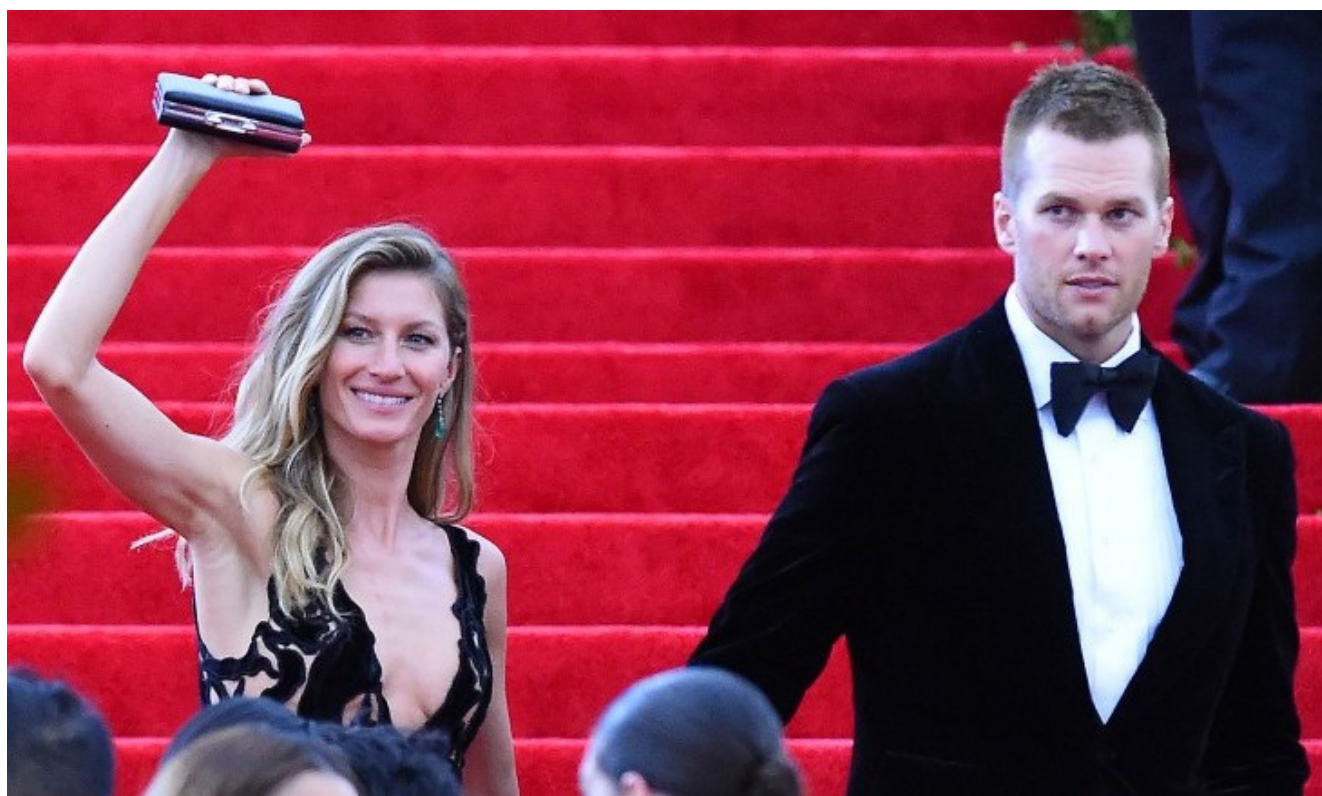


Our Favorite Celebrity Couple Halloween Costumes



By Molly Jacob and Nisha Ramirez

As a child, Halloween is all about trick o' treating and competing for the title of Candy Ghoul. As a single adult, Halloween means being voted best costume at your Halloween monster bash. As a couple, Halloween is about finding the perfect costumes that will showcase your partnership. And as a celebrity couple, Halloween is all about stepping out as a duo without a budget. Check out our favorite celebrity couple Halloween costumes for inspiration this All Hallows Eve:

1. Gisele Bündchen and Tom Brady: Lions, tigers, and...Patriots, oh my! Gisele Bündchen and Tom Brady went for a classic look

last Halloween when they dressed up as Dorothy and the Cowardly Lion from the *Wizard of Oz*. Bundchen, holding a basket with a toy Toto inside, posted an Instagram photo of the adorable couple kissing with the caption, “Having fun with my Lion last night!”

2. Lauren Conrad and William Tell: Here’s some inspiration for you DIYers: even celebrities like to craft! Lauren Conrad created her tooth fairy costume for Halloween 2013, and her husband (then fiancé) William Tell dressed as a dentist. While Conrad didn’t make her own dress for her beautiful wedding last September, she did use her DIY skills for some finer touches.

Related: [Lauren Conrad Ties the Knot with William Tell](#)

3. Neil Patrick Harris and David Burtka: Neil Patrick Harris and hubby David Burtka, known for their elaborate Halloween outfits, didn’t disappoint in 2013 with their Alice in Wonderland themed costumes. Harris and Burtka, dressed as Tweedledee and Tweedledum, made it a family affair when they put their three-year-old twins in Alice and White Rabbit costumes. We can’t wait to see what the family dresses as this Halloween!

4. Bryan Greenberg and Jamie Chung: Love is all you need! At least, according to Bryan Greenberg’s and Jamie Chung’s Halloween costume. The actor couple, who plans to get hitched sometime in 2015, rocked out in an ensemble inspired by another famous duo: John Lennon and Yoko Ono.

Related: [Best Celebrity Inspired Halloween Candy Choices](#)

5. Fergie and Josh Duhamel: It’s a scary holiday, so why not be just as frightening? Fergie and Josh Duhamel donned heavy face paint and creepy skeleton costumes in 2013 to celebrate the Day of the Dead. Fergie, whose great-grandmother is Mexican, and Duhamel were inspired by *Dia de los Muertos*. Many famous couples, such as Kate Moss and husband Jamie Hince,

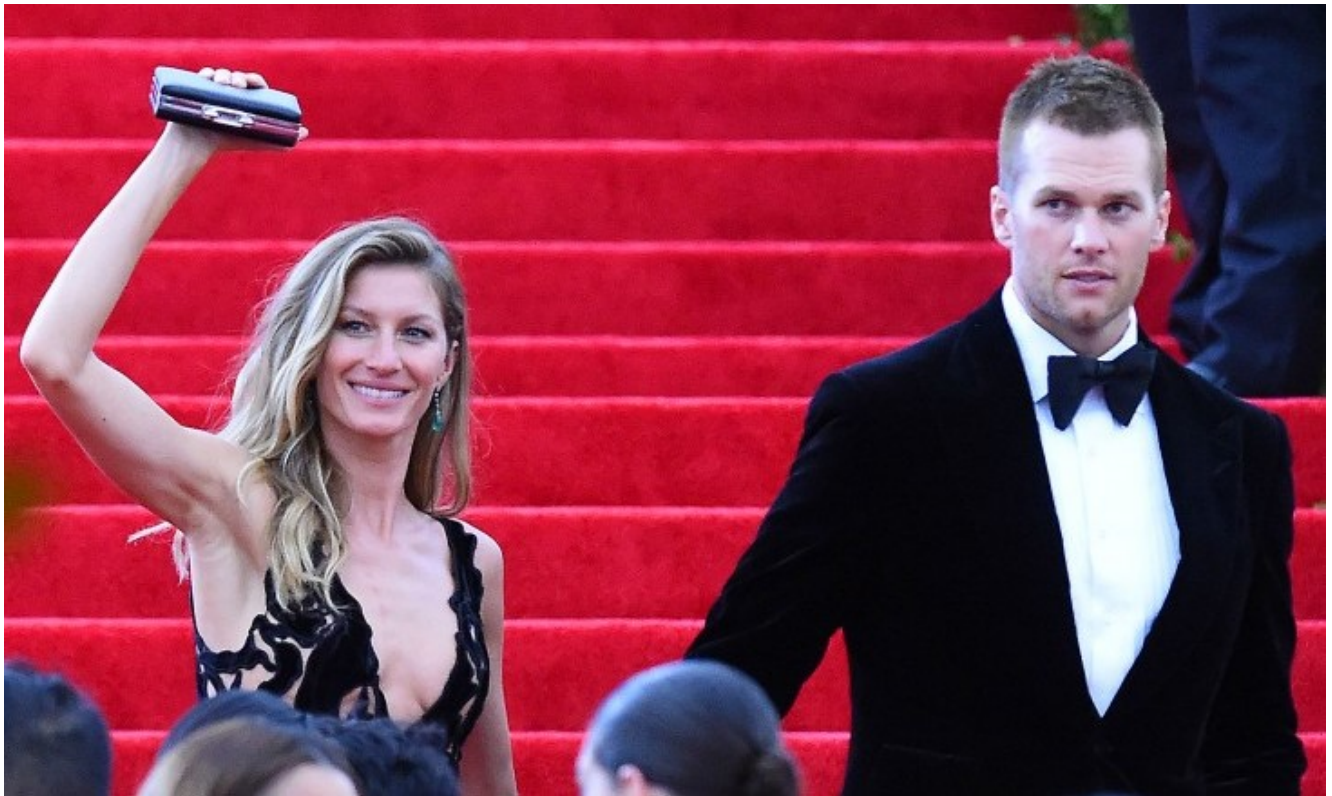
also dressed up last year in matching outfits inspired by this holiday.

6. Matthew Morrison and Renee Puente: Quentin Tarantino would be proud of *Glee* star Matthew Morrison and his wife Renee Puente. Last week, the newlyweds dressed as characters from the cult hit, *Pulp Fiction*, for Morrison's annual Halloween (and birthday) party. Staying true to the movie, Morrison (dressed as Vincent Vega) and Puente (as Mia Wallace) even danced like their characters during an interview with *E! News*.

What are your favorite celebrity couple Halloween costumes? Share your comments below.

5 Celebrity Couples Who Dress Up For Halloween





By Maggie Manfredi

Halloween is tomorrow, and already the celebrities are out and about donning a wide range of crafty costumes as they take to the streets. From classic Disney characters to trendy media ensembles, it seems like this spooky season will be a creative one for the A-list community. There are a few celebrity couples that always give their all for this haunted holiday, so we are counting down the top five celebrity couples who dress up, and party down for Halloween:

1. Fergie and Josh Duhamel: This couple's rocky past is long behind them as they currently stand strong and are one of the cutest little families. The duo has pulled off some spectacular couple's costumes in the past, so we expect nothing less in 2014. Couple costume prediction: weather and the weather man (Fergie would totally rock the wind-blown look and Josh could definitely bring the corny).

2. Neil Patrick Harris and David Burtka: This couple always brings their A-game for trick-or-treating. They like to keep it all in the family with their adorable twins in tow. Couple

costume prediction: Something a-la The Wizard of Oz or possible A Midsummer Night's Dream. We expect that the pair will stay in with the twins for candy and family fun, and we're hoping for something as good as their Peter Pan foursome a few Halloweens back. In honor of Neil's recent hosting gig, it's bound to be an academy award winning movie cast.

3. Hugh Hefner and Crystal Harris: On the 31st, we tend to see a lot of "bunnies" attending parties and hitting the clubs. But we are excited to see what the real household members of the playboy mansion will wear this year. Couple costume prediction: Romeo and Juliet. There hasn't been a great deal of consistency in the past from the playboy posy, so we predict Crystal and Hugh will pick a famous couple from literature.

4. Cindy Crawford and Rande Gerber: According to *UsMagazine.com*, Crawford and Gerber have already gotten this Halloween party started. The couple threw it back with a convincing couple costume as Cher and Gregg Allman. We give it a groovy two thumbs up!

5. Lauren Conrad and William Tell: These newlyweds have always solidified their spot for cutest couple even when they're not in costume. Whether tooth fairy and dentist or Mary Poppins and Bert the chimney sweep, LC and Tell can pull off anything! Couple costume prediction: Prince Charming and Cinderella...Because the shoe just fits.

Have a celeb couple you love, want to predict their costume? Share it all below!

Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'



This post is sponsored by Lesley Robins.

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

When it comes to bad breakups, Lesley Robins has been through them all. In her new book, *The Breakup Book: 20 Steps to Heal a Broken Heart*, the E! News producer and Young Hollywood contributor walks her readers through a 20-step process to get over your broken heart. Executive Editor Lori Bizzoco recently chatted with the new author about how she managed to

thrive after her tough split as well as her best advice for hopeless romantics who are dealing with heartache. Here's what the nationally-recognized journalist had to say:

Why did you organize your book with a 20-step approach?

