

'Match' Teaches the Art of Deception



By [Courtney Omernick](#)

In the new movie *Match*, a husband and wife team interview Tobi Powell, an aging Juilliard dance professor, for a dissertation she's writing about dance in the 1960's. However, as the interview continues, it becomes clear that the couple has an ulterior motive.

Should you see it:

If you enjoy stories about love, art, and responsibility, then this film is for you! The movie also features an amazing cast with actors like Patrick Stewart, Matthew Lillard, and Carla

Gugino.

Who to take:

This romantic drama would be great to see with your friends or your significant other. If you're still home for the holidays, you can go with your family too.

How do you deal with deception in a relationship?

Cupid's Advice:

Feeling cheated or deceived in a relationship can be a tough thing to bounce back from. Sometimes, you would rather leave the relationship than try to rebuild. However, there is hope. Below are a few things you can do to help you through the deception in your relationship:

1. Make a decision: The first step to moving on is making a decision. Do you want to save the relationship? Are you willing to put your trust in this person again? Worrying and contemplating just makes things worse.

Related: [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

2. Let go of anger: During this time, face your feelings and utilize a journal to get them out. If you need to, burn the paper afterwards.

Related: [How to Defend Against Four Emotional Vampires](#)

3. Take care of yourself: Be sure to eat healthy, drink a lot of water, exercise, and try to laugh as much as you can.

How have you dealt with deception in your relationship? Share your stories in the comments!

Is It Okay to Hook Up With Your Ex?



[By Katie Gray](#)

Often times in life, we are torn between our emotions and the feelings we have towards other individuals. When we breakup with someone, we are then faced with a series of questions. Are we done for good? Will we get back together eventually? Is that what I even want? Separating from someone you were once close with is hard. It's not always cut and dry, and it can be easy to get into a situation where you have to decide whether to hook up with your ex or not.

Under what circumstances is it a good idea to hook up with your ex?

Celebrity life coach Lisa Haisha weighs in, saying, "If you have a child together and you think there is hope of rekindling the old flame, then do it. Also, if you ended on bad terms, it might be a good idea to heal those wounds and have another hook-up and talk rationally with each other, it's okay to pursue things again." In other words, if there is hope for a brighter future, then give it a shot if it's what both parties involved want. If there is no hope of getting back together, don't bother because it will only lead to more hurt.

Related: [Life Coach Lisa Haisha Shares Her Best Relationship Advice](#)

Suzanne Casamento, founder of Fantasy Dating, believes that hooking up with your ex is never a good idea. She warns about future hurt if you hook up with an ex and explains, "Even the most mind-blowing sex is not going to bring your ex back. It's only going to make you crazy. You'll feel like you've reconnected when you really haven't, like you have some sort of claim on that person when you don't. All sex with your ex does is prolong the breakup misery." Plus, you have to remember that you can't meet someone new if you don't let go of someone in your past. Casamento adds, "If you're still sexually connected to your ex, how will you make space for your future?"

If you want to hook up with your ex, should you wait a certain amount of time after your breakup or dive back in?

According to Haisha, it depends on what you want. "If you still have feelings for that person, but you know they're wrong for you, then wait a bit," she says. "If you don't have deep feelings and can't get hurt and neither can your ex, then dive back in." Either way, make sure you're on the same page before you move forward.

Related: [Will You Witness 'The Walk of Shame'](#)

What are some possible precautions to take?

While it's tempting to consider only the pros of hooking up with your ex, it's important to look at the cons too. "You or your ex's heart could get broken, or it can prevent you from moving forward in another healthier relationship," Haisha shares. "They say that you need at least six months of not having sex with your ex before you can truly move on and start fresh without bringing in old baggage."

How do you avoid the pitfalls?

"Be careful and have conscious communication with yourself and with your ex," says Haisha. "If you both understand what you're doing from your higher, evolved selves, you should be okay. If you're needy, inner child wants to act out, it can be an unhealthy choice."

At the end of the day, it's like anything else: The choice about whether to hook up with your ex is entirely up to you. As Jason Weberman, a certified dating and relationship expert, says, "You're not alive unless you're taking risks!" Do what makes you happy and what you feel is right.

Do you think hooking up an your ex is a good idea? Share your thoughts below.

Dating Coach Laurel House on Her New Book: "I'm Pretty

Nervous For My Ex-Boyfriends to Read It!”



By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had

the chance to interview the love expert on all things flirty, fun, and for-real.

First, what inspired you to write *Screwing the Rules*?

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

Related Link: [‘The Bachelorette’ Way to Date Lots of Guys](#)

How would you say your personal experiences and past loves influenced your writing?

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set

the expectation.” I wrote the whole thing, and then afterward, I injected my personal stories. I’m actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something’s Gotta Give*, where at the end she’s sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I’ve been called, and all of the things I went through in order to get here.

What are some commonalities you’ve noticed as a dating coach?

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don’t voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don’t have our needs met because we set the precedent early in the relationship: “Where do you want to go to dinner?” “I don’t know. Where do you want to go to dinner?”

Even when it comes to making online dating profiles, we don’t focus on our needs; we focus on our wants, like “I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking.” Well, what do you *need*? “I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he’s going to.” The problem with not voicing your needs is that it causes resentment.

Second, we’re afraid of our vulnerability. We believe it’s weakness, but it’s not. Look at the people you’re closest with and most connected with. Do you love them because they’re pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you’re doing by not being

vulnerable is withholding that.

Women often say, “He hasn’t proven himself yet.” Okay, how much more time are you willing to waste? In the book, I talk about the “U Strategy,” which refers to this idea of “up, down, up.” On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

Related Link: [How to Make a Guy Fall in Love with You](#)

We love that you encourage your readers to be “powerfully feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

You can learn more about Laurel on her website screwingtherules.com and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!

5 Celebrity Couples Who Celebrate Hanukkah



By Molly Jacob and Melissa Tierney

It's time to light the Menorah and get ready for gifts from Hanukkah Harry, and celebrities are no exception. These famous couples are embracing their roots by participating in Jewish traditions together. Here are five of our favorite celebrity couples who are spinning their dreidels this Hanukkah:

1. Ben Stiller and Christine Taylor: *The Secret Life of Walter Mitty* star enjoys embracing the Hanukkah traditions every year with his wife and their two children, daughter Ella Olivia and son Quinlin Dempsey. They're all ready to light the candles on the Menorah in hopes for another healthy and successful year.

2. Natalie Portman and Benjamin Millepied: The superstar and her French-born dancer and choreographer husband met on the set of *Black Swan* and married a few years later. Millepied announced last January that he would be converting to Judaism, so the dynamic duo will surely be together for a holiday that is important to Portman: Hanukkah. The Israeli-born actress has even been quoted as saying her heart belongs in Jerusalem.

Related Link: [Natalie Portman and Benjamin Millepied Get Married](#)

3. Sarah Jessica Parker and Matthew Broderick: The fashion trendsetter and her actor husband sure have their plate filled. Between building a fashion and movie empire and raising their children, the couple still has time for the important things, like celebrating the holidays. Of course, the *Sex & the City* star most likely has a pair of Manolos for each of the eight days of the Celebration of Lights.

