *DWTS* partner Maksim Chmerkovskiy, assures us that the two are just friends. "We had an amazing relationship, and we *still* have an amazing relationship," she explains. "It wasn't a romantic relationship, but we were really fortunate to have a really special friendship." She also divulges that she is seeing someone but remained quiet on any further details about her relationship and love life.

*Keep up with Meryl and Charlie on Twitter @Meryl\_Davis and @CharlieaWhite and [www.facebook.com/merylandcharlie](http://www.facebook.com/merylandcharlie)!*

*For more videos from [CupidsPulse.com](http://CupidsPulse.com), check out our [YouTube channel](#).*

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## Relationship Advice: 3 Ways to Handle Unmet Expectations in Marriage



By Jennifer Smith

I unintentionally entered marriage with a heart full of expectation of how life would be once I became a wife. I desired a perfect relationship and love, free of hardship and pain, and full of adventure and passion.

**Once we were finally married, I was blindsided by the circumstances we encountered and the conflict that arose in my relationship with my husband. With each passing day, if my husband fell short of fulfilling**

**one of my expectations, discontentment would grow in my heart.**

At the climax of our marital issues, when we both thought the next decision in our relationship would be divorce, God saved us! Among many things, God opened my eyes to the destruction of unmet expectations and how I had allowed them to cripple intimacy in our marriage.

I want to provide three ways to handle unmet expectations in marriage based on my experience:

**1. Joy:** We must cling to joy! Despite our circumstances or conflicts faced in marriage, we must understand that joy is more powerful and more necessary than happiness. If we pursue personal happiness we will never feel fulfilled, but if we pursue joy we find contentment!

**Related Link:** [Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day](#)

**2. Contentment:** This is the ability to be satisfied no matter what! It's important because there are many things we can complain about in life. However, if we are able to be content with what we have, including our spouses, then there will be no room in our hearts for bitterness to grow!

**Related Link:** [Divorce Attorney Jacqueline Newman Offers Relationship Advice: "You Want to Be Divorcing a Happier Spouse"](#)

**3. Thankfulness:** This is the seed that leads to contentment, which leads to pure joy. We must be intentional everyday to find things in life and in marriage for which we are thankful.

I hope my love advice encourages you today and inspires you to

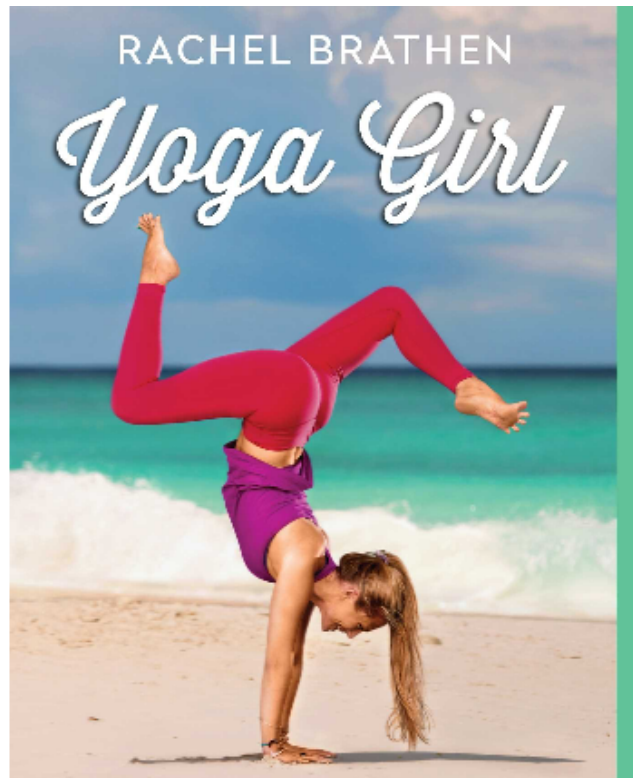
let go of your unmet expectations in marriage. I challenge you to embrace joy, contentment, and thankfulness. When I challenged myself with this task, my heart as a wife was transformed, and my marriage was saved!

*Jennifer Smith created Unveiled Wife, a web-based ministry for wives, in March 2011, where she publishes weekly marriage articles and encouragements all geared toward empowering and discipling wives. She shares more of her story in her new book, The Unveiled Wife. Jennifer and her husband currently live in central Oregon with their young son.*

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## **Tim Dowling's Experiences in 'How to Be a Husband' Provide Relationship Advice for All**





By Emma L. Wells

Tim Dowling's latest book about love, *How to Be a Husband*, won't be found in the self-help section of the bookstore, but that doesn't mean there isn't plenty of relationship advice to be learned from it! The author has written a brilliantly funny yet poignant memoir recounting his relationship and love over the last ten years. He's included everything from being a bachelor in New York to getting married and becoming a father of three in London. He has been disclosing the hilarious exploits of his family in his weekly column at *The Guardian* for years, and now, his newest book digs even deeper into his marriage and what the role of "husband" is like in the 21st century.

## Tim Dowling Discusses New Book About Love

**Can you tell us a bit about why you decided to share your experiences as a husband and father in your new book about love?**

“Husband” is one of the few official titles I possess. I have all the paperwork for it. You’re correct in saying it’s really a collection of experiences – mistakes mostly – rather than a book of love advice. It’s not called *How to Be a Good Husband* or *How to Be a Better Husband*. It’s basically about hanging in there.