There is a reason why the chapters go in the order that they do. At the beginning, I'm not telling you to be grateful; I'm not telling you to travel; I'm not telling you to create a new home the day he leaves you. The first chapter just encourages you to *not* be alone. You need love – you lost love; now, go find it.



Lesley Robins talks about new book in an exclusive interview. Photo courtesy of Amanda Boyer.

What inspired you to write your book?

As a journalist, I am a host, reporter, producer, and writer. I had all of these things, but I've always wanted to be an author. So in 2010, my ex and I had broken up for good. It was a few months after that, and I was still in a really dark place. I was out to dinner with my mentor's wife, and I was talking about my breakup and what I was trying to do to feel better. She turned to me and said, "That's your book." It was at that dinner that we discussed that every chapter should be a piece of advice someone gave me to get through the split. We talked about what worked and what didn't work, and I crafted it in that moment.

Related Link: [10 Signs That Your Relationship Has Hit a Dead End](#)

It seems like every woman has a story about a bad breakup. Do you think this book will be successful since everyone can relate to it?

We all have a breakup story, yet no one wants to talk about it. We're human, which means we have flaws. The thing I stress is, when you're trying to talk about your breakup, you want a neutral party, someone who is not going to judge you. No relationship is alike, and no breakup is alike. However, at the same time, when we talk about it and we can share our story, it's comforting to know that other people are going through the same thing.

What advice do you give to woman who want to feel confident instead of depressed after a breakup?

You're not going to feel your best right away – and that's okay. I'm giving you permission to be sad, depressed, and pathetic for a minute. That's why the first step is to never be alone. Since you used to have someone by your side 24/7 and now that person is gone, you will need to be surrounded by love. Go find your people!

What do you say to people who feel overwhelmed by the thought of completing 20 steps?

The beautiful thing about these steps is that they can happen simultaneously. You're not going to start them all at the same time, but they will all eventually merge together to form the new you. It is all really about self-love. I think the main thing that I want women to grasp is the importance of being grateful. Be grateful for everything around you – your family, your friends, your career. Be in the moment and focus on what you *can* control.

Related Link: [How to Get Through a Breakup and Heal Your Heart](#)

Something that I think is really important for our readers to know is that you were in your 30s when this breakup happened. You were thinking about a long-term commitment, even marriage.

In my first draft of the book, I actually didn't include my age. Then, my editor told me I needed to add it. I met my ex when I was 29, and here I was, single again at 36. Any woman reading it gets it. Being single in your 20s is so different from being single in your 30s! So my life became about doing everything by myself, which was a big adjustment. I had to be okay with being on my own.

What was the hardest chapter for you to write?

I think the hardest chapter for me to write was "Go Cold Turkey with your Ex" because I didn't master it for a really long time. But once he got engaged, I went cold turkey. That's when I was finally done. I had no more fight left in me. I went through every emotion I could imagine – and I write about that.

How is your love life going now?

I'm dating, but I'm single. I'm happy and strong, and I'm

still a hopeless romantic. The first few months after my breakup, I didn't want to be with anyone. But now, I am back to being the girl who loves romance and finding love. I love it!

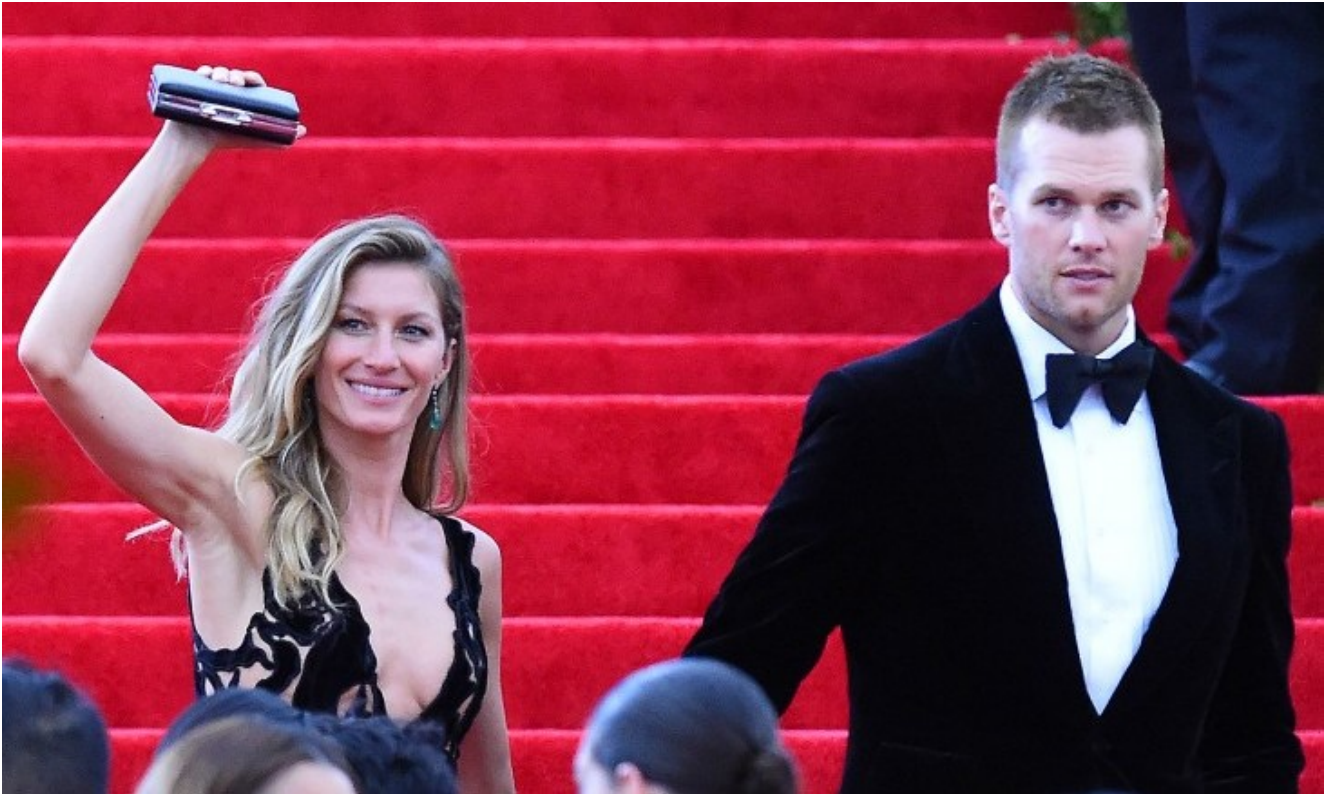
~~GIVEAWAY ALERT: Two lucky readers will receive a copy of *The Breakup Book: 20 Steps to Healing a Broken Heart*. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on November 12th. In the subject line, please write "The Breakup Book Giveaway." You can also enter on Facebook. You can enter the contest only once. Good luck!~~

Giveaway is now closed. Thank you to all who participated!

Pick up a copy of The Breakup Book: 20 Steps to Heal a Broken Heart today! You can keep up with Lesley on Twitter @LesleyMia.

Best Celebrity-Inspired Halloween Candy Choices





By [Jessica DeRubbo](#) and Molly Jacob

Each year, October 31st brings with it a chance to carve the face of KISS frontman Gene Simmons in your pumpkin, dress up as a sexy version of Jasmine from *Aladdin*, dance to the “Monster Mash” at a masquerade with your honey and, most importantly, stuff your face with as much sugary goodness as you can possibly muster. Even though you’ll most likely be clutching your aching stomach the next morning, Halloween and candy are inseparable, because you simply can’t have one without the other.

Hollywood isn’t innocent either when it comes to indulging in candy on All Hallows’ Eve. Celebrities may stay in shape thanks to strict diets, but everyone has been known to splurge once in a while. In fact, places like Dylan’s Candy in New York City honor those celebrity sugar binges by dedicating a whole wall of treats to all of their favorites. Here are five candies that have been officially endorsed (at least verbally) by some of your favorite Tinseltown hotshots:

1. Reese’s Peanut Butter Cups: Neil Patrick Harris has a sweet

tooth along with his funny bone. The “Gone Girl” star told *Entertainment Weekly* that the peanut buttery sweet is his favorite movie theater snack. “They are like the crack cocaine of the candy world,” said Harris.

Related: [Neil Patrick Harris is Married](#)

2. Hi-Chews: Ryan Gosling, according to an interview with *Esquire*, has a candy obsession and “speaks of it the way rich men discuss wine.” While Gosling loves many forms of goodies (excluding anything chocolate), he is particularly partial to Hi-Chews. “It’s the candy that never quits on you,” says Gosling.

3. Swedish Fish: While Justin Bieber is known for his love of Sour Patch Kids, the superstar has had a change of heart. Bieber told the *Montreal Gazette* that he is done with his addiction. According to Bieber, his fans kept bringing him the candy to his shows, “so I kept eating them and now, if I eat another Sour Patch Kid, I’m probably going to just throw up.” He now sticks to Swedish Fish when he’s in the U.S. and Big Foot gummies when he’s in Canada.

Related: [Justin Bieber and Selena Gomez Reunite at Coachella](#)

4. Sugar Daddies: Khloe Kardashian favors Sugar Daddies, according to Wonderwall, and the reason behind it only partly has to do with its taste. She says the hard candy reminds her of her dad because he loved Sugar Daddies. “I just love anything bad for you. Anything bad is good,” says Kardashian.

5. UNREAL Candy: Not every celebrity’s sweet tooth has to be unhealthy. According to Yahoo!, celebrities such as Tom Brady, Giselle Bundchen, Twitter founder Jack Dorsey and Leonardo DiCaprio are endorsing this “junk-free” brand, which offers alternatives to traditional treats. In a statement DiCaprio said, “By working together to better understand the health of both people and the environment, we can produce healthier food that will benefit large populations of people while minimizing

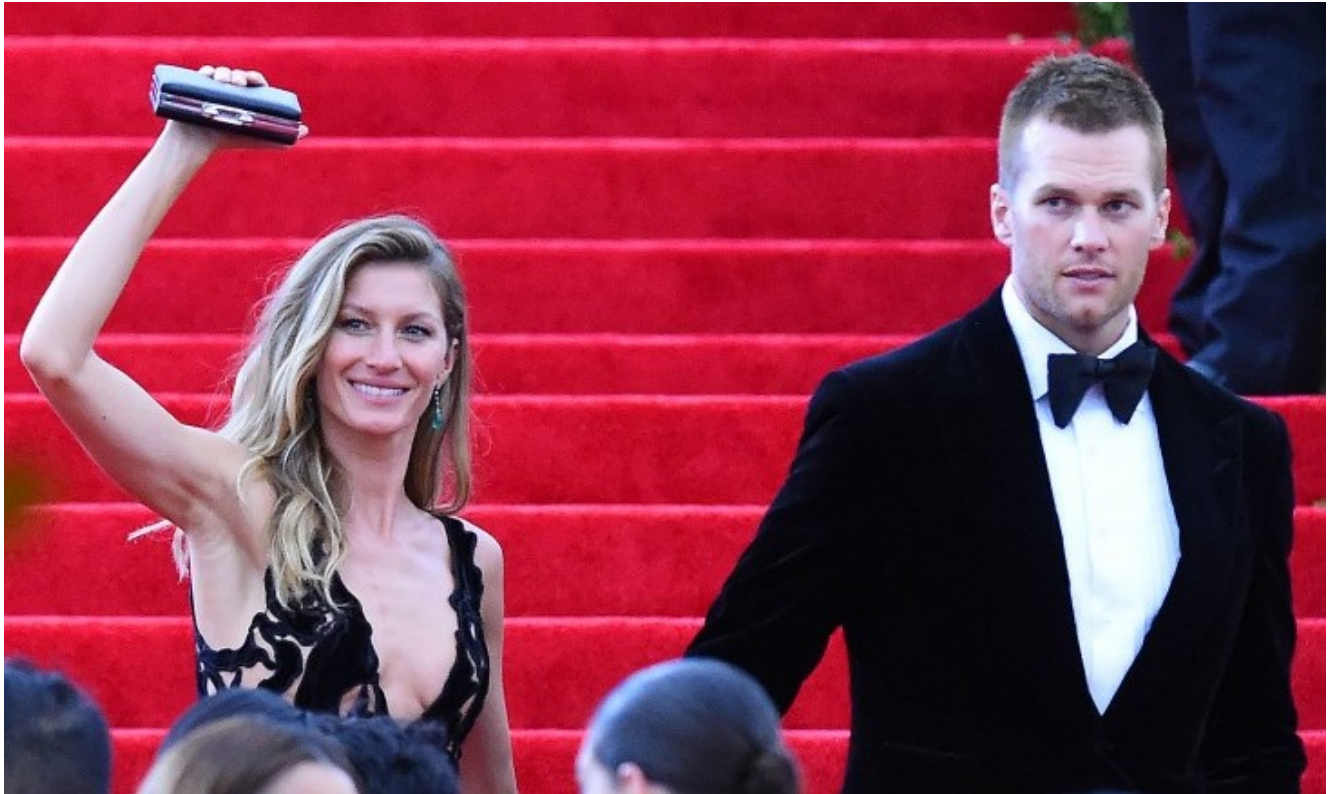
our impact on the planet.”