4. Adam Sandler and Jackie Sandler: As if it weren't already obvious, the actor and comedian is all about Hanukkah tradition at his house. The funny man loves getting together with his family and embracing the holiday season. He even wrote a song about the Jewish holiday called "The Chanukah Song" for *Saturday Night Live*.

Related Link: [Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

5. Robert Downey Jr. and Susan Downey: The bad boy actor may be a trouble maker in Hollywood, but when it comes to celebrating the holidays, he's all warm and fuzzy inside just like everyone else. This couple needs to take a break from their acting, producing and film making to sing some Hanukkah songs and celebrate their good fortune.

What other celebrity couples do you know who are lighting the

Menorah this holiday season? Share your thoughts below.

Cutest Celebrity Baby Announcements





Ryan Reynolds and Blake Lively

In October 2014, this gorgeous couple almost broke the Internet with their subtle but powerful baby announcement. The 'Gossip Girl' alum posted a post titled Preserve Celebration of Family on her website with a photo of her holding her baby bump. The couple have openly expressed their desire to start a family, and we know they're excited to welcome their bundle of joy in 2015. Photo: AAR/FameFlyNet

How to Treat Your Partner to 12 Dates of Christmas





By Molly Jacob

Carols, presents, and mistletoe! Christmas is one of the best times of the year...and it can be the most romantic. What are some ways to spend this festive time with your loved one? While the 12 days leading up the Christmas are fun, it's time to have an even better time getting into the holiday spirit with these 12 "dates" of Christmas:

12. Decorate your tree: The best way to get your home ready for the holidays is by putting up a tree. Decorate it with your honey and spend time reflecting on the special meaning of each ornament that you hang on the branches.

11. Shop for tacky Christmas sweaters: Hit up the local thrift store with your love, and go hunting for the craziest Christmas sweater you can find. The two of you will laugh at how silly you look, and now, you both have a great ensemble to wear to those ugly Christmas sweater parties.

10. Go Christmas shopping: The holiday season is one of the biggest shopping seasons of the year, so the stores go all

out. Not only will you be able to enjoy all the beautiful storefront decorations, but you'll also be able to see what catches your partner's eye. You can get some inspiration for their gift and surprise them on Christmas morning.

9. Wrap presents: Put on a little holiday music, find your scissors and tape, and get out the ribbon. Get some creative wrapping ideas from your significant other when you wrap your gifts with him or her. Lend a finger where necessary!

8. Check out holiday lights: From the house down the street to the National Zoo, everyone's putting up lights for the holidays. Grab your babe and head over to a Christmas lights display so you can enjoy the sights and get into the holiday spirit together. Extra benefit: This date is free!

7. Go ice skating: One of the most classic winter activities is ice skating, so go visit your local indoor or outdoor rink. If you or your partner trips on the ice, the other one can catch the more clumsy skater in their arms! Afterwards, enjoy a cup of hot cocoa for two.

6. Make a gingerbread house: Buy a pre-made kit at the store or make your own gingerbread house together from scratch. Better yet, each of you can make your own house and have a competition to see whose is more creative. The loser buys dinner!

5. Go sledding: If it snows this month, grab your loved one and a sled! Find the nearest hill and go sledding, just like you both did when you were kids. If you don't have a sled, a garbage can lid or lunch tray will do just fine.

Related Link: [Budget-Friendly Tips for Holiday Weddings](#)

4. See a holiday play: Take the money you would spend at a nice restaurant and go buy tickets for a local performance, such as *The Nutcracker* put on by a kids' ballet class. You'll be supporting your community, and you'll also have a great

time seeing a classic show.

3. Volunteer at a soup kitchen: Christmas isn't just about getting gifts; it's also about giving back. Take your honey to a local soup kitchen and give some of your time back to your community.

2. Make holiday goodies: Treat your sweetie to some sweets! Find out what types of cookies your partner loves and look up some delicious recipes online. After baking them, wrap them up in cling wrap and holiday ribbon and then give them to your loved ones.

1. Watch Christmas movies: Transform your living room into a movie theater. Check out Netflix or Redbox for some of your favorite Christmas movies, including *It's a Wonderful Life*, *Santa Claus*, and *Love Actually*, and snuggle up under the glow of the Christmas tree while sipping hot chocolate. There's no better way to enjoy the holiday spirit.

What other holiday dates do you plan on going on this season? Share in the comments section below!

5 Celebrity Couples Who Got Engaged Over The Holidays





By Maggie Manfredi

Whether you are a first-time reader or a frequent peruser of us here at Cupid's Pulse, we want to wish you a holiday season full of joy, peace, and, of course, love! What better way to celebrate than by looking back at some of our favorite celebrity couples who got engaged over the holidays? Check it out:

1. Matthew McConaughey and Camila Alves: This famous couple makes our holiday engagement list, and they did it amidst a lot of joy. The *Magic Mike* star proposed on Christmas Day and shared the happy news with fans almost immediately on social media.

Related Link: [Celebrity Couples That Always Get Caught Hooking Up](#)

2. Justin Timberlake and Jessica Biel: These hot newlyweds got engaged in late December. JT popped the question in the mountains in Jackson, Wyoming because of his now-wife's love for winter outdoor activities.

3. Natalie Portman and Benjamin Millepied: This celebrity duo like to keep their relationship fairly private. Their holiday engagement news came out around the same time as the news that they were expecting in December!

4. Drew Barrymore and Will Kopelman: This engagement was Barrymore's third try at true love. The couple continues to stay strong since their holiday engagement while vacationing in Sun Valley.

Related Link: [If Men Were Like Reindeer, Which Would You Choose?](#)

5. Mario Lopez and Courtney Mazza: 3, 2, 1...engaged! This gorgeous pair got engaged on New Year's Day in Ixtapa, Mexico. Talk about out with the old and in with the new!

Are you ready to celebrate the holidays with your loved ones? Share your favorite memory or engagement story below!

‘Vanderpump Rules’ Reality TV Star Katie Maloney Confirms That She and Tom Schwartz Are Still Together!





Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

[Katie Maloney](#) is a force to be reckoned with on Bravo's hit reality series *Vanderpump Rules*, a spinoff of *The Real Housewives of Beverly Hills*. Maloney's romantic relationship with castmate Tom Schwartz is in the spotlight this season and has made her character very interesting to watch. Intense, drama-filled friendships sum up her social life, and her heated love life is now fodder for [celebrity relationship](#) news. CupidsPulse.com had the chance to speak with Maloney about the most recent celebrity cheating rumors on the show as well as her current relationship with Schwartz.

During our exclusive celebrity interview, the reality TV star confirmed that her employment at SUR was not staged for the cameras and that she's actually still working there. She also says that working with Lisa Vanderpump, the show's matriarch and boss, is "exactly what you would expect it to be." She assures us that Vanderpump "has high expectations – she really wants us to respect her and her business," adding, "She's really smart!"

Katie Maloney Discusses Celebrity Scandal on Reality TV Show

The *Pucker & Pout* style blogger clears the air about her fallout with castmate and ex-best friend Kristen Doute, who slept with their friend Stassi Schroeder's boyfriend, Jax Taylor. "Contrary to what everyone, including Kristen, wants to believe, I didn't end my friendship with her [Doute] because of what she did to Stassi." But Maloney does say it was a contributing factor because Doute's behavior and lies were "disturbing and alarming." Maloney explains, "It opened my eyes to how Kristen is towards her friends. We were best friends for so long, and we had a lot of fun together, but she has some issues that she has to work through. I don't hate her; I just had to move on with my life."