**How do you think the role of husband has changed in recent years? What do you think this evolution will look like in the next ten years?**

I think it requires a lot more flexibility than it used to. Marriage roles these days – like who works and who stays home – are driven by economic imperatives. You might be a househusband one year, the sole breadwinner the next, and then back to a stay-at-home dad again.

I don’t know what will happen in the next ten years. I’m just going to try and stay married myself!

**Does your wife ever play the role of editor and give you feedback on your writing? How does she feel about you being so open about your family life?**

My wife is my first and most important editor. If she doesn’t think something works, I go back and rewrite. She can be fairly blunt, but she’s always right. She’s always been sanguine about being written about, but the book was an intrusion of a different order, as delving back into the past is a bit sensitive. It’s also amazing how differently two people can remember a significant romantic event from 20 years ago. She did approve the manuscript...eventually.

**Related Link:** [Balance Work and Love Like a Celebrity](#)

**What chapter was the most fun to write? Similarly, what chapter was the hardest to share?**

I enjoyed putting together the chapter called “The Forty



Guiding Principles of Gross Marital Happiness,” which was meant to be everything I’d learned about marriage in 40 digestible bullet points. Originally, I’d wanted 50. After two weeks, I’d only come up with three. Eventually, I hit upon another, then another; it took a long time, but it was very satisfying.

I dreaded writing the chapter about sex, but it seemed an unavoidable topic. I got through it.

## **Relationship Advice in *How to Be a Husband***

**What tips do you have for our readers who are trying to keep the passion alive in their long-term relationships and love?**

The basic strategies for maintaining a healthy sex life are not, in themselves, sexy. It has a lot more to do with unloading the dishwasher without being asked than you might think. No one is sorrier about this than I am.

**Given the title, it sounds like the book is geared more towards men. However, what can female readers learn from *How to be a Husband*?**

They can learn what being married to me is like. It will almost certainly make them appreciate what they’ve got.

**What love advice do you have for our male readers who are ready to take the next step and propose to their significant others? Any tips you can share when it comes to preparing for the role of husband?**

Marriage is great, but getting married is a nightmare. Just try to look beyond the whole wedding part of it. Do as you’re told and keep your eyes on the prize.

**Even though your book isn’t a self-help book, are there any**

## lessons readers can gain from reading about your experiences?

Two things: First, go to bed angry if you want to. They say you're not supposed to let the sun set on an argument, but this is nonsense. Faced with a choice between a sense of closure and a night's sleep, you're almost always better off with the latter.

And two, being handy is still high on the list of "Things Women Want In A Man." Sensitivity is also good, but you can get away with being pretty emotionally stunted as long as you know how to put up a curtain rail.

**Related Link:** [Date Idea: Redecorate](#)

## What is the best relationship advice you have ever received?

I once rang up a relationship counselor to get some tips for winning marital arguments, and he said, "Do you want to be right, or do you want to have sex tonight?" He had a point: If you're going to succeed in marriage, you've got to learn to be wrong.

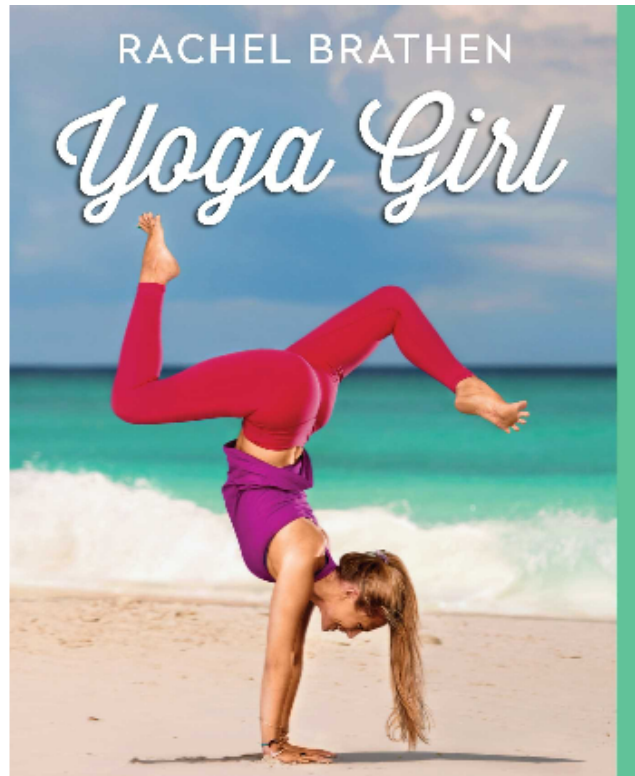
## Lastly, do you have any upcoming projects you'd like to share with our readers?

I'm currently writing a book about fatherhood. Actually, I'm staring at the backs of my hands, but that's what I'm meant to be doing.

*Don't forget to pick up your copy of How to Be a Husband!*

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# Love Advice: 10 Ways to Meet Someone on St. Patrick's Day



By Krissy Dolor and Molly Jacob

You don't have to be Irish to be lucky in love on St. Patrick's Day. This day is traditionally about beer and the color green, but this year, it can be about relationships and love!