Whether you prefer sweet, sour or chocolaty varieties of candy in your trick-or-treat sack, and whether you’re an accountant or a movie star, sugary treats have always been a staple on Halloween.

With that in mind, what’s your favorite candy, and why? Share your thoughts below.

‘DWTS’ Contestant Antonio Sabato Jr. and Partner Cheryl Burke Are “Still Going Strong”





By [Sarah Batcheller](#)

Antonio Sabato Jr. and Cheryl Burke are revving up their engines for Halloween week on *Dancing with the Stars*! Even though last week's Salsa earned Sabato some blunt feedback from the judges, who referred to his dancing as "stiff," the soap opera veteran is taking the constructive criticism in stride and using it to improve as he prepares to do the Viennese Waltz on tonight's show. The saucy duo also promises a group dance that will blow audiences away. As for Sabato's other show *Fix it and Finish It*, the crew is migrating to Cleveland to take on their next task. Check out our [celebrity interview](#) with the actor below!

Antonio Sabato Jr. Talks Group Dance in Celebrity Interview

We were so happy to see you back with Cheryl last week, and your Salsa was our favorite dance yet! How did it compare to your previous dances for you?

ASJ: Well, being back with my partner and working with her was great. Being away from her made me miss her and reminded me of how great a teacher she is. Getting back together made it better after being apart. Now, we just want to keep dancing stronger and better. Every week, we put a lot of time and effort into the show and our dancing. It's been almost two months of hard work, but we're still going strong.

Related Link: [Antonio Sabato Jr. on His 'DWTs' Journey So Far: "I Have a Passion with Everything I Do"](#)

How did Cheryl's dad's health scare bring the two of you closer?

ASJ: My family and I are behind her and will support her whenever she needs it. No show is more important than family, so I was willing to do whatever it took to make sure she got whatever she needed.

We'd love to talk a bit about your storytelling process. Do you help Cheryl come up with the concept for each dance?

ASJ: No, it's all Cheryl. I'm not much involved in that. I get the routine from her, and we go step-by-step. It's all on Cheryl.

What about the costumes? Do you have any say in what you wear?

ASJ: That's all Cheryl again! She comes up with the costume, and we work with a designer. She lets me add in my opinion, but all the creative is Cheryl and the designer.

Related Link: ['DWTs' Pro Tony Dovolani on Betsey Johnson: "She's Never Felt Pretty in Her Life"](#)

Julianne Hough commented that it's obvious you take to heart the judges' comments and apply them the following week. So how will you keep in mind their feedback as you rehearse this week?

ASJ: I'm focusing on improving my lines, footwork, and posture. There are so many notes to keep track of and to improve on each week. I have no background in dance, so it's important for me to take what the judges and Cheryl give me and apply it to the dance. It's extremely difficult work but very rewarding at the end!

Tonight is the group dance, and you have an awesome team! What have rehearsals been like so far? Anything you can reveal about your dance?

ASJ: They've been good. We work really well together and have the whole routine down. It's tough because we all have to be in sync and have our own dance to do as well. Plus, it's a complicated routine. We don't have a lot of hours to work on it as a team, so when we do, we have to focus and get down to business as soon as possible.

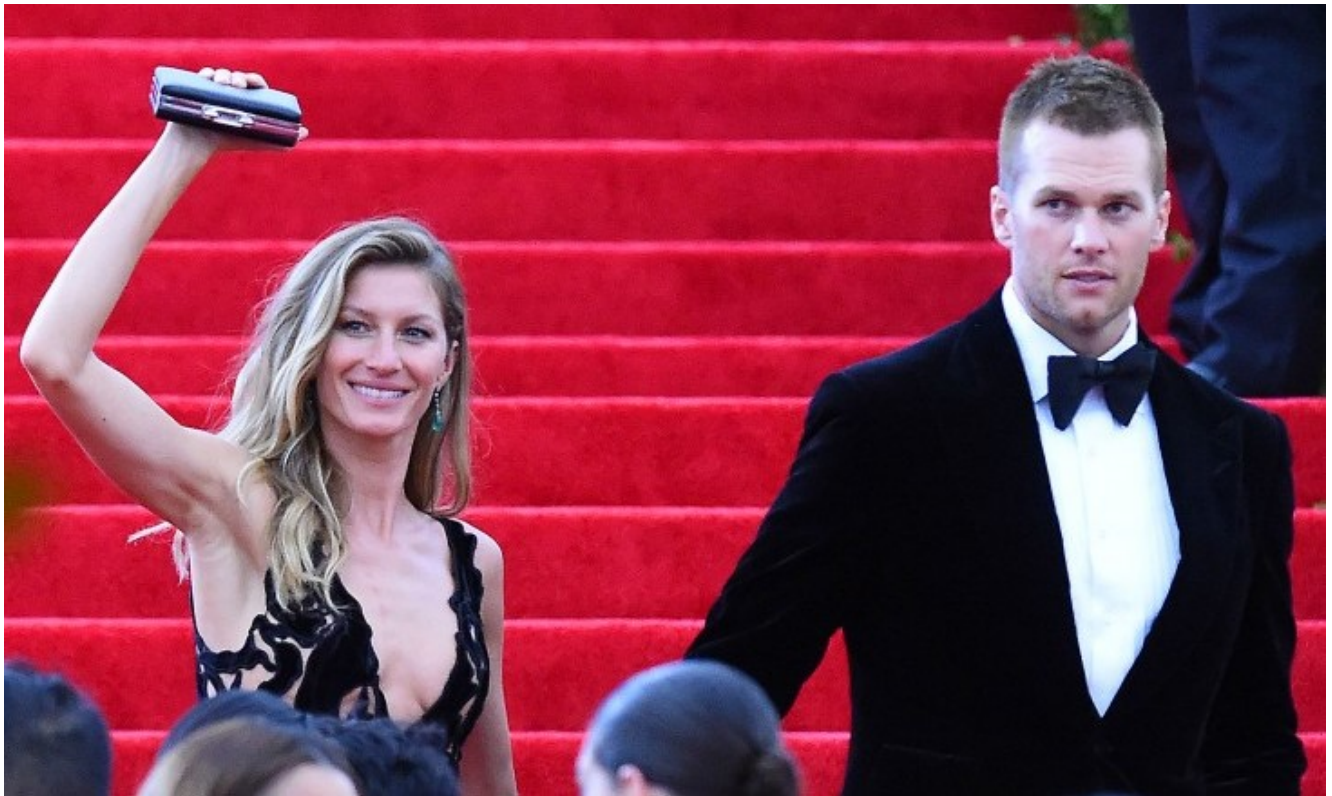
And finally, what's next with the *Fix It and Finish It* crew?

ASJ: We get to Cleveland this week to start production, and I'm looking forward to it!

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

10 Fun Halloween Date Ideas





By Emily Meyer

Halloween is just around the corner. This spooky holiday can make for one of the best and most fun date nights for you and your beau. How can it not be fun when you're able to get scared with your partner, have an arm to squeeze and a place to bury your face when you're too afraid to look? Cupid is here with 10 exciting and – maybe a bit frightening – date ideas to help you run into your partner's arms this Halloween:

1. Pick out costumes together: You are never too old to dress up for Halloween. Whether it's two objects that go together like salt and pepper, or an infamous duo like Barbie and Ken, bonding and spending time with your partner in your costumes will be entertaining enough.

Related Link: [10 Signs That You're in Love](#)

2. Decorate for Halloween: There is no better way to get in the Halloween spirit than by decorating your house inside and out. Spend a day with your partner making DIY crafts and finding the most frightening decorations to hang all around

your home.

3. Plan a murder mystery dinner party: Host a murder mystery dinner party with your partner that your guests will never forget. Start by assigning all of your guests a role to play, one of which is the murderer. During the course of the party, your guests will try to figure out is the mystery. Not only will your party be unique, but it will be a fun way to get into the Halloween spirit with your partner and your friends.

4. Scary movie marathon: What better way to get comfy and cozy with your partner than by watching a scary movie? Take a night and pick out a slew of movies that you and your date will enjoy. Try watching an extra scary movie like 'Saw,' and if that's not your thing, find a more "feel good" Halloween movie like 'Hocus Pocus.'

Related Link: [Five Things No One Wants To Hear On a Date](#)

5. Take a haunted house tour: Many cities across the country are now releasing the scariest haunted houses in your area. Go with your partner on a house tour and have a reason to cling onto each other all night.

6. Tell scary stories by a campfire: Break out the hot chocolate or adult beverage and cozy up by a campfire with your date and friends. Tell your favorite scary ghost stories; hopefully everyone will move a bit closer to their dates.

7. Carve pumpkins: Carving pumpkins has been a Halloween tradition for decades. Start by going to the pumpkin patch with your date and picking out the best pumpkins you see. From there, enjoy a nice evening relaxing and having fun carving your pumpkins in whichever way you like.

8. Go to a local amusement park: During the month of October, many amusement parks have Halloween-themed nights that can be great scary dates for you and your partner. Whether you want to just enjoy the rides in the romantic moonlight or actually

get scared by the frightening decorations of the park, it will be a night to remember.

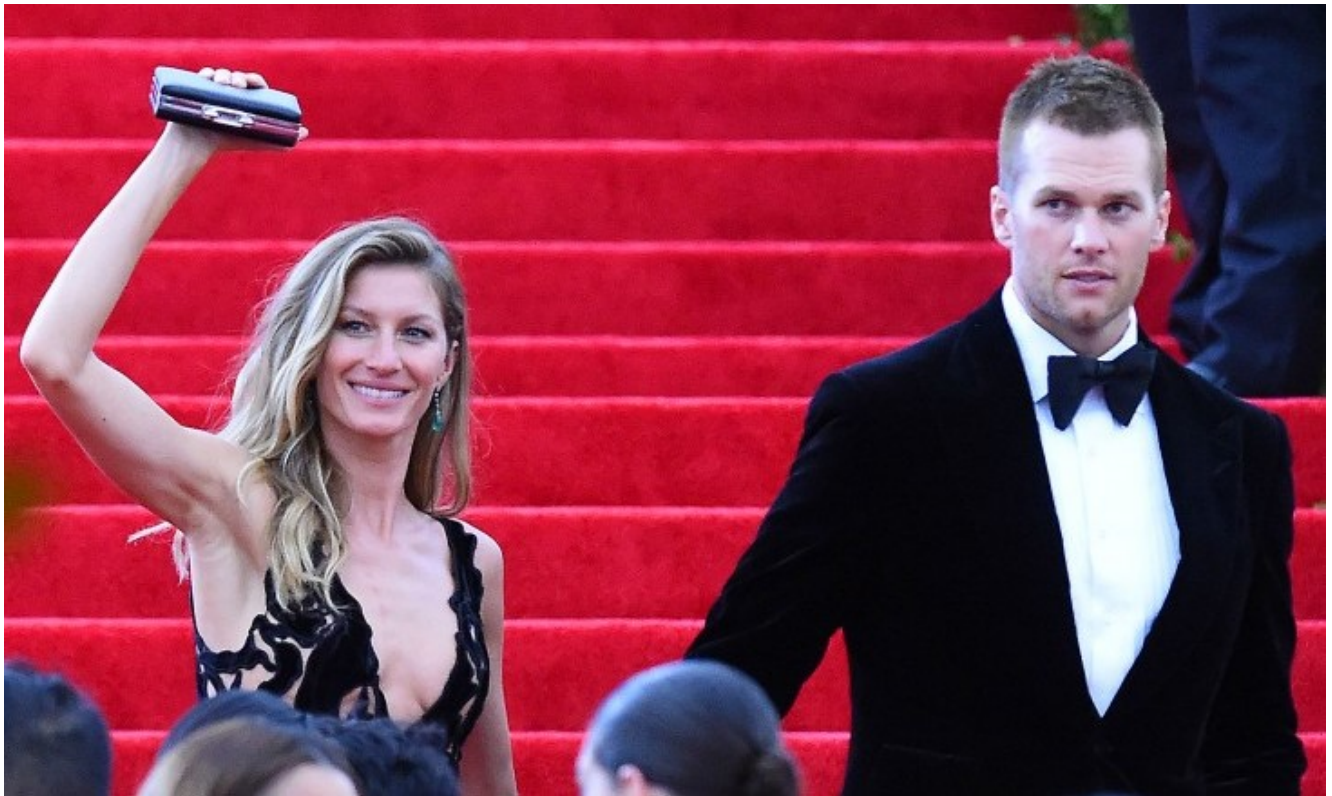
9. Go on a picnic in a graveyard: Get your blankets and food ready, and go on a picnic with your date in a graveyard. This frightening date will be sure to get you ready for October 31st.