Related Link: [Celebrity Couples That Have Bounced Back After Cheating](#)

In regards to her friendship with Schroeder, the SUR employee says, "It's definitely not what it was." Without revealing what happened between them, Maloney says that Schroeder had ulterior motives when it came to helping her through the celebrity scandal and cheating rumors about her boyfriend of four years, Schwartz. Most of Schroeder's motives were fueled by Schroeder's beef with her ex-boyfriend Taylor. "It's a sensitive subject because there are a lot of things I don't understand about it," Maloney admits.

Maloney says she tries to stay out of the drama, but it's hard. "With the kind of people I run around with, it's impossible not to get caught up in things," she confesses. "I've always tried to keep a level head as much as I can and not let emotions run too high. That's always kind of been my M.O. – I think I've done a pretty good job!"

Celebrity Couple Katie Maloney and Tom Schwartz Still Together

If history repeats itself, then viewers predict that another celebrity cheating scandal will occur on season three of the popular show – and that it might be Maloney and her boyfriend who end things next. Thankfully, though, Maloney fondly describes their celebrity relationship, recalling, “We met when he moved here from Florida. Kristen moved in with him, and she kept wanting to introduce me to her roommate, and I was like, ‘No, I don’t really want to date a model dude. There are plenty of those.’ But then finally I met him...and the rest is history!” During our exclusive celebrity interview, she confirms that, even though their relationship has been a bumpy ride, they are still together and going strong.

Related Link: [Celebrities Who Have Gotten Back Together After a Cheating Scandal](#)

Maloney did go to her boss Vanderpump for relationship advice as we will see on tonight’s episode. “I didn’t know anyone else with an unbiased opinion who I could talk to about it,” she shares. “Everyone was talking about Tom and me. I didn’t know where to go. I didn’t know how to be around Jax. Lisa could tell how much I was hurting and pressed for information, and I told her everything that happened. I value her opinion because she has more life experience. She’s been married for 30 years, and she’s not Jax’s ex-girlfriend! It was really nice to go to her.”

Since her blog offers beauty and fashion advice, we had to ask Maloney for her best tips on what to wear on a first date. She shares, “It obviously all depends on where you’re going, but wear something comfortable. Wear your favorite outfit: your go-to shoes and your go-to dress.” If you still can’t find something that works, she adds, “A little black dress is always a good option. Just keep it as classic as possible!”

The *Pucker & Pout* creator believes that her and Schwartz's story "tugs on the heartstrings a little" because it's so relatable to those who have also had to work through tough issues with their partner. Maloney is very firm on the fact that she and her beau have a good relationship and she encourages women to be careful of the pressure you get from friends when it comes to making decisions about your love life!

Keep up with Katie on Twitter @MusicKillsKate, and don't forget to check out her blog Pucker & Pout. Tune in for Vanderpump Rules on Mondays at 9/8c on Bravo!

3 Ways to Support Your Anxious Partner





By Sherianna Boyle

Having a partner who tends to worry about the past and future can be both physically and mentally exhausting. Some of the symptoms of anxiety include fear, self doubt, dread, and negative thinking. Over time, this can take its toll on both partners. Relationships that start close and caring may become tense and hurtful.

When this occurs, the relationship itself is a trigger for old fears and wounds. Science shows what you think and believe about stress and anxiety matters. If you want to support your partner, yet you secretly believe their stress is the source of your problems, this is likely to exacerbate rather than diminish the symptoms. Supporting your partner is not as much about what you *will* do but how you **are** being. Below are three basic guidelines to support you through this process:

Related Link: [Reducing Dating Anxiety in 5 Ways or Less](#)

1. Watch your language: Notice if you hear yourself say (either silently or out loud) statements such as, *He is so*

anxious or She is so reactive. When thoughts are repeated they can turn into beliefs. Unconsciously, your partner is likely to pick up more on what you believe rather than what you think. If what you believe is judgmental in nature know that nothing changes from a state of judgment. It is a growth barrier. People grow and learn from being heard, appreciated, and loved. When negative thoughts come your way, visualize wiping the words from your mind. The key is to do this from a place of playfulness, meaning keep it light and non-aggressive.

2. Practice neutral observations: Now that you have erased the words from your mind, take a deep inhale and exhale. On inhale, puff out your lower abdomen. On exhale, pull in your navel. Watch how the breath lands on your skin. Notice any sensations and tingly feeling as you continue to breathe three to four more times (slowly). As you practice observing yourself through a more neutral state, you can then practice this with your partner. Next time your partner complains or worries about something, return to neutral observations. This allows you to break free from feeding anxious behaviors. Often, couples unconsciously get into the habit of being stressed around each other. Neutral observations allow you to break this neurological pattern.

Related Link: [4 Tips to Reduce New Year's Eve Dating Anxiety](#)

3. Exercise gratitude: Anxiety and gratitude cannot live together. You cannot be grateful and fearful at the same time. One of the best ways to support your partner is to express your appreciation and gratitude. It could be as simple as saying thankful or acknowledging something you appreciate.

Sherianna Boyle is the author of [The Four Gifts of Anxiety](#). She is also the co-host of the television show, 'Thriving from Anxiety.' Her background includes working as a school psychologist, adjunct psychology professor, parent educator, seasoned yoga/mediation teacher, professional speaker, and

mother of three children. Additional resources, such as her video download on Yoga for Anxiety, visit www.sheriannaboyle.com.

Dating as a Single Dad in 'Goodbye To All That'



By [Courtney Omernick](#)

When his wife unexpectedly tells him that she wants a divorce, Otto Wall must do his best to try and re-enter the dating scene...as a single dad in *Goodbye to All That*.

Should you see it:

If you enjoy new beginnings, watching relationships evolve, and having a good laugh, then this film is for you! The movie also features a great cast including Paul Schneider, Anna Camp, Heather Graham, and more!

Who to take:

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

What are the best practices for dating as a single parent?

Cupid's Advice:

After taking a hiatus from the game, you might need a refresher course...especially if you're a single parent. Never fear! Cupid's Pulse has compiled a few tips on some of the best practices for dating as a single parent. Check them out below!

1. Ease into it: Especially if you're newly divorced, take this time to really focus on your kids and their feelings. Make sure that when you're ready to date again, you talk to your kids about it and are without a doubt convinced that this is the next step in your life.

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

2. Be honest: If your date doesn't know that you're a single parent before your first meeting, you should let them know your situation right away! Your kids come first, and it's obviously important that you're dating someone who knows that you have children and isn't thrown off by it.

Related: [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

3. Avoid multiple introductions: Children can easily get attached to a new 'friend' of mom or dad's. So, be careful with how many different partners you're bringing home and how often. If people keep disappearing on them, kids may become pessimistic about romantic relationships.

What are some other best practices for dating as a single parent? Share your thoughts in the comments!

3 Celebrity Couples That Waited to Have Kids



By [Courtney Omernick](#)

These days, it seems like once two celebrities get together, the world wants to know when they plan on having children. Well, we've found a few celebrity couples who actually waited to have children. Check out the list below!