**Cupid's Pulse has love advice for ways you can meet someone special this St. Patty's Day:**

**1. Dust off your "Kiss Me I'm Irish" button from college:**

You're guaranteed to get a peck or two if you keep it on all day. But, be careful who you wear this around: this love advice could go sour if you get a kiss from someone you'd rather not get one from!

**2. Head to the parade:** Take the day off and indulge in the festivities. New York City's parade, which passes in front of St. Patrick's Cathedral on Fifth Avenue, is world famous and always filled with people of all backgrounds celebrating Irish history. Put yourself in a new situation to meet someone new!

**Related Link:** [St. Patrick's Day: 10 of the Most Desirable Irish Celebrities](#)

**3. Forget to wear green:** By accident, of course. Pinching those who aren't wearing green is a holiday tradition that started in Boston. People thought that by wearing green you would be invisible to the leprechauns, who would pinch anyone they saw. Pinching others is a reminder that the leprechauns can see you! Hint to a cutie standing nearby that you need a pinch.

**4. Do some pinching of your own:** This mini-PDA gesture goes both ways, so nip an arm or a cheek – it's up to you to pick which one would be most appropriate! Dating advice: sometimes you need to make the first move if you're interested in that hottie at your office, so here's a perfect way to do so.

**Related Link:** [Date Idea: Bar Crawl Party!](#)

**5. Brush up on your history:** Everyone knows about the pinching tradition, but did you know that St. Patrick – whose real name was Maewyn Succat – wasn't even born in Ireland? Share interesting tidbits of your own and you're bound to get noticed.

**6. Test your Irish accent:** See how natural your fake accent sounds by asking the closest hottie if you could pass for a Celtic woman. Maybe he can give you a few pointers!

**7. Hit up a pub (or five):** There are tons of places that will be in the Irish spirit on St. Patty's day, so take advantage! Check out the New York Irish Pub Guide and Boston Irish Pubs for extensive lists.

**8. Go to bars that *aren't* celebrating the holiday:** If slamming multiple car bombs back isn't your idea of a good time, why not see if there are others who share your sentiment? Finding someone who shares your interests is always good love advice.

**9. Throw a party:** You don't need to go out to have a good time! You could get started on making this day full of relationships and love by inviting your friends over to your own St. Patrick's Day party and having them bring their single friends as guests.

**10. Make holiday treats:** Any food can become St. Patty's Day-themed with a little green food coloring. If you're looking for recipes, check out Food.com's 35 Green Treats for St. Patrick's Day. Impress your crush by giving them a green cupcake on the 17th. Your mom gave good dating advice when she said the way to anyone's heart is through their stomach!

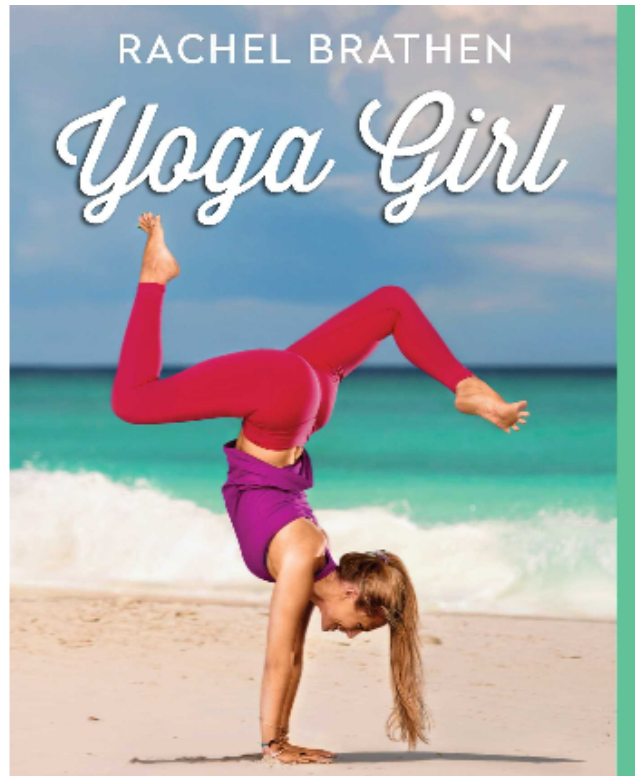
If you're shy, St. Patrick's Day is the perfect time to get out of your shell! And with these tips, who needs a lucky charm? Cupid wishes you luck on the road to your pot of gold!

**Have you ever met someone special on St. Patrick's Day? Share below!**

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# Cameron Diaz: Is Sex the

# Answer to Relationships and Love?



By Dr. Jane Greer

In latest celebrity news, actress Cameron Diaz recently revealed her secrets to a healthy life: diet, exercise, and getting busy between the sheets! She credits sex as being her “fountain of youth,” what keeps her young despite the hectic and fast-paced lifestyle that comes with being a celebrity and constantly in the public eye. Cameron believes people need lots of sex in their relationship and love lives and that it’s a healthy, natural bodily function. She’s right.

**My love advice is that sex not only promotes intimacy between partners and strengthens their relationships and love on a physical level, but it also boosts self-confidence and increases happiness.**

While having lots of sex promotes health and well-being, making the time and being able to do it as often as you like can be challenging. A variety of responsibilities can get in the way, including work, children, making dinner, etc. So, what can you do to safeguard against this? Here are a few pieces of dating advice that can help you spend more time in the bedroom and less time worrying about getting there.