10. Get lost in a corn maze: Many local farms put on a haunted house-themed maze where people are just waiting to pop out at you. This haunted evening gives you and your date the perfect opportunity to jump into each other's arms.

Cupid wants to know: what did you and your partner do last Halloween? Tell us in the comments below!

| | | | |
|-----------------|-------------|--------------|-----------|
| Weekend | Date | Idea: | Go |
| Shopping | | | |





By Shannon Seibert

Winter is coming, and with the exit of warm weather, it's time for an update to your wardrobe. So this weekend, head into town with your sweetheart for some snuggly sweaters and adorable boots, and plan your next date idea to showcase your new fashions.

Related Link: [Date Idea: Game On](#)

Shopping Date Idea for the Cold Weather

The fall chill is the perfect excuse to pick out some new clothes, so grab your man's attention with a sexy winter wardrobe. But remember: Shopping isn't only for ladies, gents! In fact, a shopping date idea is the perfect way to strengthen your relationship and love by indulging a bit in your lady's fashion interests.

For her, pick out items that match the season. Scarves, cute

hats, sweaters, and cardigans are great staples for the upcoming temperature drop. For a fall feel, play up the season with purples and golds. Before hitting the shops and participating in this weekend date idea, do some research. Search for “Fall Women’s Clothing” on Pinterest for a little shopping assistance.

For him, you can never go wrong with simplicity. To really incorporate the changing seasons, go for an arrangement of ties. Deep oranges, dark reds, and hunter greens are great colors. Find an array of examples at Brooks Brothers.

Related Link: [Date Idea: Picnic With Pals](#)

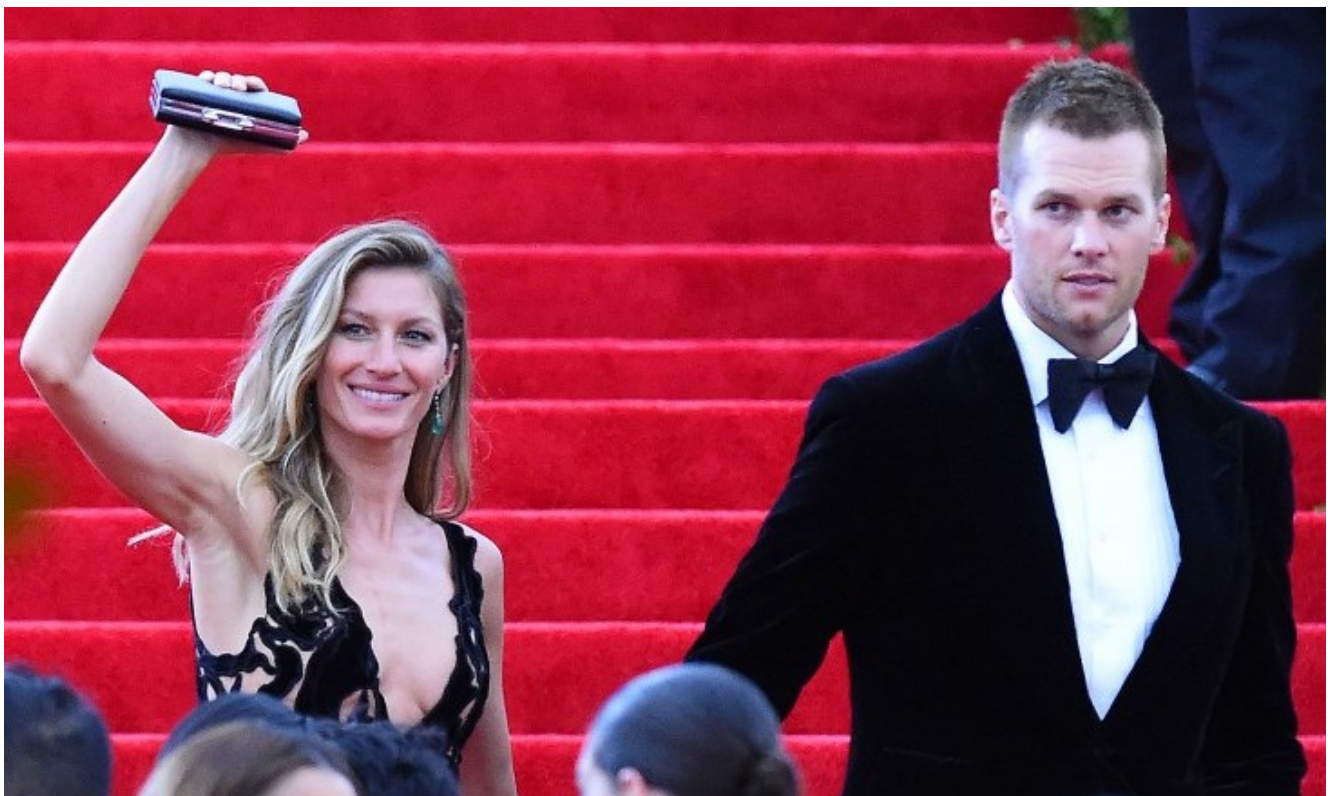
But you don’t have to limit your shopping to high-end boutiques. Thrift stores are the perfect treasure chests for warm, woolen sweaters for the fall season. Goodwill is a popular place to start, but the best places are the hole-in-the-wall ones that may require some searching. Don’t fret! You and your man will pass the time easily with good conversation and the happiness your company brings.

Pick your pumpkin out a batch of sweaters and jackets and make your way to the dressing room. Consider this dating advice and incorporate some fun during your shopping trip. Have your man rate his favorite choices and do the same for him. Even make a game out of the day and see who can pick out the most unique item. Put on a winter fashion show for each other and strut your stuff for your sweetheart. The only thing better than the cozy feel of the sweater is the affordable price tag dangling off of the sleeve!

Bask in the glory of your shopping success and celebrate your findings with a tall glass of Chardonnay as you snuggle next to the fireplace. After all, you both deserve it, right?

What is your favorite fall accessory or clothing item? Share with us below!

Celebrity Video Exclusive: 'Blood, Sweat & Heels' Star Geneva Thomas Moments Before Brawl with Melyssa Ford



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).
CupidsPulse.com Executive Editor Lori Bizzoco was on the scene when Bravo's *Blood, Sweat and Heels* filmed on Tuesday evening and had a chance to booty shake during a celebrity video exclusive interview with reality star Geneva Thomas only moments before her brawl with costar Melyssa Ford.

Celebrity Video Exclusive with Bravo Reality Star

During the celebrity interview, Thomas was in better than good spirits and shared with us her optimistic views on relationships and love. “I’m still single, unfortunately – but fortunately too because it gives me a chance to focus on my work and also to meet the guy who’s right for me,” she says. “I’m not particularly into rushing into anything. I just want to have fun and enjoy being single!” Feisty as always, the Detroit-born diva showed she was doing just fine on her own two feet.

Related Link: [Jennifer Lopez Says She Needs to Be Single Right Now](#)

Further discussing her career, the reality star mentioned the successful launch of 1530 Agency, a digital marketing firm, as well as a website she is currently working on called Jawbreaker NYC, which involves style and pop culture. “I’m a journalist – that’s my passion and my heart!” she exclaims during our [celebrity video exclusive](#) interview. The last thing the Bravo star informed us of was her recent Halloween costume party, where she dressed as the powerful Cleopatra.

So what changed her mood only moments later? A source close to Thomas tells us that the tension between her and Ford has been building since the first season. As viewers know, some of that drama was edited out of the Bravo show. Bizzoco witnessed the altercation that took place on the Hornblower Infinity and spoke to Thomas directly following the brawl but will not comment further.

Related Link: [‘Blood, Sweat and Heels’ Star Brie Bythewood on Departure From the Series and Pregnancy](#)

Thomas is currently facing felony charges as a result of the brawl with Ford, so the big question now is whether Thomas

will stay on *Blood, Sweat and Heels* or be asked to leave the show like former cast member and mom-to-be Brie Bythewood. We will just have to wait and see how the series handles the situation on the upcoming season!

You can follow Geneva on Twitter @GenevaSThomas.

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

How to Defend Against Four Emotional Vampires



By Judith Orloff, MD

Adapted from the new book, "The Ecstasy of Surrender"

Many of us are drawn to emotional vampires. From bullies, to clingy lovers, to complainers, emotional vampires wear many different disguises. Intentionally or not, these romantic partners can make us feel depressed, overwhelmed, defensive, wiped out, and angry.

It's important to figure out why you choose to date people who deplete your energy. Then, you need to learn self-defense strategies to keep them at bay. If you don't, you could become a victim of the emotional vampire and develop unhealthy behaviors and symptoms, such as overeating, isolating, mood swings, or fatigue.

Below are four common types of emotional vampires you may unwittingly get involved with, adapted from the book *The Ecstasy of Surrender*, along with some "silver bullet" tips for fending them off.

Type #1: The Passive-Aggressive Person. This type of vampire expresses anger with a smile or exaggerated concern but always maintains their cool. They are experts at sugar-coating hostility.

Self-defense Tips: Let go of self-doubt and trust your gut reactions. Tell yourself that you deserve to be treated more lovingly. Address their behavior. In a calm, firm tone you might say, "I would greatly appreciate it if you can be on time when we go out to dinner." If nothing changes, keep setting limits with this person and scale back on the time you spend with them.

Type #2: The Narcissist. For this vampire, everything is about them. They are ego-centric, self-important, and starved for admiration and attention. They may be charming and intelligent until their guru status is threatened.

Self-defense Tips: Enjoy their good qualities, but have realistic expectations. Their motto is “me-first,” so getting angry or stating your needs won’t have any effect on them. Beware of this type, because narcissists lack empathy and are incapable of unconditional love. You may be able to get their cooperation by appealing to their self-interest and showing them how your request will benefit them.

Type #3: The Anger Addict. This vampire deals with conflict by accusing, attacking, humiliating, or criticizing. Some anger addicts withhold things, or resort to using the silent treatment to punish you.

Self-defense Tips: Don’t let their anger wear down your self-esteem. Pause when agitated. Take a few slow breaths to relax, and do not respond until you are in a centered place. Try to stay neutral and balanced, and disarm the person by agreeing with them or acknowledging their position. Then state your case. It’s also useful to empathize with anger addicts. Ask yourself what pain or inadequacy makes them so angry.

Type #4: The Guilt Tripper. These types are world-class blamers, martyrs, and drama queens. They know how to make you feel bad about something by pressing your insecurity buttons.