1. Kate Middleton and Prince William: The second this couple was married back in April 2011, the media began speculating every week as to whether or not the Duchess of Cambridge was pregnant. However, it wasn't until over a year later that the couple announced they were expecting their first child.

Related: [Prince William and Kate Middleton Arrive in NYC](#)

2. Beyonce and Jay-Z: This celebrity power couple started dating in 2002 and married in 2008, but baby Blue Ivy didn't come into the picture until 2012.

Related: [Beyonce Shares Eifel Tower Picture with Jay-Z and Blue Ivy](#)

3. Sarah Michelle Gellar and Freddie Prinze Jr.: Their first child, daughter Charlotte, came into the world a few weeks after their seventh wedding anniversary. The couple also took some time in between children, as their second child, son Rocky, was born three years later.

What other celebrity couples waited to have children? Comment below!

Date Idea: Shut Down



By Shannon Seibert

Technology is useful but also very hindering. Sure, you like to know what the Twitterworld is up to on a daily basis, and you might miss out on what Karen had for lunch on Thursday, but sometimes, you really do need to step away from all things social media. Here's a little piece of dating advice for this weekend: Turn off your distractions and spend time with your love away from all things digital.

Related Link: [Date Idea: Write a Book](#)

Technology-Free Date Idea

Remember when the iPhone wasn't around? Yeah, we try not to either, but back in the day, people had plenty of ways to keep themselves entertained: It was called company. Bundle up in

your Sorel boots and North Face jacket, grab your partner by the hand, and head outdoors to get some exercise in the winter chill. This [date idea](#) will help you and your sweetheart to focus on your relationship and love by getting fit and healthy together.

Days were simpler when you could just go outside and “play” as a kid, but there shouldn’t be anything stopping you this weekend. Challenge your love to a game of one-on-one basketball at the local park for a refreshing outdoor date idea. Your man’s competitive side will shine through, and you’ll be left with no choice but to show him up. Play dirty with your flirty smile and long lashes. When you come up with the win, treat your irresistible loser to a cup of Hershey’s hot chocolate by the fireplace.

If the weather is poor or you just aren’t feeling the outdoors, inside can be just as fun. Set up a game of Checkers. Yes, we said Checkers! It may sound cheesy or like something you’d do with your grandmother, but you’d be surprised at how fun board games can be with the love of your life. For an out of the box twist on this weekend date idea, use cookies as game pieces. Every time you “jump” your partner’s piece, you get to eat the cookie. This not only speeds up the game, but it makes it more tasty.

Related Link: [Date Idea: Be Spontaneous](#)

If board games aren’t doing it for you either, head to the kitchen. With the holiday season quickly approaching, you have the perfect excuse to whip up all of your favorite treats. Have a gingerbread house building competition with your honey, and see who was meant to be the architect of the couple. This house building date idea should inspire you to bust out your inner Betty Crocker. The best part is, at the end of the festivities, you and your love get to eat your creations.

What would you do during the day without technology? Share

with us in the comments below!

10 Relationship Myths



By Dr. John Demartini

We have all read about happily ever after and other misleading fantasies in story books. Even in adulthood, most people buy into these childhood ideas. However, believing in these common myths will keep you from fully experiencing the riches that every relationship has to offer.

Here are the top ten relationship myths:

MYTH 1: A New Relationship Will Make Me Happy

During the initial infatuation phase of a relationship, you see mostly the positive side of the person. There is a strong attraction, positive traits, and potential for lasting happiness. However, that is just a delusion. Regardless of how well a relationship begins, you will eventually experience both sides of the person. A relationship will not change this natural experience of human emotions.

MYTH 2: When I Find My Soul Mate, I Will Feel Complete

Living as if your soul mate will complete you will only lead to heartbreak. The illusions that you project onto your soul mate will inevitably fall apart when they sometimes behave in a manner that is not supporting you. A soul mate can be one person or several people in your life that fully complement you and help you find your own wholeness.

MYTH 3: The Right Relationship Will Last Forever

For every relationship beginning, there is another one ending. So, the idea of forever is an unrealistic expectation. A relationship lasts as long as both people communicate in each other's highest values or priorities.

MYTH 4: Once We Get Past These Rough Waters, It Will Be Smooth Sailing

Relationships are not static and no one remedy will eliminate all your supposed troubles. As I mentioned above, life involves a balance of difficulty and ease; of liberty and constraint.

MYTH 5: A Good Relationship Requires Sacrifice

Sacrifice tends to breed resentment. Anytime you do something you do not want to do, or see no benefit to yourself in doing it, then you will become resentful. This may happen immediately, or unconsciously. It is wiser to master the art of communicating in each other's values.

MYTH 6: Great Sex Happens Only at the Beginning of a

Relationship

Both lust and intimate lovemaking can continue to grow and evolve throughout a relationship, as long as you understand and disable any unrealistic expectations that might shut it down. This includes the myths listed here.

MYTH 7: In the Right Relationship, I Will Not Have to Work at It

Many people hang on to the idea that being with someone should happen naturally. However, a fulfilling relationship requires concentration, organization, effort and skill.

MYTH 8: If I am Not Involved with Someone, I Will Be Lonely

People can feel lonely in a crowded room. Loneliness is a function of how you perceive yourself relative to your environment. You can sleep right next to someone and yet feel a thousand miles distant or be a thousand miles distant but feel as if they are close.

MYTH 9: Children Complete a Marriage

Children are unlikely to complete a union just as romantic partners are unlikely to complete each other.

MYTH 10: Opposites Attract

There is no true opposite only an apparent opposite. Every human has the same potential for love, anger, greatness, hope, despair etc. What you see in a romantic partner is also present in you. It is just expressed in a different way.

[Dr. John Demartini](#) is a world-renowned human behavioral specialist, author, and educator.

Celebrity Couples That Always Get Caught Hooking Up



By Molly Jacob

Are you and your partner masters of PDA? Do you two show your love to the world by kissing and cuddling in public? Celebrities are not any different! See what celebrity couples are seemingly always caught by the paparazzi cameras showing off their romance.

1. Dougie Poynter and Ellie Goulding: After breakup rumors from last spring, the couple has confirmed that they are together. The tight-lipped pair has been spotted cuddling and holding hands, even when paparazzi cameras are around. Before they even announced their relationship, they were seen

with “arms wrapped each other” at a Taylor Swift concert and quietly leaving a London Fashion Week party together.

2. Mila Kunis and Ashton Kutcher: Mila Kunis and Ashton Kutcher are always caught showing their affection in public. They have been caught kissing and canoodling many times, from the Stagecoach Festival in April to a Dodgers game in June. The celebrity power couple welcomed their first child, baby girl Wyatt, last October.

Related: [Mila Kunis and Ashton Kutcher Welcome a Baby Girl](#)

3. Sarah Silverman and Michael Sheen: Comedienne Sarah Silverman and boyfriend *Masters of Sex* star Michael Sheen have been spotted being cutesy all around town, including at the Met Gala in May when she was copping a feel of her beau’s bum. Last February, the couple was caught getting “hot and heavy” at Soho House in West Hollywood. They were first seen leaving Sheen’s 45th birthday party together, and the two have been an item ever since.