### **Consider scheduling spontaneity.**

While it seems paradoxical to plan it, more often than not that spontaneity we all crave happens at the beginning of a relationship when you are falling in love and all you want to do is fall into bed, letting everything else fall by the wayside. But that moment in time can't last forever when there are so many things you need to deal with. That is the tricky part of sex; while it can alleviate stress, making it happen and not letting the stress of everything else on your plate get in the way can be difficult. Still, everyone wants that feeling of being swept away and leaving everything else behind. Considering what stands in the way of that, the reality is that it may not happen unless you plan it. We plan vacations, parties, dinners out – so many activities that we enjoy. Why not plan to be sexually spontaneous with your partner? If you decide that you will spend an hour together on Saturday afternoon, or on Tuesday morning right after you drop the kids off at school, then you can make sure all the things

you absolutely have to do are done, and you can allow yourself to not think about them for that hour or so you've set aside. It also gives you an opportunity to look forward to being with your lover in the same way you looked forward to it when you were first establishing your relationship and love. Think of it as mental foreplay. And once you reach your planned date, don't worry about anything else – those dishes can wait!

**Related Link:** [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

**Say “Yes” and take a rain check.**

But what happens when you really can't find the time? In that case, instead of saying “no,” say “yes” and take a rain check. It is so rare that two people want the exact same thing at the exact same time. Maybe you are hoping for a big pizza dinner, but your wife had a huge business lunch and just wants a salad tonight. When that happens, you probably compromise – maybe you'll have a salad tonight and plan for the pizza over the weekend. It's the same thing with sex – presumably you both want it at some point, but maybe not at the exact same time, or maybe one of you wants to do it more often than the other. Many times people just say “no” and leave it at that. But instead of saying you're not in the mood, and leaving your partner to feel undesirable, or to wonder if it is something they've done, say “yes,” but not tonight. How about tomorrow? Or, maybe you can compromise, do a little something tonight and more over the weekend when you are both relaxed. Sex doesn't have to be the whole thing all the time.

**Related Link:** [Benji Madden Sends Celebrity Love Cameron Diaz a Cute ‘Miss You’ Message](#)

**Embrace the moment.**

Finally, do your best to embrace the moment! How often has your partner come up behind you and given you a hug that makes you think: sex now, really? You know you haven't showered yet,



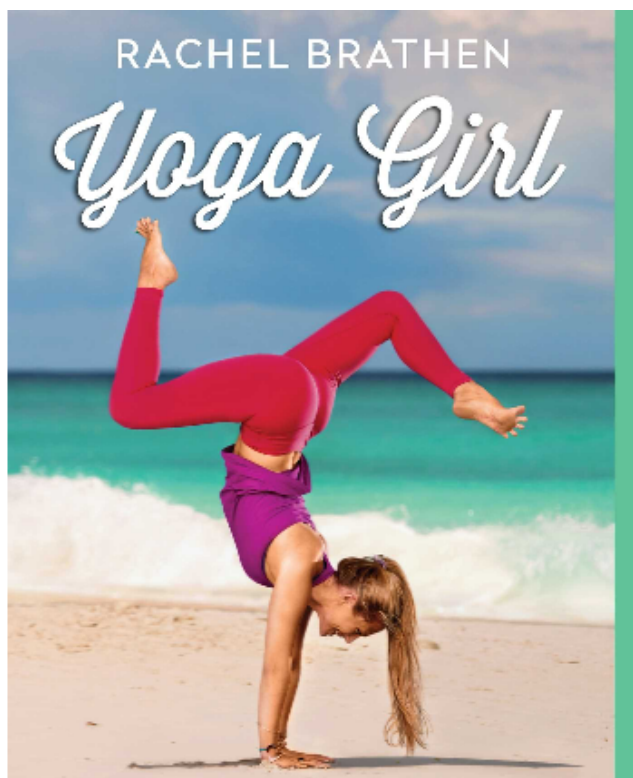
or closed all the windows for the night, or responded to all those emails just waiting there for you. So you push off the advances, thinking you can get back to that later, after everything else is done. The problem is, not only is that moment of excitement long gone by the time you return to it, but your partner might feel unwanted and rejected in the meantime. Whatever you are doing to take care of things so you can relax better can be a put off to the other person. If you are at a party and your favorite song comes on, you wouldn't finish eating, carefully fold your napkin, take another drink, and risk getting out onto the dance floor with only the last notes of that song left. No, you'd jump up, grab your partner's hand, enjoy dancing to the song, and get back to everything else after. Sometimes life gets in the way of the moment, and in letting that happen you let the passion evaporate. The next time your partner gives you that romantic snuggle, go with the flow. Try to see if your sex doesn't sizzle a little more because you stepped into the passion while it was burning hot.

No matter what might work for you, it's helpful to keep in mind that the quality of the sex you have with your partner is as, if not more, important than the quantity, especially since everyone has different notions as to what seems like a lot or enough sex. As long as you and your partner can find a middle ground on how often you both want sex, you'll both be content.

We can thank Cameron Diaz for being so open and sharing her secret to healthy living with all of us!