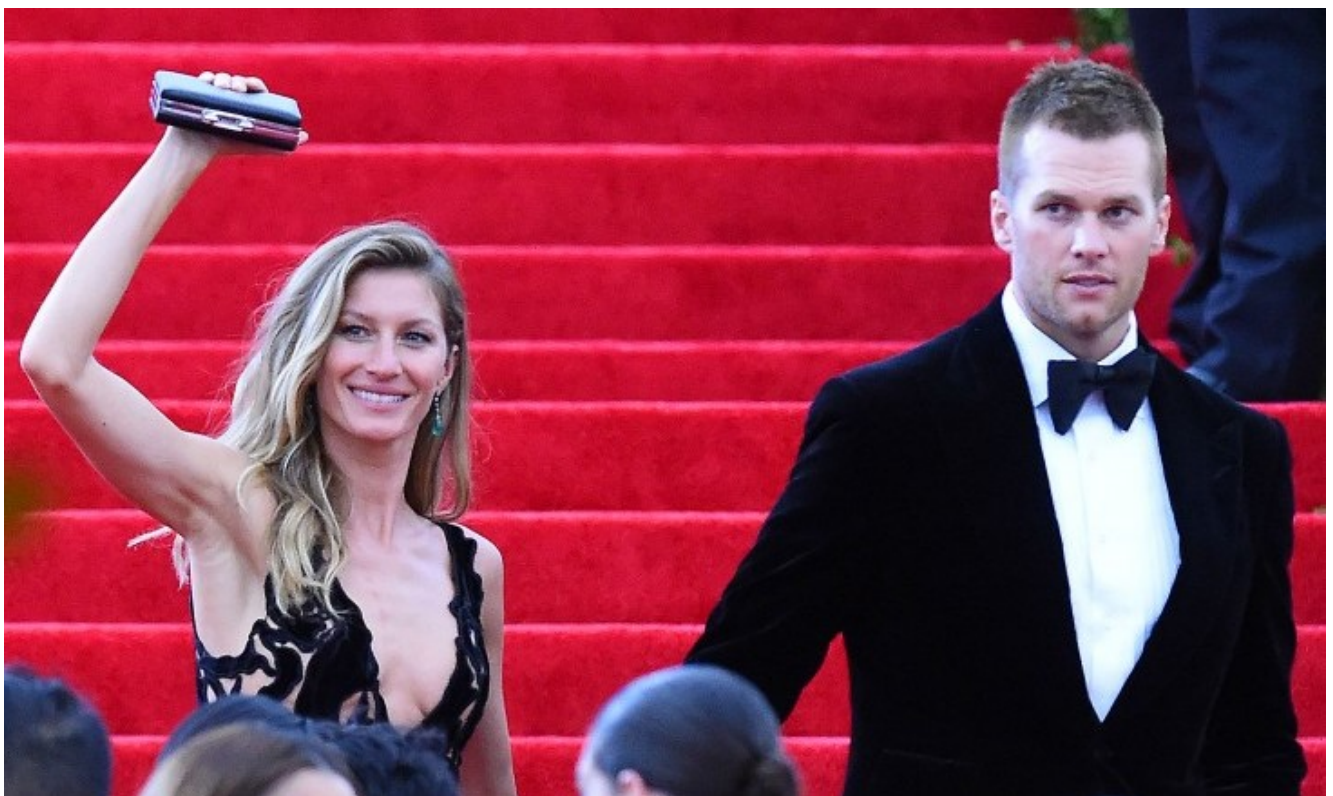
Self-defense Tips: Let go of the notion that you have to be perfect. Everyone makes mistakes. If you feel really guilty, find a private place and let yourself cry. You can also reply with a positive statement such as, “I can see your point of view. But when you say ___, my feelings are hurt. I’d be grateful if you didn’t keep repeating it.”

* * * * *

Judith Orloff MD is a UCLA psychiatrist and author of “The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life”. A New York Times bestselling author, Dr. Orloff teaches workshops nationwide, has given a TED talk on this book, and has appeared on The Dr. Oz Show, Today, PBS,

CNN, NPR, and many others. Learn more at www.drjudithorloff.com.

Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'



By Shannon Seibert

Life is a cycle of ups and downs filled with both happiness and discontent. With this thought in mind, author Christine Hassler used her unmet expectations as a catalyst for profound

transformation. In *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*, she writes about leveraging frustrations at any age. CupidsPulse.com had the pleasure of speaking with Hassler about her own expectation hangovers and her book, which was released on October 14th.

How did you come up with the idea of expectation hangovers?

I was very much a planner my whole life. I had this vision of what I wanted to do, and I just started having expectation hangovers. I came up with the term because I knew what it felt like to wake up and have my life not living up to my expectations. It was similar to or worse than a hangover from alcohol! I'd have a headache; I'd be spinning in confusion; and I'd lack motivation. It was just a miserable feeling.

I thought, "Wow, I suffer so much from my reality when my expectations don't match." When I started coaching people 10 years ago, I noticed that this mismatch is the biggest reason people suffer. This is why I am so passionate about the concept of expectation hangover because it truly is our plans and the way that we want to control things in life that not only create suffering but also create tunnel vision so we sometimes miss opportunities.

Related Link: [Red Flags That Mean It's Time to End Your Relationship](#)

Was there an expectation hangover you experienced that really changed your life?

Getting married in my twenties and getting divorced in my thirties! That's why I'm so passionate about this idea: I have walked this walk many times. I've left a successful career; I've survived health problems; I've had strains in my family; I've had to move unexpectedly – there are so many things! Now, I can look back on those situations, and even though they weren't what I expected, they were for the highest good. I'm

still so grateful for what's happened or what hasn't happened.

What's the best way to go into a relationship in an effort to prevent one of these hangovers?

I think what we have to remember is that no one is your soul mate. We project so much on our partners to be our *future* partners, and that's a big burden to put on someone. To find one person to complete us, to make us happier, and to fulfill every need that we have is way too much pressure.

Instead, I encourage people to go into a relationship knowing your non-negotiables. Do you want someone with family values? Someone that isn't a cheater? What kind of religion or spiritual passions matter to you? That's more important and healthier than having a bunch of expectations. Any time we have expectations, we set ourselves up for disappointment. People are clinging so hard to those things, so it's better to go into any type of dating situation with a clear vision of what you want and what you value. Really allow that person to show up how they are.

Similarly, how can you avoid these hangovers if you're already in a committed partnership?

The most important thing is communication. Women don't really hear what men are saying, but men are really clear. When men say they're not looking for a serious relationship, they mean it.

In terms of communication, we need to be asking for what we need or for what is important to us. We really set ourselves up for an expectation hangover when we assume that people will read our minds and know what we like and how we like to be communicated with. Really explaining our needs, our desires, and our wishes is what we need to do.

On the other end of the spectrum, how can you help a partner who is experiencing an expectation hangover?

You just need to listen. When someone is in an expectation hangover, the first thing they need to do is feel their feelings about it. You shouldn't try to problem solve with them or give them pep talks or advice. Just say, "I'm here for you. Anything you want to say, anything you want to share, I'm here." Vulnerability is a big part of treating the expectation hangover, so really allow them to share their feelings about it rather than trying to fix it right away.

Then ask them, "How can I support you? What would help?" And really let them tell you rather than thinking that you know. Try not to be their coach. A lot of couples get in trouble when one partner starts coaching or being the therapist. Instead, you just want to be there for them.

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

Lastly, are there any words of advice you'd like to leave our readers with?

I hope people read my work and use the tools and spread the information. I'm really on a mission! The most important relationship that you have is the one you have with yourself. The degree in which we have self-honor, self-love, self-care is the degree in which we are able to retract any pain in relationships that we suffer. The more we love ourselves, aren't mean to ourselves, and are proud of ourselves, the more we are able to show up with less expectations of a partner and more of an open heart.

I know we all heard the news of Robin Williams, and it really cuts deep because so many people suffer from pain, from feelings of loneliness. When you're in an expectation hangover, you're feeling this pain, this loneliness, and I think we need to help each other not feel alone. The biggest thing to remember is that we're not alone. When you feel alone, reach out for help. It's always important to remember that there are people around us.

Pick up a copy of Expectation Hangover: Overcoming Disappointment in Work, Love, and Life today! You can also visit Christine's website ChristineHassler.com and follow her on Twitter @ChristinHassler.

Career vs. Family in '1,000 Times Goodnight'



By [Courtney Omernick](#)

For one of the world's top war photographers, Rebecca's life is about to become even more complicated when her husband refuses to put up with her dangerous lifestyle any longer.

Even though Rebecca loves both her family and work, she's caught trying to make a decision between the two.

Should you see it:

If you like relationship tension, action, drama, and movies with family dynamics, then this film is for you. The movie also features a great cast such as Juliette Binoche, Maria Doyle Kennedy, Larry Mullen Jr., and more!

Who to take:

This intense drama would be great to see with your family members or significant other because it covers balancing a career and family and showcases the struggles that come with it.

How can you properly balance your love life and career?

Cupid's Advice:

Sometimes, it can be hard enough coming up with a solution for dinner let alone balance work, family, friends, and a love life. But, somehow, many of us make it happen. To ensure that one part of your life doesn't outweigh the other, Cupid has come up with some advice below on how to properly balance your love life and your career.

1. Set and share your goals: First and foremost, it's important that both partners know the goals that the other has in terms of their career and relationship. Sharing these goals lets your partner know they're included in your long-term plans, and that the work you're putting in towards a career will benefit the both of you in the long run.

Related: [Leighton Meester Says "Stupid" Split Inspired New Album](#)

2. Prioritize: Now that you have your goals mapped out, it's

important to decide what takes precedence. Sometimes, prioritizing can mean eliminating one goal in exchange for another. Find out what really is important to you.

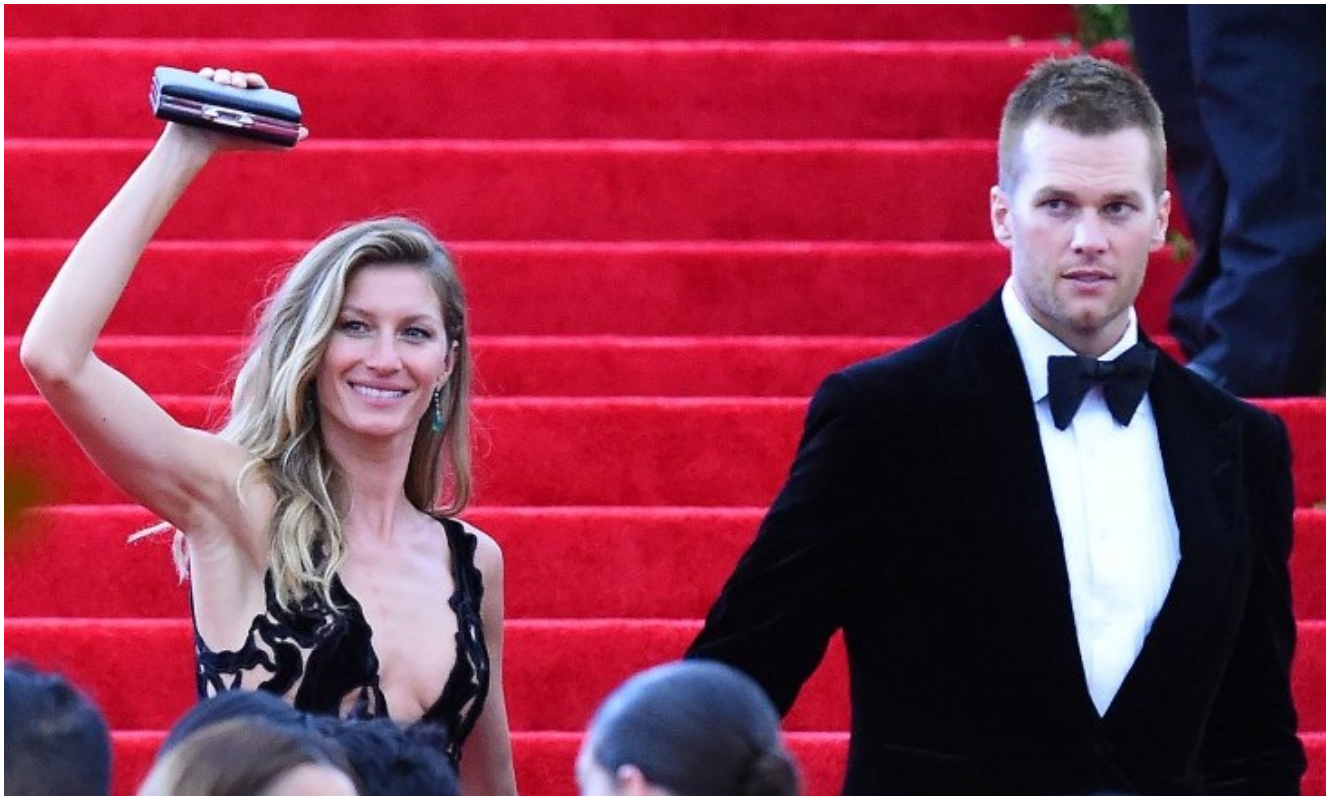
Related: [Russell Brand Says 'I Loved' Being Married to Katy Perry](#)

3. Establish expectations: Now that you have goals in mind and have prioritized them, make sure that the both of you establish your expectations with one another regarding these goals and more. This way, you can work on your goals, but you also have an idea as to what your partner wants and needs.

How have you balanced your love life and career? Share your stories in the comments!

Celebrity Couples Who Rocked the Cradle





By Emily Meyer

It's not a secret that there are quite a few cradle robbers in Hollywood. Although these celebrity couples span multiple generations, so far they have stood the test of time in the limelight. These couples sure aren't letting age get in the way of their relationships. Below, Cupid has five celebrity couples who are continuing to live happily in ageless love:

1. Megan Fox and Brian Austin Green: This handsome couple certainly does not mind their 13-year age gap. Although both actors have stayed busy, since getting hitched in 2010, the couple has also welcomed two little boys. The Greens continue to be in marital bliss and only seem to be growing stronger as a pair.