Related: [How Celebrities Celebrate Thanksgiving](#)

4. Naomi Campbell and Michael Fassbender: Naomi Campbell has moved on quickly after her breakup with Russian billionaire Vladimir Doronin. The supermodel and *12 Years a Slave* star Michael Fassbender were all over each other at a London restaurant last spring and were shown being very lovey-dovey in the VIP section.

What other celebrity couples are always getting caught hooking up? Share in the comments section below!

The Best Celebrity Relationship Moments of 2014





Gwyneth Paltrow and Chris Martin Announce Their “Consciously Uncoupling”

On March 25, 2014, the actress announced that she and the Coldplay singer were "consciously uncoupling" but were "first and foremost parents" to their two children. The couple has remained amicable, even as Martin quickly moved on with Jennifer Lawrence. Photo: Away! / PR Photos; Janet Mayer / PR Photos

If Men Were Like Reindeer, Which One Would You Choose?





By [Sarah Batcheller](#)

We know their names from those famous lines in Clement Clarke Moore's poem *A Visit From St. Nick*: "Now Dasher! Now, Dancer! Now, Prancer and Vixen! On, Comet! On, Cupid! On, Donner and Blitzen!" Since the writing of this poem – 1939, to be exact – Rudolph joined Santa's team, and they were complete. Each of these reindeer have very unique personalities, and here at CupidsPulse.com, we couldn't help but wonder what men would be like if they were reindeer. Would you want to date a strong leader like Comet or an affectionate lover like Cupid? Read on to figure out what reindeer you would choose.

Dasher: Dasher is known for his speed and energy – it's in his name, after all! He is the most excited reindeer when the time nears to load up the red sleigh. His quickness makes him a very valuable member of Santa's team. A man like this would be the same in terms of efficiency and speed. He'd be a natural-born athlete and a busy-bee at heart. Everything about him would be fast! You'd have to remind him to slow down and make sure he's not out the door every time you you want to relax

and snuggle by the fireplace.

Dancer: Dancer is popular among the other reindeer for having the most flare and elegance. He is extremely extroverted. Dating a man like this would mean putting on your best dress and heels and going out quite often. He would surely be the most fun date, but you'd have to remind him to share the limelight with his lady love.

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

Prancer: This reindeer likes to look his best at all times. Pulling the sleigh is important to him, and he never knows who he's going to meet! His impeccable posture contributes to his high performance on Christmas Eve. A man like Prancer would be very put-together and would make an exceptional impression on your friends and family. Be careful, though: This kind of man may become a little too obsessed with what's on the outside.

Vixen: The flirt and comedian of Santa's team is loved greatly for his positive attitude and talent of performing magic tricks. Vixen can really brighten up the night (metaphorically speaking, unlike Rudolph) and keep the other reindeer entertained while they wait on the rooftops. Dating a man like Vixen would mean lots of jokes and laughter, but he may have a difficult time taking some things seriously.

Comet: The leader of the team is the most looked up to by children. Although he can be quite stubborn and strong-willed, he's got his team's best interest at heart and always makes good decisions. Men like Comet tend to be the most loyal and dedicated to their lovers; just make sure that he lets *you* take the reins every once in a while.

Cupid: Cupid is the most loving and affectionate of all the reindeer. He sees his team as his family and loves to give and receive lots of hugs and kisses. Cupid can really warm a heart during the holiday season! The romance is unforgettable with a

guy like Cupid, so long as he doesn't become too needy.

Related Link: [Do THIS When Meeting His Family Over the Holidays](#)

Donner: The most confident and proud of all the reindeer, Donner has always loved what he does. His name comes from the German word for "thunder," which is fitting because of his strong presence. A man like Donner will make you feel safe in any situation. He'll also be very proud of his relationship with you, but be sure his confidence doesn't spiral into cockiness.

Blitzen: This reindeer loves a good challenge. He is the most savvy of all the reindeer and loves to outsmart his friends. You could learn a lot dating a man like Blitzen, as guys like this are usually the most interesting. You've just got to remind him to have a little fun every once in a while!

Rudolph: The most famous of all the reindeer, Rudolph is known for his bright red nose that helps him guide his team through the night. He has really proven himself to the other reindeer since his days of being teased and now earns the most credit for helping Santa get to every single child on Christmas Eve. A partner like Rudolph would always provide you with insight and advice to guide you and loves lending a helping hand to his community. Just remind him that it's okay to focus on himself sometimes too!

If men were like reindeer, which one would you choose? Tell us in the comments below!

Should You Date More Than One Person at the Same Time?



By [Courtney Omernick](#)

Juggling work, life, family, and friends can be hard enough. Now try adding dating. No, let's make that dating multiple people at once! Sounds like a bit of a challenge, doesn't it? Well, it can be done, and it can be done right if it's something you're looking to do. Below are a few points regarding dating more than one person at the same time.

1. Honesty may be the best policy: We're not suggesting you make this the first thing you tell your date right after you've stated your name, but you may want to tell them that you're interested in openly dating because they may have

different expectations. You wouldn't want to figure that out after you're a few weeks in.

Related: [Sofia Vergara and Joe Manganiello Celebrate Thanksgiving Together](#)

2. Compare and contrast: While dating multiple people may be hard to balance, it does give you the option to compare and contrast each person. This way, you can speed up the process of finding 'the one.'

Related: [Snooki Marries Jionni LaValle](#)

3. Gaining skills: Like a job interview, dating multiple people at once helps you practice what to do and say on the first date. After a few tries, you'll be a pro, and the first attempt hopefully won't be so nerve wracking.

Do you think dating more than one person at the same time is a good idea? Comment below!

Date Idea: Winter Beaching





By Shannon Seibert

There is very little that is more enjoyable than a beach trip in the winter. The cool air, the calming sound of the waves, and the rubbing of sand between your toes can create the perfect date idea for you and your man. This weekend, huddle together under a blanket and watch the waves dance while making plans for this coming summer; which is closer than you think!

Related Link: [Date Idea: Get Unlucky](#)

Date Idea: Warm Up Your Winter Dates With A Trip to the Beach!

Winter doesn't mean that you have to say "farewell" to the beach. Think outside the box with this weekend date idea: Create your own slice of paradise by packing a romantic picnic for your beach getaway. To follow this relationship advice, snag some Bubba Keg thermoses from your local grocery store to trap in the heat. Take along winter favorites, like

some delicious hot cocoa or a piping hot batch of chicken noodle soup. The insulated container should keep it warm all day. But don't neglect your favorite frozen foods as well! Bring along a container of raspberry sorbet or a couple of peppermint popsicles to get into the holiday spirit.

While loading up the car, be sure to throw in a couple of blankets. The breeze may surprise you along the coast, and you want to be prepared. Tune your radio to some Bob Marley or even the Beach Boys to get you into the tropical-paradise mood. On the car ride there, ask your man about his favorite beach memories from his childhood. The more you find out, the stronger your [relationship and love](#) will be. Also, take some time to plan a future date idea or two for the upcoming summer months.

Brainstorm summer vacations with your love while playing a quick game of volleyball in the sand. You could stay local and dip into the Atlantic on the beaches of Daytona or go for a more exotic adventure to the island of Bermuda. Both destinations have unique tropical sites that attract a bunch of tourists, so beat the crowds and book your romantic getaway in advance.