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# Celebrity Families: Stars Who Have Adopted Children





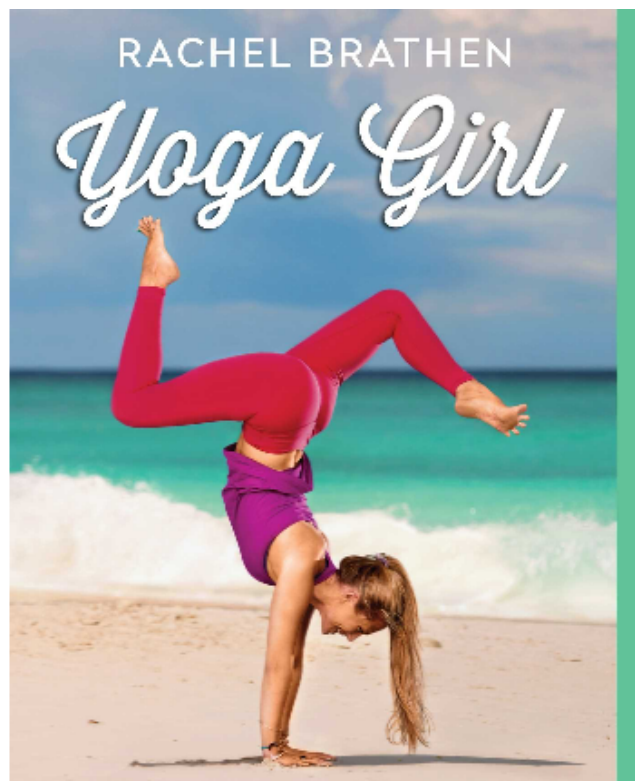
Angelina Jolie and Brad Pitt with son Maddox

The Jolie-Pitt's are perhaps the best known family in Hollywood when it comes to adoptions! Three of their celebrity kids -- Maddox, Zahara, and Pax -- were adopted from Cambodia, Ethiopia, and Vietnam respectively. They also have three biological children: Shiloh, Knox, and Vivienne. Photo: Andrew Evans / PR Photos

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**Relationship      Movie      'Home**

# Sweet Hell' Features Katherine Heigl as a Killer Wife



# HOMESWEETHELL



Home Sweet Hell. Photo: Vertical Entertainment

By [Courtney Omernick](#)

In the new relationship movie *Home Sweet Hell*, which releases on March 13th, Don Champagne (Patrick Wilson) has a successful business, a perfect wife, perfect kids, and a perfect house. But, when Don's wife, Mona (Katherine Heigl), learns of his affair, his "perfect wife" decides to stop at nothing, including murder, to maintain their "perfect" life.

## **Should you see it:**

If you're getting bored of the standard "chick flick" but enjoy relationship movies with a twist, then you'll love *Home Sweet Hell*! The film is jam packed with comedy, suspense, and crazy.

## **Who to take:**

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

## **How can you have the perfect life with your significant other?**

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

No matter how hard we try to be perfect, relationships and love are filled with flaws. But, fortunately, if you work hard enough at your relationship, you can create a near perfect environment with your partner that is filled with trust and understanding. However, you need to commit to building your relationship every day so that it can stand the test of time. How does one hit the ground running? Find out below!

**1. Be yourself from the beginning:** If you begin the relationship by trying to be a Stepford wife, what's going to happen when you crack under the pressure? To ensure success, be yourself from day one. This way, your significant other will have proven that you deserve to be loved just the way you are.

**Related:** [Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy](#)

**2. Have a sense of humor:** Life is going to be full of ups and downs. However, if you both are able to see the humor in the difficult situations that you go through as a couple, it'll make the hard times not seem so bad after all.

**Related:** [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

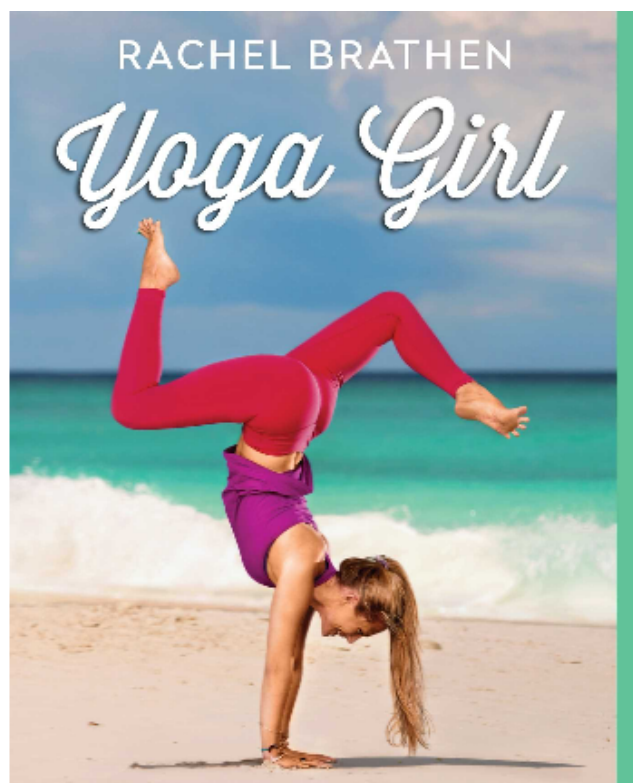
**3. Give each other the benefit of any doubts:** You've already built your relationship on trust. So, don't assume that your partner is doing something to irritate you. Maybe, they don't know that what they're doing is bothering you. Communicate to your partner what is bothering you without assuming the worst of them. Once it's out in the open, make adjustments.