Related Link: [5 Reasons Why You Should Date Someone Who's Older Than You](#)

2. Ellen DeGeneres and Portia de Rossi: Even though their 2008 marriage caused quite a stir, most people don't even realize that this famous couple has a large age difference. However,

their 15-year age gap has not stopped the couple from being together since 2004. This power duo has led the way for other same-sex couples to also take a trip down the aisle.

3. Harrison Ford and Calista Flockhart: After meeting at the 2002 Golden Globes, not only did sparks fly, but so did a glass of wine. Even if it was a spilled glass of wine that brought these two together, it seems to have worked because the pair has been together ever since. The strong and talented couple is not dwelling on their 22-year age gap.

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

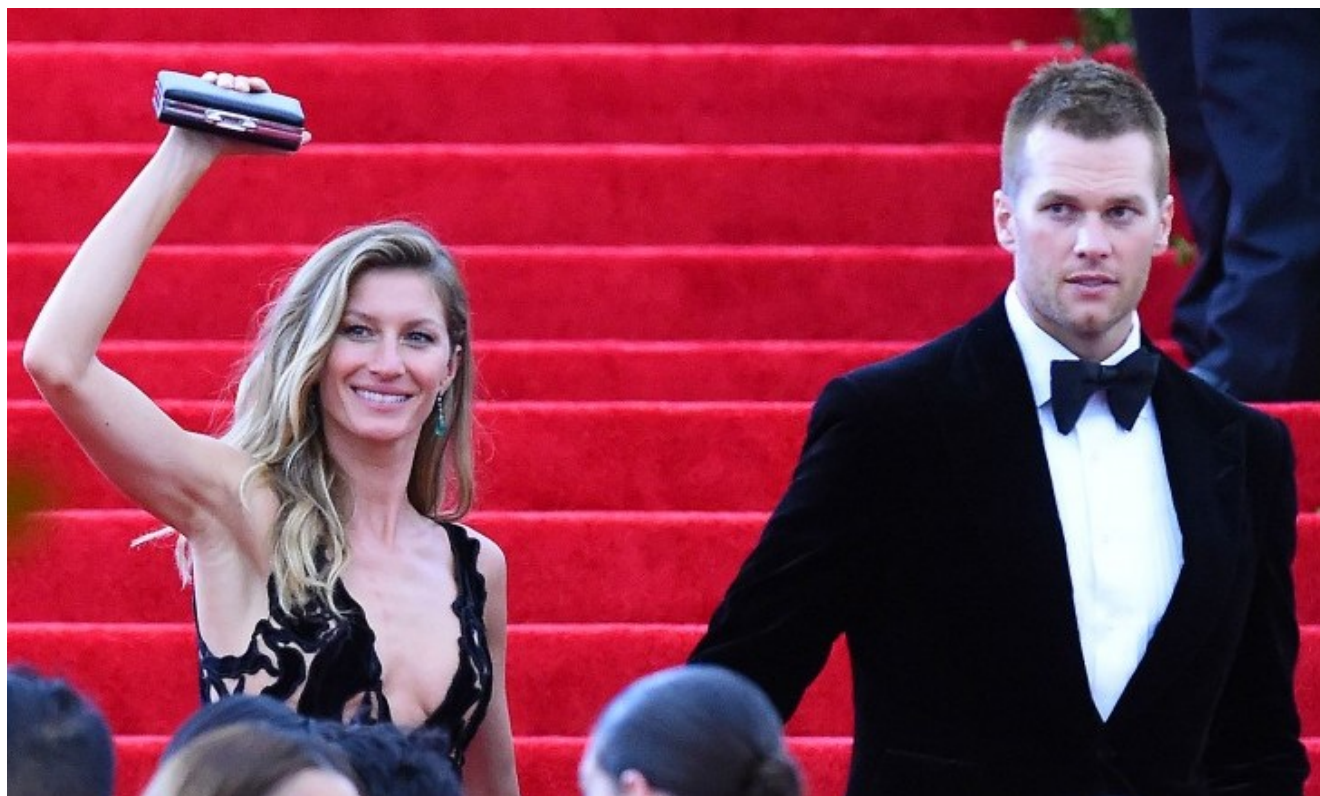
4. Johnny Depp and Amber Heard: After meeting on set in 2010, this mysterious and timeless couple was not actually romantically linked until 2012. The couple has since gotten engaged earlier this year. Nonetheless, the 23-year age difference sure looks good on them.

5. This couple takes the crown for having the biggest age gap in Hollywood – 6 decades to be exact. Hefner and Harris did not let their 60-year age difference prevent them from getting married and starting a life together. Hefner once tweeted wise words: “When you’re in love, age is just a number.”

What other celebrity couples have a large age gap? Share what you know in the comments!

Broken Engagements: Celebrity Couples That Never Made It

Down the Aisle



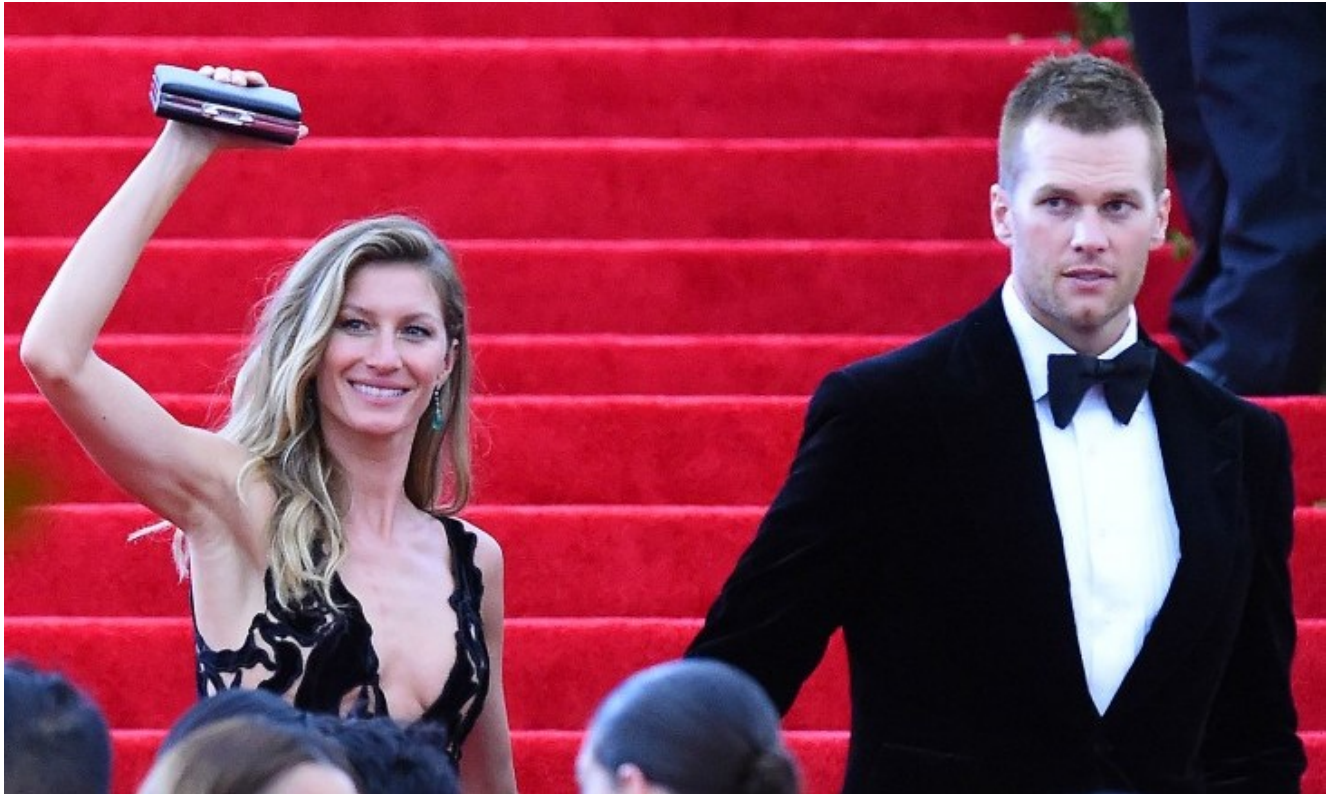


Liam Hemsworth and Miley Cyrus

This young couple met on the 2010 set of their movie 'The Last Song' and announced their engagement in August 2012. Unfortunately, the pair called things off about a year later. While the pop star has said, "It was so fun wearing a fat rock for a few years," she's remained single since the split. Photo: Andrew Evans / PR Photos

**Antonio Sabato Jr. on His
'DWTS' Journey So Far: "I
Have a Passion with**

Everything I Do”



By [Sarah Batcheller](#)

Impressed doesn't even begin to sum up the fan's opinion of Antonio Sabato Jr.'s Bollywood performance during partner switch-up week on ABC's *Dancing with the Stars*. While viewers missed his dynamic dancing with partner Cheryl Burke, he and Allison Holker really turned up the heat with kicks, jumps, and stunts. Much to Sabato's pleasure, judge Julianne Hough noted his passion and said he was "most improved." Find out more from the *Fix It and Finish It* host in our [exclusive celebrity interview](#) below!

Exclusive Celebrity Interview with Antonio Sabato Jr. About 'DWTS'

What was running through your mind when you found out you were dancing Bollywood?

ASJ: Excitement! I was very excited because I love Bollywood. I knew it would be fun and was very happy to get to do it.

Allison mentioned how high energy this dance is. Was it harder to learn than past dances because of the quick pace?

ASJ: In some ways, it was, and in some ways, it wasn't. The good thing is that I felt really comfortable in it from the beginning. Actually, I'm feeling more comfortable with dancing as a whole. Some weeks, it's hard, and some weeks are easier, but I love all the challenges. I think I had more fun learning Bollywood because it's a happy kind of dance, and that made it a fun challenge.

Related Link: ['DWTS' Star Antontio Sabato Jr. on Switch-Up Partner Allison Holker: "I Couldn't Ask For Anyone Better!"](#)

How did your chemistry with Allison compare to it with Cheryl? Did you agree with the judges when they noted the disconnect between the two of you?

ASJ: It's about the dance and what we tried to do. There's a chemistry when you dance with a great partner, and it worked with Allison as well as Cheryl. They're both amazing dancers, and I'm fortunate to dance with Cheryl and to work with Allison. I've never danced before, so I'm learning as a student and come in with no expertise.

No, I didn't agree with the judges. That was their opinion as judges. I know that I had a great time in the dance. They are supposed to judge, and it didn't take away from what we did on the floor.

We love that Julianne commented on how passionate you are each week – that had to feel good! Where does that passion come from?

ASJ: I have a passion with everything I do. When I do something, I want to do it the best I can. I take pride in the life I have and the choices I make. I'm blessed to be on a show like *DWTS*. I guess the passion is in my blood – the passion to work hard on something. I'm Italian, and we are a very passionate people.

Julianne also called you “most improved” on *Good Morning America* last week. We'd love to know your thoughts on this sweet comment!

ASJ: HUGE compliment coming from her. I totally respect her as a dancer, a performer, and now a judge. As soon as I see her, I will thank her and let her know how grateful I am for what she said.

What was it like watching Cheryl dance with Alfonso Ribeiro? Any jealousy?

ASJ: Nah, I was happy for both of them. They were so good. Alfonso has been dancing his entire life, and I've been looking forward to watching people that know how to dance get to dance. It's so fun to watch. I was very supportive of both of them, especially Cheryl.

Is there anything you learned from Allison that you'll be using during training this week?

ASJ: I'm learning so much from every dance I do, and I enjoy every different move and song. I learned with Bollywood to relax even more and to have more fun. I've learned to pay attention to every step and to loosen up. That's what I'm going to take with me this week as I do the Salsa with Cheryl.

Related Link: ['DWTS' Pro Tony Dovolani on Betsey Johnson:](#)

[“She’s Never Felt Pretty in Her Life”](#)

When we first spoke with you, you mentioned your family would be in the audience each week. What sort of feedback have they been giving you?

ASJ: My family is being very supportive of me. They love the show; they love to dance; and they love to get to see me dance. We’re always there together, and it’s a blessing. They love it. All my friends come and see me and support me, and it makes it so special.