Related Link: [Date Idea: Live Out Your Fairytale](#)

As you both get excited about your impending trip, boost the creativity of your games. Play against each other in a flirty game of Frisbee. Make it a contest to see who can catch it in the coolest way, like between your legs or over your shoulder.

If you plan on staying until the end of the day, set up a cool bonfire as the sun goes down. The warm flames will comfort you in contrast to the chilly winter breeze. Be careful though, as each state has regulations whether or not you are permitted to start a fire on the beach. If not, bringing along a couple of lanterns can still keep you cozy. Snuggle together around your fire – or make-believe fire – as you watch the sun dip behind

the sea. This is sure to be a weekend date idea you will both remember!

Have any fun winter-beach stories? Share with us in the comments below!

5 Women Who Got Famous After Celebrity Divorce



By [Courtney Omernick](#)

Sometimes, the not-so-glamorous side of one's life is showcased and talked about more than their positive, beautiful

moments. And when it comes to divorce, especially if you're a celebrity, get ready to be eaten alive by the tabloids!

Below are five women who had a rise in fame after they dropped the ax on their marriage by getting a celebrity divorce.

1. Camille Grammer: The famous ex-celebrity wife of Kelsey Grammer became even more famous when the couple went through an ugly celebrity break-up in 2011 after 14 years of marriage. While her [celebrity divorce](#) was being finalized from Kelsey, Camille signed on to the reality show *The Real Housewives of Beverly Hills*.

Related Link: [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

2. Katie Holmes: While Katie had a great run on *Dawson's Creek* from 1998-2003, the actress didn't get a lot of attention until she surprised Tom Cruise with celebrity divorce papers in 2012. Since that time, Katie's been scouted for multiple film roles and received copious amounts of attention from the paparazzi.

Related Link: [Solange Knowles and Alan Ferguson Honeymoon in Brazil](#)

3. Heather Mills: This celebrity wife was only married to Beatles front man, Paul McCartney, for four years. But, she turned heads after her split from Sir Paul because she claimed that he was 'abusive,' 'a drug taker,' and more. McCartney was also forced to give Heather \$46.6 million after their split.

4. Elin Nordegren: Since her crazy divorce from Tiger Woods in 2010, every newspaper wants to know how she's moved on, if she

forgives Tiger, and what she's been up to. Prior to the cheating scandal involving Woods, not many people could recall the name Elin Nordegren.

5. Ivana Trump: Soon after her divorce from Donald Trump in 1992, Ivana started making a name for herself. Since that time, Ivana signed on with William Morris Agency and developed lines of clothing, fashion jewelry, and beauty products. She has also written several books and starred in her own reality television show.

What other celebrity women have gotten famous after their divorce? Comment below!

Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'





Interview by [Sarah Batcheller](#). Written by [Shannon Seibert](#).

It's only natural to go through periods of loss or grief in the course of your lifetime, and Dr. Paul Coleman is the perfect person to guide you back to inner peace. The Central Michigan University graduate has authored 12 books and has accumulated over 25 years of experience in his psychology practice. In his new book *Finding Peace When Your Heart Is in Pieces*, Coleman encourages his readers to utilize the Four Paths of Transformation – acceptance, inspiration, release, and compassion – to move past suffering after a heartbreak. His words provide his readers with support and encouragement during their journey of recovery. Continue reading for our exclusive interview with Coleman and his personal thoughts on finding inner peace.

How did you come up with the Four Paths of Transformation that you mention in your book?

In life, we have lower and higher sets of emotions based on fear, desire, anger, worry, anxiety, and yearning for things that affect how we register life events and react to them. The

lower set of emotions are what gets strongly activated when we're going through some kind of emotional turmoil, life upheaval, or major loss. It's natural for that to happen; however, you want to get to a place where, in spite of the loss, you can feel some degree of inner peace.

Can you give us a brief explanation of what each path entails?

The first pathway is the Pathway of Acceptance. Acceptance doesn't mean that you like the situation or that it's desirable; it simply means that we're not going to emotionally resist reality. When you're able to get to a place that says, "I may not like what happened, but I accept the reality," then you have a bridge between lower emotions and higher emotions.

The second pathway is the Path of Inspiration, where you allow yourself to be inspired or guided by insights or intuitions that ordinarily wouldn't be coming your way.

This transitions to the third step, the Pathway of Release. In order to help yourself transform, you have to go from a place of pain and suffering to a place where you are able to start integrating the loss with a new life.

The final pathway is the Pathway of Compassion. Up until now, you have been focusing on yourself, but now, you have to extend yourself for others and discover that the meaning of your life is only going to occur in relation to others.

Related Link: [Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'](#)

Which path do you think is the easiest to follow? Which is the hardest?

I think the path that is the easiest to follow is the Path of Compassion. You still have the capacity to care for others. It's not that difficult, even when you're in pain, to give a little of yourself to someone else. It doesn't even have to be

a great deal; it just has to be a little bit to get going.

I think the hardest one is the Path of Release. This usually occurs at the phase where you've already accepted what has happened; you're not denying it anymore. In this period of time, people feel very alone, but if you get the answers right away, you won't learn the lessons that you really have to learn.

Is there a particular path that is most important to complete following heartbreak?

The Path of Acceptance – I call it the “foundational pathway” because, if you're not accepting the loss or the transition, then you are emotionally resisting it. You're basically saying, “This should not be happening,” when it *is* happening. You're stuck on questions that you really can't answer, and all of this keeps you from really moving forward. The beginning steps that people have to take are emotionally accepting their loss. It takes a while for your psyche to adjust to the loss.

When going to your family and friends, you need to find out what it is that you really need from them. A lot of times loved ones try to be helpful, but they give advice that isn't what you need to hear. If you just want people to understand your fears or your pain, it's better to let them know upfront.

In your opinion, is there one form of loss that is more traumatic than another?

The unexpected loss of a child seems to be the most devastating. Many parents believe that it is their job to protect their children. Parents feel that sense of “What did I do wrong?” and “Could I have done something else that might have kept them alive?” If it was an accident, the parents often feel guilty.

Related Link: [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

How does intuition play into navigating the Four Paths?

Intuition is very important because you're entering a new world, and the old ways don't quite look the same anymore. In order to have intuition, you have to have a calmer mind. The way I describe it is your mind has to be like a lake where you can detect the ripple of a single leaf falling on that lake. If your mind is full of chatter and questions, that's like rain drops on the lake. You'll never be able to detect the ripple of the leaf.

In your book, you mention the concept of self-love. This can be a difficult mindset to achieve when faced with loss and grief. What do you think is the most significant step in taking to loving yourself?

When we think of loving ourselves, we compare it to how someone else loves us, and we often don't have that same level of passion for ourselves. The first step is accepting yourself because you are not perfect and you never will be. So if you can accept that you have flaws and strong points and if you can accept that you are someone who is trying to do better, then you are on that pathway to self-acceptance. You can't have self-love without self-acceptance; it's an ongoing process that never ends.

Pick up a copy of [Finding Peace When Your Heart Is in Pieces](#) today!