**How is your life with your significant other perfect? Comment below!**



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# 5 Celebrity Weddings We Wish We Were Invited To



By [Katie Gray](#)

When it comes to celebrity weddings, the world goes crazy to see their favorite stars tying knots in celebrity weddings. We feel like we know them since they are in the public eye. Often times, we see their relationships and love grow from the start of dating, to the celebrity engagement, to the nuptials. Typically this excitement derives from discovering the intimate wedding and reception details of those we admire, especially when it comes to learning about all of the glamour on the big day. That being said, celebrities are just like us

in some respects, and they have the same framework for their weddings as we do: love and commitment. Some stars choose to go all out for their big day, and others choose a simplistic style. Whatever the case, the celebrity weddings always turn out fabulous and true to the personality of the person in question.

## Cupid has compiled a list of the five celebrity weddings we wish we could have attended.

**1. Miranda Lambert and Blake Shelton:** These country superstars stayed true to their country roots! Their country-themed celebrity wedding fit their personalities and songs perfectly. Miranda and Blake both donned cute cowboy and cowgirl boots, there was a red pickup truck and tire swing, plus plenty of deer cutlets to eat. All of the traditional aspects were present too, including gorgeous flowers and décor that fit the theme, such as their chair wraps with vintage belt buckles. Yeehaw!

**2. Prince William and Princess Kate:** We had the honor of watching the royal couple say “I do” on live television, but it would have been amazing to attend it live, too! This royal wedding had 36.7 million viewers, and it even has its own Wikipedia page. The beautiful Prince and Princess tied the knot at Westminster Abbey in London, England. Following their vows, they made the traditional appearance on the balcony of Buckingham Palace. She wore a gown by Sarah Burton of Alexander McQueen, and a Cartier tiara and shoes that featured a Swarovski buckle. Such a fairytale!

**Related Link:** [Prince William and Kate Middleton Meet Jay-Z and Beyonce](#)

**3. Kim Kardashian and Kanye West:** This widely publicized



celebrity wedding had as much glitz and glam as you would expect. The reality star and rapper prepared for their big day with family and friends in Paris and then flew to Florence, Italy for the ceremony at the Forte di Belvedere. Lana Del Rey performed at the rehearsal dinner and VOGUE did a spread on the luxurious wedding; as it clearly was the most fashion forward wedding of the decade. Keeping Up With The Wedding would have been fabulous!

**4. George Clooney and Amal Alamuddin:** America's favorite bachelor and A-List movie star, George Clooney, tied the knot with lawyer and activist Amal Alamuddin. They went for a classic look, and it was pure elegance. The duo celebrated with their 90 guests at the seven-star Aman Canal Grande Hotel in September. Amal's dresses were by Oscar de la Renta and were breathtaking. She opted for natural pearl earrings with square diamonds, and included her platinum band and engagement ring for accessories. This was the old Hollywood elegant wedding, and a classic affair to remember indeed!

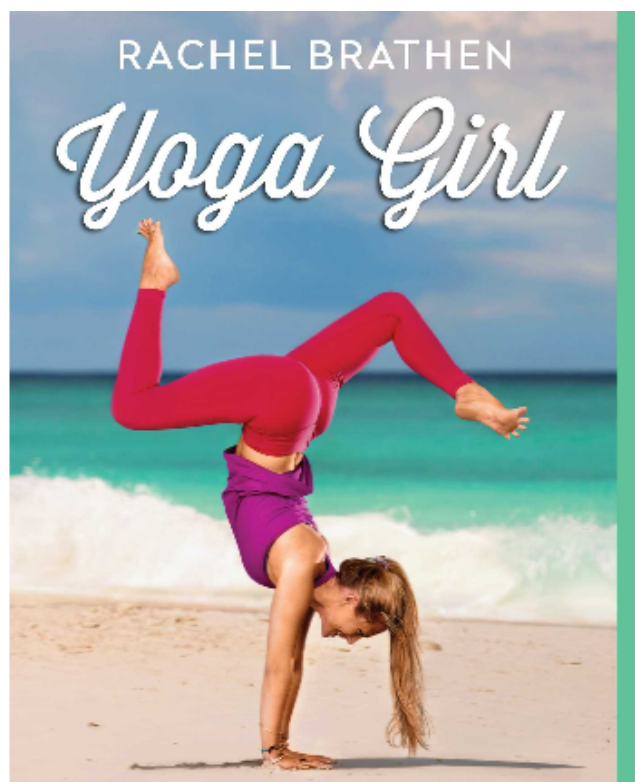
**Related Link:** [George Clooney and Amal Alamuddin Have Civil Ceremony in Venice](#)

**5. Angelina Jolie and Brad Pitt:** Brangelina! Brad and Angelina celebrated their big day at their French Chateau with lots of sentiment, including their children involved in every aspect of the wedding. How sweet! Her gorgeous dress was by Versace and it was custom of course, including drawings of the couple's six children on the gown itself. Talk about a beautiful family affair!

**What celebrity weddings do you wish you were invited too? Share with us below.**

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# Exclusive Celebrity Interview: 'Bachelorette' Couple Ashley and J.P. Rosenbaum Are Divided on Who Will Win Chris Soules's Heart!