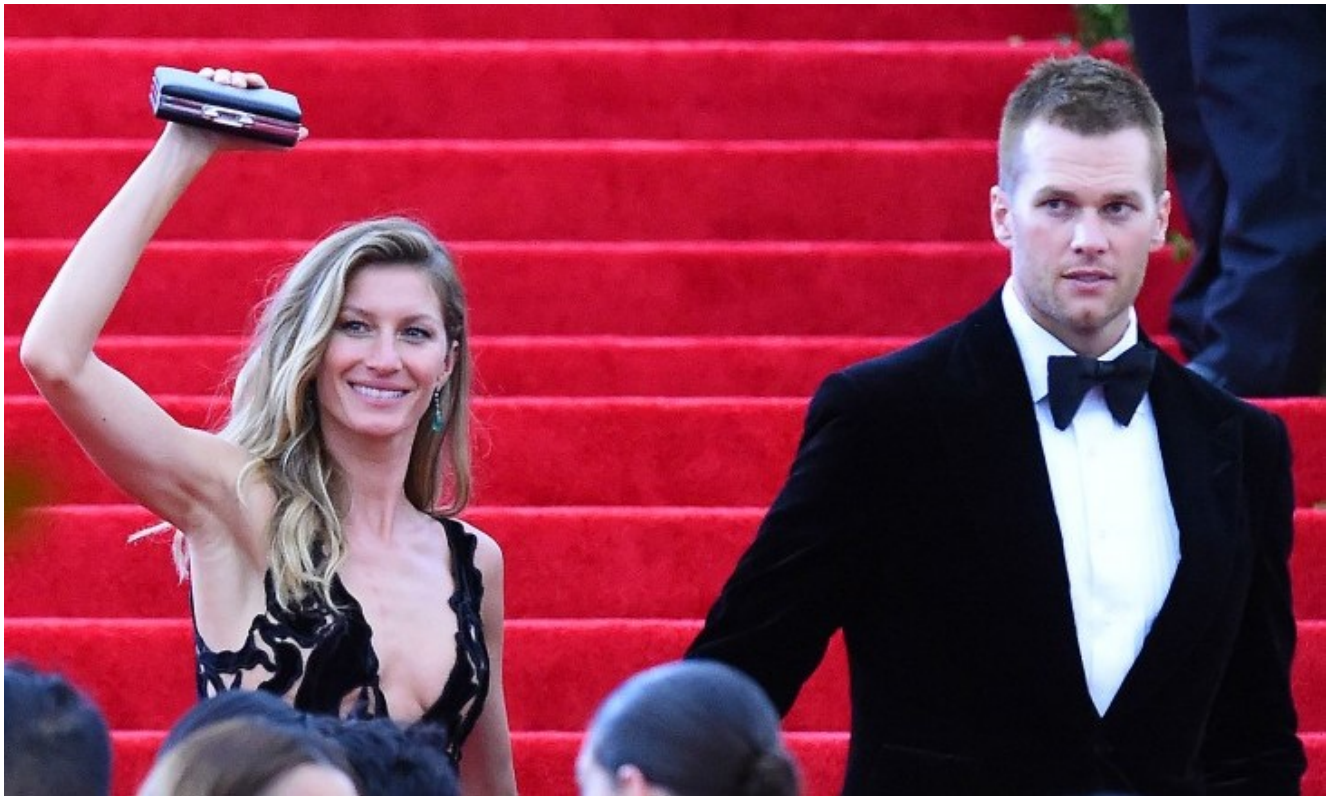
Lastly, you’re still shooting *Fix It and Finish It* while you’re competing. How is Louisville?

ASJ: We had our last shoot there on Friday, and now, our crew moves to Cleveland. I really love the city a lot, and hopefully, I can run into LeBron!

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

Does Your Dating Radar Need Some Tuning?





By Maggie Manfredi

Swimming through the 21st century dating pool can be a complicated endeavor. Not only are you searching for a soul-mate but you have to doggy paddle your way through cringe-worthy dating apps, dating websites with a price tag or crowded bars with minimal lighting. It's no easy feat and according to *psychologytoday.com*, "It's been found that 81 percent of people lie on their online dating profiles, most often about their age, height, weight, and earning power—and that doesn't include photo shopping." So before you go out there with all the liars and the dirty, dirty cheats of the world, you need to make sure your dating radar is as active as your tinder inbox.

1. Be honest with yourself and with others: You can't prevent people from telling you falsities to make themselves look better but you do have control over your own actions. Everyone has experienced that moment where your finger hovers over the send button as you over analyze every single word in the conversation. Make it easier on yourself and simply make sure your words are truthful.

Related: [Should You Date Someone Going Through a Divorce?](#)

2. Don't get stuck in the cyber limbo: So you've started chatting with a cutie on OkCupid. You're chatting, and chatting some more...Warning: you are getting caught in the cyber limbo. If you don't feel a spark don't drag along a boring conversation. If you get butterflies every time you get a notification, do not be afraid to make the first move. (Dating app tip, make sure the first in person encounter is at a public place that you are comfortable at or have been to before.)

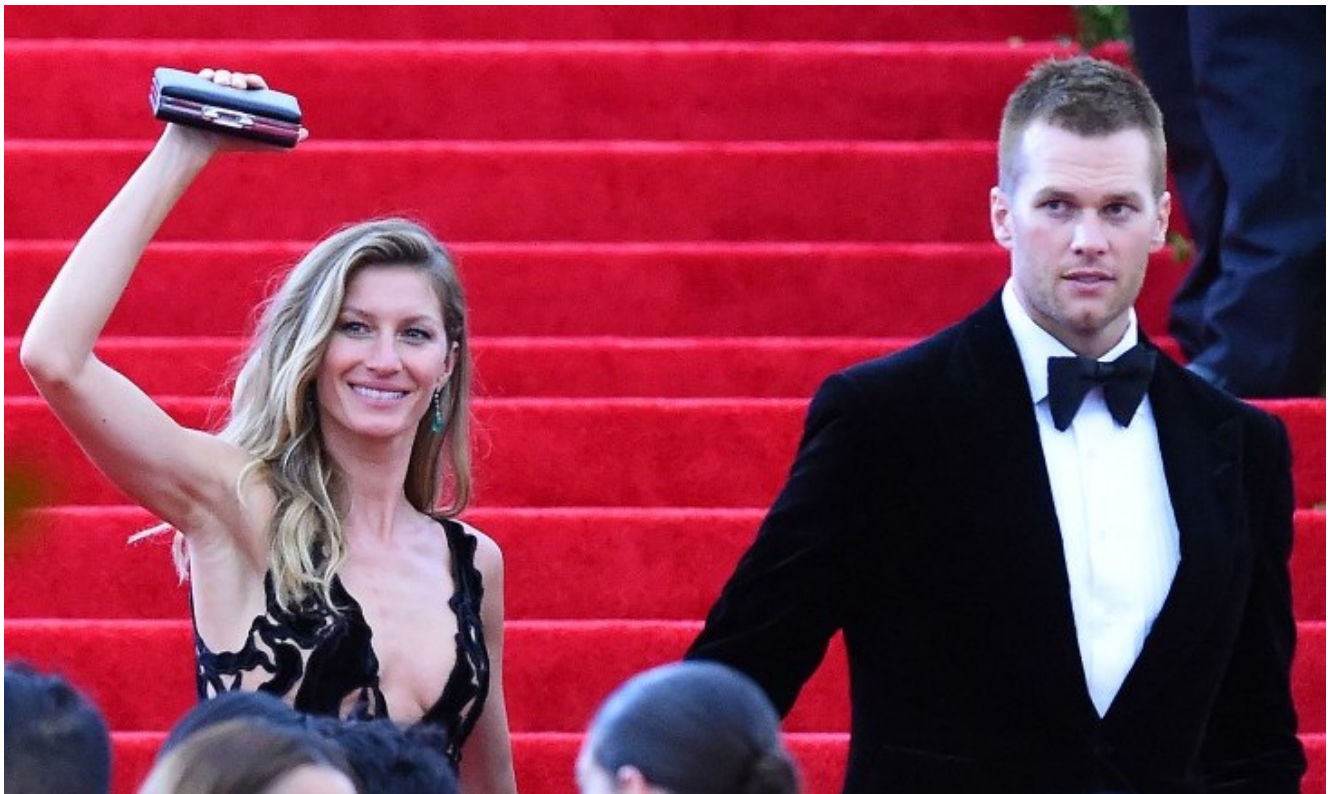
3. Be prepared for rejection: If you are lucky you will get some dates with some interesting people. Not every date is going to be a love connection, that's a fact. Sometimes you may be thinking there is something there but the other person is just not that into you, remember that this is okay. For a monogamous relationship to work there has to be mutual adoration and respect. When you go for drinks or grab a coffee don't set your expectations too high. Dating is supposed to be fun and if someone says thanks but no thanks, think of it positively, as one step closer to love.

Related: [10 Signs That Your relationship Has Hit a Dead End](#)

4. Keep it simple: With all the different dating resources you might find yourself getting caught up in the many ways to meet people. Dating app tip number two, limit yourself to one or two apps/websites so that you do not drown in eligible bachelors or bachelorettes. Though these apps are the greatest because you can find a date while sipping wine in your pajamas, remember that there are plenty of singles out there right now just waiting to meet you in person. So get out there!

How do you survive singledom? Share your comments below!

10 Films About First Love that Make You Want to Fall in Love All Over Again + A Giveaway!



This post is sponsored by The Best of Me.

By [Sarah Batcheller](#)

It's not hard to remember being a teenager, curling up on the couch with your mom, your best girlfriends, or your first boyfriend, hitting the lights, and watching a movie about

first love. In those days, the stories of the star-crossed, wild-at-heart, or shy lovers were peepholes into what you hoped would be your own love story one day. They inspired you to see the potential for love in each day and to be wholly devoted when you found it yourself. Even though you're a bit (or a lot) older now, you may find yourself in a situation and still think, "Oh my gosh, this is just like that scene from *The Notebook*!"

It's no surprise that film adaptations of novels by Nicholas Sparks have received widespread acclaim for portraying loves of the century. This Friday, yet another of these Sparks stories is premiering on the big screen: *The Best of Me*. Cupid was inspired by the new movie to bring you a list of our favorite films about first love (in no particular order). Spoiler alerts ahead!

1. *The Notebook*: We had to start our list with *The Notebook*. In the film, Allie and Noah meet as teenagers. Noah lives in a small town in South Carolina where Allie's family vacations in the summer. They are torn apart when Allie's parents, who despise Noah for his lower-class status, force their daughter to go home early. The ups-and-downs they endure through the years – both together and apart – make for an epic love story. The most beautiful part is that the tale is being told by an elderly Noah to his wife Allie, who has dementia. Cue the tears!

Related Link: [5 of the Sweetest Movie Moments](#)

2. *The Girl Next Door*: This one you probably didn't watch in your pre-teens, but it's still a pretty epic love story. Matthew, a high school student looking to attend Georgetown University, falls in love with Danielle, the girl who moves in next door. Matthew finds out from his friends that Danielle is an ex-adult film actress and accidentally insults her for it. He wins her back but not before an intense encounter with her

ex-boyfriend.

3. *Never Been Kissed*: Josie Geller, a writer for the *Chicago Sun-Times*, poses as a high school student in order to write a piece meant to inform parents on their kids' behavior. Josie, who was a nerd in high school, is forced by her boss to become one of the popular kids in order to beat out other newspapers with the more interesting stories. While working on the assignment, she falls in love with her English teacher Sam. She nearly loses him when he discovers her true identity but hopes that her newspaper article will win him back. You'll have to watch and see what happens!

4. *A Walk to Remember*: This Nicholas Sparks tale is the tear-jerker of all tear-jerkers. Landon and Jamie first meet when Landon is being punished for playing a horrible prank on a classmate. Despite teasing from Landon's friends, they become close when Jamie begins helping Landon with his lines for a school play. They begin a beautiful relationship, and Landon helps Jamie achieve her list of things to do in her lifetime, a lifetime that will be cut tragically short by terminal leukemia. He stays by her side as she battles her illness, and true to his dedication to help her achieve the items on her list, he marries her in the same chapel her parents were wed. Ultimately, his first love changes Landon for the better.

Related Link: [5 Best Steamy Movie Kisses](#)

5. *The Best of Me*: This film, being released this Friday, October 17th, has been widely anticipated by Nicholas Sparks fanatics and romance movie junkies alike. The story follows Dawson and Amanda, who were high school sweethearts. Twenty years after their split, they reunite in their hometown to attend the funeral of a close friend. Amanda is now married and a mother, but the passionate love she once felt for Dawson ignites again. We can already see ourselves curled up on the couch with our besties, rooting for these characters to find

their happy ending (although we know better than to think that with Sparks at the wheel!).