Top Ten Most Down-To-Earth Celebrity Wives



[By Katie Gray](#)

It's wonderful to know that there are still kind-hearted, charitable and polite people in the world! When it comes to Hollywood and celebrities in the public eye, there are frequently discussions centering around which stars are down to earth and which are not. Ever wonder which celebrity wives are the sweetest? Cupid has the top ten most down-to-earth:

1. Miranda Lambert: Country cutie Miranda Lambert is not only a talented singer/songwriter, but she is also extremely charitable. Lambert is an animal activist and started MuttNation Foundation to raise awareness for shelter pets and

to improve existing shelters. Frequently, she rescues dogs and has taken an active role in finding pets the homes they deserve. The country singer is married to fellow country singer, Blake Shelton and remains down to earth even after her enormous success; she still enjoys a nice BBQ, a cold beer, hunting and having friends and family by her side. This southern belle truly embodies southern hospitality, manners and values.

2. Sarah Jessica Parker: The *Sex and the City* actress is known for being stylish and fabulous, just like Carrie Bradshaw, the iconic character she portrayed. However; Parker has even more to offer. On top of being a successful actress, she is a model and has her own shoe collection. There are numerous reports of encounters that civilians and celebrities have had with the star, and they are all extremely positive. The Emmy winning actress is married to fellow actor Matthew Broderick and is a proud mom to the three children they have together. She is involved with many charities, volunteers often and was even a bridesmaid in her former assistant's wedding.

3. Princess Kate, Duchess of Cambridge: Just because one is Royal, doesn't mean that they are a royal pain. Princess Kate is one of the most gentle and down-to-earth figures in the world. She seems to be taking after her mother-in-law Princess Diana, who once stated, "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." The Princess is full of purpose, and donates her time, notoriety and money towards a tremendous amount of charities and nonprofit organizations. Just last year she added three more to her long list: Place2Be, SportsAid and The Natural History Museum.

Related: [Celebrity Couples Who Make A Difference In The World](#)

4. Meryl Streep: Megastar, Meryl Streep, is the epitome of being an actress. Her work in the film industry alone has captivated audiences in ways like no other has done. She

shines not only on screen, but through acts of kindness, too. Multiple stars who have worked with her say she is gracious, kind and talented. This includes fellow actress Anne Hathaway, who co-starred with Streep in the hit movie *The Devil Wears Prada*. The leading lady also donated \$1 million dollars to New York Public Theatre. Her charity endeavors include Actors Fund of America, Artists for Peace and Justice, Entertainment Industry Foundation and many more. It's touching she helps fellow actors and gives back. The celebrated actress has an estimated net worth of \$66 million dollars and she puts it to good use.

5. Diane Von Furstenberg: Creative mastermind and top luxury brand designer, Diane Von Furstenberg, has graced the world with her humble presence, amazing collections and acts of charity for quite a long time. She is most notable for the iconic wrap dress and fun prints. However; she is also quite the philanthropist. In 1999, the Dillver-von Furstenberg Family Foundation was created to address global issues and support organizations that provide opportunities for people who wouldn't otherwise have access, in efforts to improve the community as a whole. There are even the DVF Awards, that honor strong and courageous women who rally and overcome adversity to make positive changes in the world. She's also involved in Vital Voices, which trained 5,000 women leaders in 150 countries, which led to having mentored 100,000 more females. Diane is a shining beacon of hope for a better world.

6. Ivanka Trump: Ivanka Trump is a gorgeous, well-educated, powerful, working wife and mother. And she also happens to be the daughter of billionaire magnate and mogul, Donald Trump. Some in her position may have chosen not to work, because she doesn't need to, being a trust fund baby, heiress and socialite. That being said, she is a successful businesswoman all on her own, a fashion designer, philanthropist, writer and model.

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7. Nicole Richie: You may originally know her from the reality show *The Simple Life* where she co-starred alongside best friend Paris Hilton, for her role as a judge on *Fashion Star*, her reality show *Candidly Nicole*, being the daughter of music legend Lionel Richie, or for her own career as a singer and DJ. But; wife and mother, Richie, has even more to offer. Richie is married to Joel Madden, and together they have two children. When she had her baby shower, she used the Wizard of Oz themed event to benefit charity.

8. Jennifer Garner: Is there anyone sweeter than actress, wife and mother, Jennifer Garner? Nope. Garner rose to fame on the hit television series *Alias*, and has starred in numerous films. On top of that, she is married to fellow actor, Hollywood hunk, Ben Affleck. Together, the couple has three beautiful children. Garner is an activist and serves on the board of trustees for Save the Children, appeared in videos for the Ban Bossy campaign, hosted The Women's Cancer Research Institute benefit dinner, donates to countless additional charities and remains a positive ambassador and role model. *People* named her one of the Most Beautiful at Every Age.

9. Victoria Beckham: Posh Spice is a well-rounded woman. She is always immaculately dressed and is a frequent target of the tabloids. Her marriage to David Beckham is widely publicized, as well as their personal lives and being parents to their four gorgeous children. She's a pop star, fashion designer, author, model and businesswoman. With her net worth of \$300 million, she gives back in a variety of ways. She teamed up with The Outnet and sold more than 600 pieces of her own personal wardrobe pieces, with proceeds that benefited the organization Mothers2mothers. The star also even donated a ton of shoes to help victims of the Philippines typhoon. Some may think she is just a diva, but she is actually a dear. She once explained the reason behind her serious faces on the red carpet saying that if someone is smiling all the time they will appear "daft."

10. 'Real Housewives': Teresa Giudice/Melissa Gorga/Dina Manzo/Kelly Bensimon: Bravo TV's hit reality franchise *The Real Housewives* has garnered millions of viewers and created stars. Just because they are wives and mothers though; doesn't mean they aren't contributing to our society. Teresa Giudice, Melissa Gorga and Dina Manzo are no strangers to charity. All three women donate to good causes and have been reported as being super friendly in real life, even when cameras are not rolling. Teresa Giudice went on *Celebrity Apprentice* and raised money for NephCure the kidney disease charity foundation. Dina Manzo has her very own charity she started called The Ladybug Foundation which aids children with cancer. They all have children and still find the time to give back and put their fame to good use. Who said reality stars are famous for nothing? Bravo, ladies!

Who are some other celebrity wives who remain down to earth? Share your thoughts below.

Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man





By April Kirkwood

Something mystical occurs when a beloved arrives and touches our heart. We become mesmerized as if we're under a spell, and we are deaf to all rational thought. We are cut off from cognitive reasoning and common sense as he slips his hand in ours. We blindly ignore the wedding ring on his hand, the calls from his kids during love making, and holidays alone as he spends time with family and friends.

Eventually, the dream of landing the unavailable man starts to crumble. Weeks fade into years, turning us into hateful, bipolar lunatics lost in lies and deception. The eventual breakup ends badly. He calls us crazy, a mistake, or denies "us" altogether.

For months after, we stumble through our days half drunk with deep pain. Confused and broken, our eyes are forced open by the glaring sun of truth. Our mind spins out of control with a million feelings. We go over details and ask questions that will never be answered. We toss and turn night after night, get lost in glasses of wine, and we pour out our hearts to

anyone who will listen. In short, we are a total train wreck.

Sound familiar?