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

The relationship between [J.P.](#) and [Ashley Rosenbaum](#) is a celebrity love story come true. This [famous couple](#) met on *The Bachelorette* season 7, and since then, they've gotten married and welcomed a new addition to their family, son Fordham

(Ford) Rhys. The adorable pair, who recently moved to Miami, are getting the hang of being first-time parents and opened up about their experiences as a family of three in our exclusive celebrity interview. Plus, we found out they're a house divided when it comes to this season of *The Bachelor*!

## **'Bachelorette' Celebrity Couple Talks About Life as New Parents**

Raising a baby – whether it's for the first time or the fifth time – is by no means easy, but for the celebrity couple, Ford has been a blessing. "He's a model angel baby," the proud dad shares. So far, there haven't been any big moments that the duo couldn't handle, but like any first-time parents, J.P. admits that they "just roll with the punches!"

**Related Link:** ['Bachelorette' Celebrity Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

At just five months old, Ford is already making huge progress in his development. "He rolls over and sits up. Of course, we have to put pillows around him, but he can sit up for a pretty extended period of time," Ashley gushes. "He's grabbing at things; he's eating semi-solid foods right now; and he's taking the packaging, putting it into his mouth, and trying to feed himself. It's a pretty exciting time right now!"

The celebrity mom has a prediction for an upcoming milestone in her son's life too: She thinks Ford's first word will be "Boo." She elaborates, "That's our dog's name, and he's always hearing us say 'Boo,' so we're pretty sure that's what he's going to say first."

Like most dads, J.P. is excited for his son to follow in his footsteps and play sports someday. "I grew up playing basketball, soccer, lacrosse, and baseball, so we're going to let him try out everything," the former

*Bachelorette* contestant shares. Noticing that Ford has been using his left hand more frequently, he adds, "We think he may be a lefty, so he may have an advantage as a pitcher. We're definitely going to get a baseball in his hand pretty early."

Now that Ford is a little bit older, the celebrity couple is feeling more comfortable with other people watching him so that they can have some alone time. "Ashley is going back to work soon, and we just hired a nanny about two weeks ago. We're easing into the 'leaving him with somebody else' phase so that we can go on date nights," J.P. reveals. "We're almost there!"

**Related Link:** ['Bachelorette' Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot](#)

A few months before their son was born, the reality TV stars packed their bags and headed south. Fortunately, the move to Florida was a great choice for them. "I don't see us going back to New York. We've only been down here for about eight months, but we love it," J.P. shares.

Lucky for them, the winter in Miami hasn't been too severe, but just in case it gets blustery, the famous couple partnered with Puffs to make sure they're prepared. "We thought it was a cool partnership. We're just promoting staying healthy and putting your best face forward throughout the winter, Ashley explains in our exclusive celebrity interview. "What we love about Puffs is that it's a campaign to promote taking care of yourself and providing comfort to you during cold and flu season, especially with such a harsh one this year,"

Being that *The Bachelorette* season 7 stars have some experience under their belts, talk of another baby has come up. "I had so much fun. I had a great pregnancy. I really, really enjoyed just having a baby and him being born," the new mom says. "So who knows! Maybe we'll go for a third, but right now, we're really thinking two."

# J.P. and Ashley Rosenbaum on Chris Soules and *The Bachelor* Season 19

**Related Link:** [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)

Given their celebrity love story, it's no surprise that they enjoy watching *The Bachelor* together. With the finale of Chris Soules's journey tonight, we had to ask their thoughts on the remaining two ladies. The former *Bachelorette* is Team Becca. "I love both Whitney and Becca, but personally, I think Becca would be better for Chris," she reveals. "I feel like she is more genuine. She hasn't had a lot of love in her life, and she moves a little bit slowly, but I feel like there can potentially be a more real relationship between them."

J.P. disagrees. "I'm on the other side. I think his relationship with Whitney has progressed so much more than his relationship with Becca. I think he would be leaning more towards Whitney," he shares.

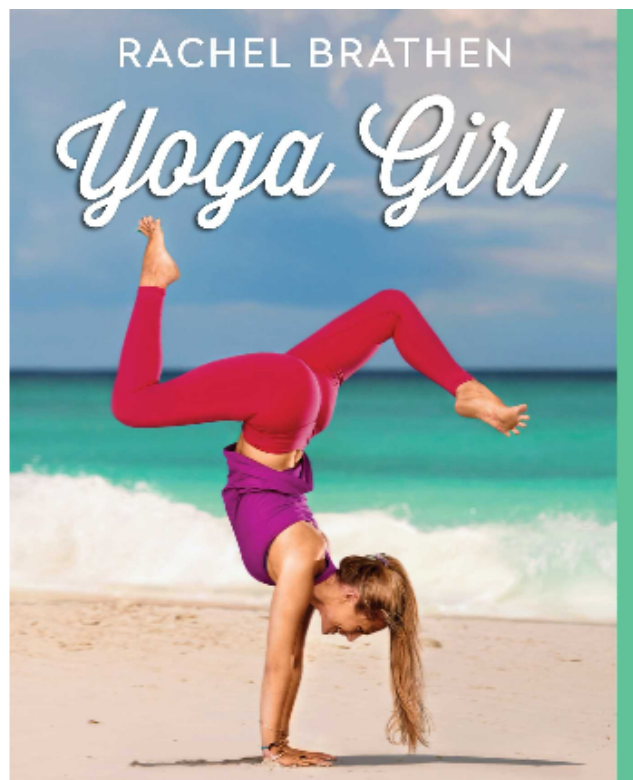
When it comes to the next season of *The Bachelorette*, the famous couple agree that ousted contestant Kaitlyn Bristowe is the best pick. "We like Kaitlyn a lot," Ashley says. "She seems like a cool chick. She's got a little edge to her, so we like that."