The truth is that the 'unavailable man' is a part of our culture. Cheating is as permanent as the stars in the sky. The cheating man is not going away. On the contrary, because of social media and technology, these scoundrels can get away with more than they ever have before.

However, the Unavailable Man does not have to be a character in your life's story. After years of counseling, I have found that many women (from various demographics) carry with them certain thoughts and beliefs that lead them straight to the Heartbreak Hotel. Beliefs that don't serve and support what we all truly want and deserve; a monogamous relationship with a honest man who is capable, willing, and ready to love us.

Smart UP Ladies

1. Quit being DEAF to what men say: "I'm a mess." "I just want to have fun." They often tell the truth to make themselves feel less guilty. However, you are too busy selling yourself to hear it clearly. Be a fly on the wall and watch the lies fall.

Related: [How to Defend Against Four Emotional Vampires](#)

2. Stop acting DUMB: Never give anyone the benefit of the doubt. Check him out. It's not being mean; it's just being smart. If your research checks out, he never needs to know.

Related: [Miley Cyrus Celebrates Birthday with Patrick Schwarzenegger](#)

3. Get rid of being BLIND to the obvious: He keeps his life a bit of a mystery because he is hiding the truth.

4. Don't act like a CHILD: Get rid of fantasy ideals like: Dreams do come true, wishes come true, and love conquers all.

Seriously! Grow up and get real. You are not Cinderella!

Most importantly, always be kind and classy. Years later, it will be you not him who has something we like to call, integrity. That's the best revenge of all.

April Kirkwood is a graduate of Youngstown State University with two masters in education—in school and community counseling. April worked for more than 25 years in public education and in the mental health field as a social worker, teacher, guidance counselor, and mentor for new teachers. April is also the author of “Big Boys Do Cry: Why May Affair with Frankie Valli Matters” which is set to release in 2015. Learn more about April Kirkwood by visiting aprilkirkwood.com or by Subscribing to her new Youtube Series AprilofCourse.

Does Taking a Break Help or Hurt Your Relationship and Love Life?





By Molly Jacob

Your relationship and love is all roses and chocolate, but then reality hits. You and your partner used to be googly-eyed during the first part of your relationship, but the happier times are now over. You decide to have the dreaded talk where you conclude that taking a break is the best for both of you.

The question is, will a break help or hurt your relationship and love life? Find out Cupid's take.

When taking a break in a relationship helps:

1. Experiencing "me" time: You've spent the past months or years focusing on making your relationship better, but now's the perfect time to work on improving yourself. By picking up new hobbies and rediscovering how you can enjoy time on your own, you'll come back into the relationship with a better head on your shoulders.

2. Having new experiences: During this time, you may be going out on your own, meeting new people, and going on a few dates. These experiences (that you can only have if you take a break from your relationship) may help you realize that your honey is the only one for you and that you're much happier when you're together.

Related Link: [Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'](#)

3. Giving each other space: Sometimes the arguments that end a relationship can be petty. By taking a break, you can step back and look at the big picture, allowing you to realize that all those disagreements do not seem so important anymore.

When taking a break in a relationship hurts:

1. Becoming jealous: Although many people use a break as a time to see other people, this can lead to problems if you two get back together. One partner may become envious of the people the other partner has dated during the break, which could lead to a loss of trust in your relationship.

2. Ignoring problems: Just because you two temporarily step away from the relationship, that does not mean it will be fixed when you get back together. The issues between the two of you might still be there and could result in a permanent break.

Related Link: [Jason Derulo Confirms Split from Jordin Sparks](#)

3. Growing apart: Spending time not together may make you realize that maybe you should be apart permanently. By not being together, you might become different people. When you take a break in a relationship, you may realize that you are happier on your own.

**Do you think taking a break hurts or helps a relationship?
Reply in the comments section below!**

Life Coach Lisa Haisha Shares Her Best Relationship Advice: “Choose Love Everyday”



Interview by [Lori Bizzoco](#). Written by [Emily Meyer](#).

Lisa Haisha is a woman who can't be stopped. Not only is she a life coach, motivational speaker, and author, but she also works with nonprofit organizations like Whispers from Children's Hearts Foundation. Now, she is helping people discover the answers to life's most soul-searching questions through Soul Blazing, her unique therapy method. In our exclusive interview, Haisha chats with us about all things

celebrity couples and relationship advice!

After working in the entertainment industry for a few years, the life coach decided to take a break and get her Masters in Psychology. “I chose psychology because, having worked with actors so much, I felt like a psychology degree might be a good idea to deal with all of the various personalities,” she explains. “Plus, I have always been fascinated with what makes people tick.” Haisha now coaches some of the most well-known celebrities, helping them get into character and also aiding them with their personal problems.

Related Link: [Khloe Kardashian Talks About Finding Mr. Right: “Things Just Have to Happen”](#)

She helps her clients through Soul Blazing, which, according to her website, is meant to “unlock your potential by unveiling the fears, beliefs, and habits that prevent you from achieving your highest personal and financial success.” She reveals she got the idea of the name while working with an inmate at a women’s security prison. The prisoner told her she had “blazed her soul.”

Relationship Advice from the Life Coach

From all of her experience and time in the field, it’s no surprise that she has learned a lot. When asked about her best [relationship advice](#), she divulges, “You have to be extremely patient, and you have to choose love everyday. If you don’t choose love everyday, psychologically, you will start to think the relationship is too much work.”

The author claims that, to make a relationship work, you can’t react to the little things. She says, “Everyone wants to be loved, and everyone wants to love. Once you like yourself, you can like others.”

Related Link: [Ashley Tisdale On Husband Christopher French: "He Inspires Me in So Many Different Ways"](#)

Haisha also encourages everyone to be more accepting and to consider that you may be wrong. Having conscious communication is key. "Instead of blaming, tell the person how you feel, whether it is true or not. The other person has to actually listen and repeat what you say," she reveals. "Usually, you don't hear the other person because you are stuck in your own mind. Whether it's true or not, say, 'I am so sorry you feel that way. What can I do to make you feel better?'"

What We Can Learn from Celebrity Couples

With the motivational speaker being surrounded by pop culture and the entertainment industry, she has a lot to say about Hollywood relationships. So why does she think all of these A-List single celebrities have such trouble finding love? She explains, "A lot of it is picking the wrong person because they're lonely and emotional while working on movie sets. They either have flings, affairs, or random hook ups and think it's going to work because it was so magical on the set. It typically doesn't work because usually actors are narcissists."

While many celebrity couples don't show us what true love is, there are a few pairs that Haisha claims have happy and healthy relationships. "George Clooney, Matthew McConaughey, and Matt Damon are great examples because both them and their wives are leading strong lives in every area," she shares. "They have all picked non-celebrities, grounded people who are taking care of the family and children but also have careers."

She also reveals that a lot of couples are still together because they are passionate about a common cause: "Celebrity couples like George and Amal and Brad and Angelina are working

towards a higher good. They both want to help shift the world, and that is what brings them together.”

To find out more about Lisa, SoulBlazing, or her motivational speaking, go to her website lisahaisha.com. You can also keep up with Lisa on Twitter at @LisaHaisha. She’s currently writing her next book, titled Soul Blazing: Melt Away Your Fears, Create Your Legacy, and Live a Life that Matters.