J.P. adds, "She's funny too. I think she'd make a good *Bachelorette*."

*You can keep up with the cute couple on Twitter @ashhebert and @JP\_Rosenbaum. Be sure to tune in for The Bachelor season 19 finale tonight on ABC at 8/7c!*

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# Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

[James Tupper](#) is famously known for his roles on shows like the ABC series *Men in Trees* and the NBC medical drama *Mercy*. Most recently, he has played David Clarke on ABC's *Revenge*. After a month-long hiatus, season four is coming back on Sunday, Mar. 8, so buckle your seat belts for some unexpected twists and turns! In our [exclusive celebrity interview](#), Tupper opens up

about his relationship and love with *Dig* star, Anne Heche, his family life, and his role on *Revenge*.

## James Tupper Shares His Celebrity Love Story and Gives Relationship Advice

It was love at first sight for Tupper and his longtime partner Heche. The celebrity couple met when they worked together on *Men in Trees*, but it wasn't as easy as you may think. Both stars were married at the time, and although he says that their marriages were dysfunctional, they didn't act on their attraction for each other. "Being married made it a lot worse because, for eight months, we didn't come together," the actor reveals. "But we had this incredible abiding friendship and, out of that loyalty, grew love."

The famous couple isn't married yet, but they do remain eternally engaged. "One of the really fun things we do is every year I ask Anne to marry me. She always says yes, and then we just never pick a date," he says with a laugh.

The Hollywood couple have been happily together for almost eight years and have son Atlas together as well as Heche's son Homer from her previous marriage to cameraman Coleman "Coley" Laffoon. They plan to celebrate Atlas's sixth birthday and Homer's thirteenth birthday this weekend in Beverly Hills with close family and friends. "We're renting a hotel room in Los Angeles and an adjacent hotel room," the actor shares. "Homer is going to have his best buds come, and then Atlas and his best friend's family are renting a room beside us. Our cousins and nephews are all going to come, and we're going to hang out by the pool and celebrate."

**Related Link:** [‘Revenge’ Star Josh Bowman Says People Shouldn’t Care About His Personal Life](#)



You may be wondering how the duo juggles their busy careers with a grounded family life, and you wouldn't be alone. Tupper reveals that it's essential to go after your passions. "Follow your dreams. Just do something little every day that makes you feel full," the star advises. "Anne and I are both people that do that, and when we come home at the end of the day, there's a feeling of fullness, and it makes our partnership stronger."

Doing something that you love and really care about is some of the best dating and relationship advice you can receive. This is especially true when you're in a celebrity relationship with a lot of pressure and scrutiny. "People who are pursuing what they love are providing nourishment for their relationship," the actor adds.

## **James Tupper Talks Behind-the-Scenes of *Revenge* in Exclusive Celebrity Interview**

Although Tupper couldn't give us any information on the upcoming episodes during our exclusive celebrity interview (no spoiler alerts here!), he did share a behind-the-scenes secret for fans of the show. As you may know, costars Emily VanCamp, who plays Emily Thorne, and Joshua Bowman, who played Daniel Grayson, are a real life celebrity couple. Although Bowman's character was tragically killed off earlier this season, he still visits the set to see his girlfriend and provide laughs for the cast and crew. "Just the other day, he came to set," Tupper divulges. "Me, Emily and Nolan Ross were having a scene, and behind us was this large yard. During the scene, he wandered through it, and everybody started busting up laughing. He was like, 'I'm still alive!'"

**Related Link:** [Rumor: Are 'Revenge' Co-Stars Emily VanCamp and Josh Bowman Dating?](#)

Obviously, the cast and crew enjoy their time together, but as avid viewers of the series know, the show is not always fun and games. Tupper's character was actually presumed to be dead for the first few seasons. The drama only recently revealed that he was alive, providing one of the biggest shockers of the entire series. "Revenge is the only show I've ever worked on where, as soon as I get the script, I go right to the last two pages to see if my character is still talking," he says with a laugh.

You may have been surprised to find out that David was still alive, but the writers have actually been planning that since the beginning of the show; they just didn't know when it was going to happen. "In the history of television, it's the longest introduction to any character," the actor shares. "I would turn the show on during the second or third season, and in every scene, they'd be saying, 'David Clarke wouldn't have wanted that.' I was like, 'That's crazy – this power that's built around his memory.'"

Tupper says the cast and crew hope to continue for many more seasons. When asked how they keep coming up with story lines for these characters, he says he's wondered the same thing! The writers have assured him that they aren't done yet and have much more up their sleeves. It sounds like season five is just around the corner – stay tuned!

*You can keep up with James on Twitter @MrJamesTupper. Tune in for Revenge this Sunday, Mar. 8 at 10/9c on ABC!*