A young Dawson and Amanda in 'The Best of Me'. Photo courtesy of Relativity Media / Mammoth NYC.

6. *Sweet Home Alabama*: Melanie and Jake fell in love as kids and eventually married. When Melanie left him to pursue a career as a fashion designer in New York City, Jake refused to sign their divorce papers. Melanie, who has hidden her Southern roots with a fake last name, travels home to Alabama upon becoming engaged to the mayor's son Andrew and hopes to end her first marriage. While in Alabama, she remembers what she loves about her friends and family. Soon enough, Andrew shows up and discovers the truth about his fiancé. What happens next is anyone's guess!

7. *Like Crazy*: Jake and Anna meet in college in Los Angeles, where Anna is an exchange student from London. They immediately fall in love, but as soon as graduation hits, her student visa expires. Anna's legal troubles continue, and

the couple has to fight even more for the love they share.

8. *My Girl*: This tragedy is particularly heart-wrenching. Vada struggles with understanding life – because of her father’s profession as a funeral director, because she lives in a funeral home, and because she blames herself for her mother’s death, which occurred shortly after she gave birth to Vada. Her best friend Thomas accompanies her everywhere, even on her frequent visits to the doctor’s office (living in a funeral home has made her a hypochondriac). A tragic loss causes Vada to struggle even more but not before she discovers what true love is.

9. *Grease*: We all know the lyrics to this upbeat soundtrack, don’t we? Sandy and Danny fell in love over the summer, but sadly, Sandy has to return to her home in Australia. Suddenly, though, her parents decide to stay, and Sandy heads to Rydell High School, where Danny attends. Danny, who is a greaser, tries to keep up his macho act in front of his friends, upsetting good girl Sandy. Of course, thanks to music, the two eventually end up back in each other’s arms.

Related Link: [From Bestseller to Film comes ‘The Fault in Our Stars’](#)

10. *The Fault in Our Stars*: Hazel and Augustus meet in a cancer patient support group in Indianapolis. Augustus’s illness caused him to lose his leg, while Hazel’s cancer is slowly destroying her lungs. The two become close and agree to read each other’s favorite novels. They track down the author of Hazel’s nominated book down in an effort to find out answers regarding the sudden, mysterious conclusion of the book. Based on a true story, their journey is sure to tug at your heartstrings!

These wonderful movies can really help you understand what all different types of love can look like but even with hundreds of movies out there, it is sometimes extremely hard for a man

[to know when a woman is attracted to you sexually](#) if there are no clues or signs. Hopefully, these movies will give you some tips and clues.

~~GIVEAWAY ALERT: One lucky reader will receive a *The Best of Me* prize pack, including a branded hoodie, branded lip balm, branded tote bag, branded Kleenex box, branded coffee mug, *The Best of Me* book by Nicholas Sparks, a soundtrack from the film, a mini poster, and a \$25 Fandango gift card. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on October 30th. In the subject line, please write "The Best of Me Giveaway." You can also enter [via Facebook](#). You can enter the contest only once. Good luck!~~

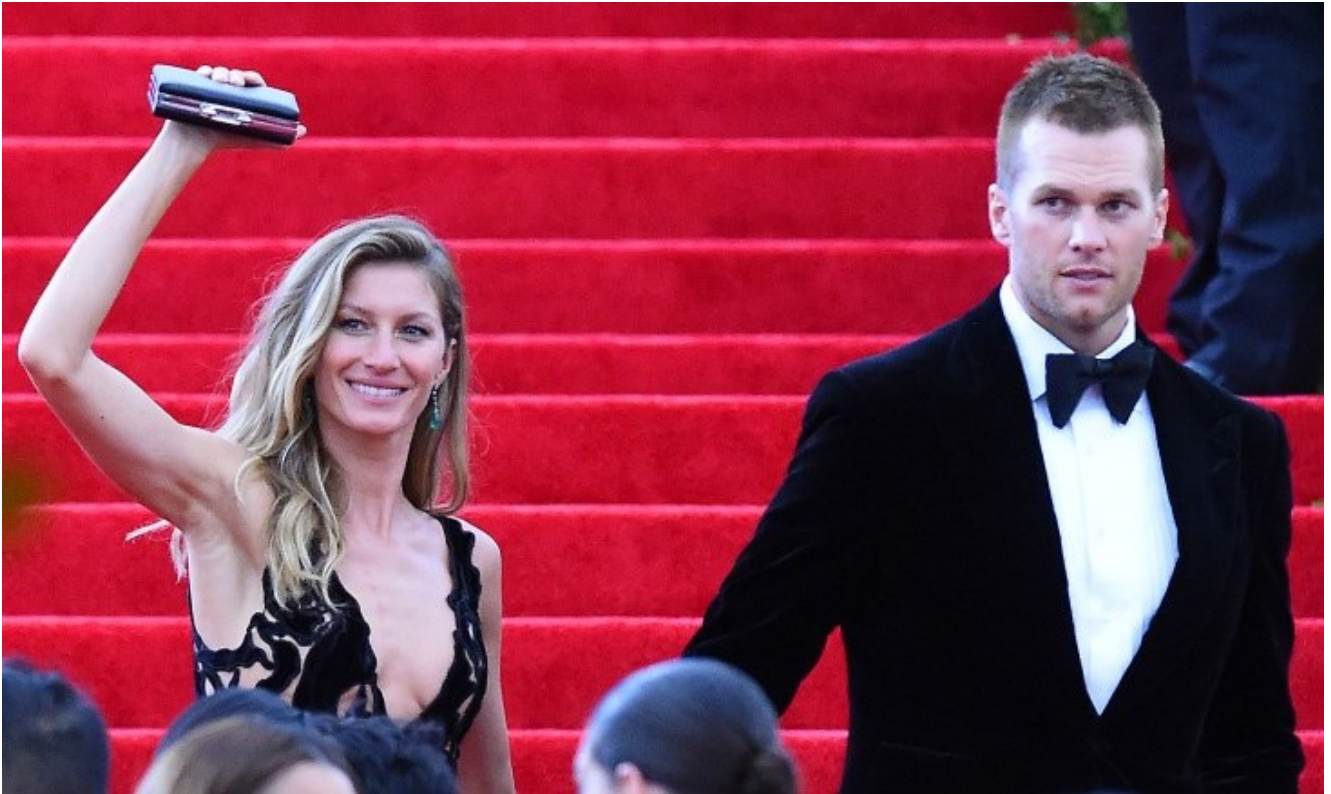
Giveaway is now closed. Thank you to all who participated!



Photo courtesy of Relativity Media
/ Mammoth NYC.

Real Life Celebrity Duets





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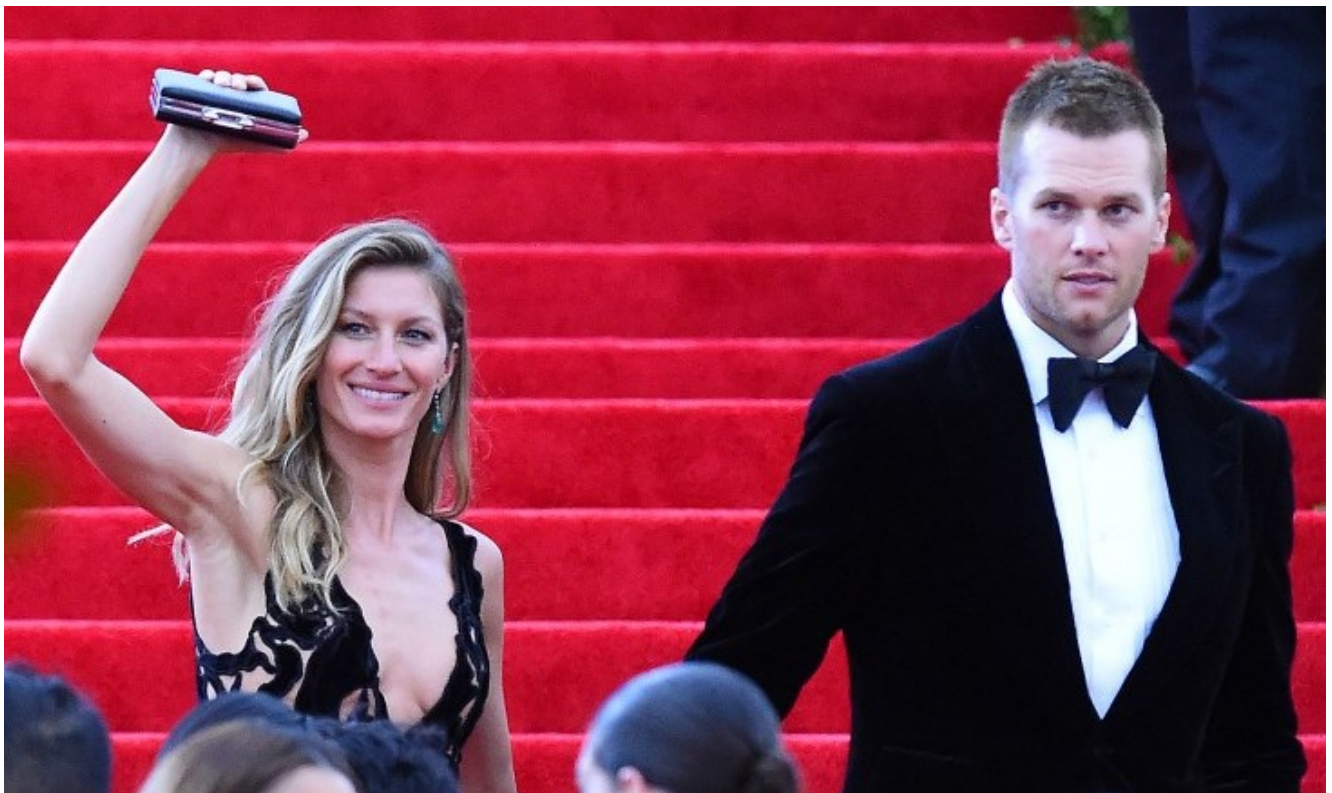


Beyonce and Jay Z

Known as the queen and king of music, this couple is one of

the most powerful celebrity duos. Not only has the hot pair been together for over a decade, they collaborate regularly with too many songs to count and recently performed their On The Run Tour together for thousands of fans around the U.S. Photo: Janet Mayer / PRPhotos.com

‘Lucky Dog’ Host Brandon McMillan Shares Dating Advice: “Plan Your Moments For and With Each Other”



By [Sarah Batcheller](#)

Coming from a family of circus animal entertainers, [Brandon McMillan](#) was introduced to the world of animal training at a young age. Beginning with wild animals like tigers and moving on to household canines, he has a long-running love for adrenaline and has mastered the art of command and diligence. On his CBS series *Lucky Dog*, the animal lover shows off his training skills: Beginning by adopting lonely dogs from shelters, he brings them back to Lucky Dog Ranch to be trained. He then finds homes (often with owners for whom the dog can provide service) for the lucky dogs. In our exclusive celebrity interview, the television star opened up about season two of his hit show and his best [dating advice](#) to consider before bringing a furry friend home.

Exclusive Celebrity Interview with ‘Lucky Dog’ Host

The canine transformer reveals that the current season of *Lucky Dog* involves having a lot more fun and says, “I like to outdo everything I’ve done before.” He mentions that he will even be teaching an eight-year-old doberman mix to stand on a paddle board, joking about the adage, “You can’t teach an old dog new tricks.” Plus, he shares that there will be a lot more service this year as well; for example, he trains a dog to assist an injured war veteran.

Related Link: [‘Lucky Dog’ Host Brandon McMillan Says, “If I Can’t Laugh Constantly with Someone, It Won’t Work Out”](#)

The Lucky Dog Ranch owner wants his viewers to remember “never to underestimate the power of a shelter dog.” He explains, “There’s an old myth that shelter dogs are damaged goods, when in reality they’re just as trainable, if not more trainable, than breeder dogs.” The circus veteran says that,

as a teenager, he wanted to make all the money he could training animals, and now, at 37, he wants to make all the difference he can.

Dating Advice for Couples Who Want to Adopt a Pet

McMillan advises couples who are looking to rescue a pet together to remember to compromise. For example, if one partner likes smaller, fluffier dogs, and the other likes bigger dogs, they'll have to find a way to meet in the middle. He encourages them to "spend week after week at the shelter rather than going off of an immediate reaction or face value. It's important to remember that a dog's personality is more important than how aesthetically pleasing he is." Once the couple does have the dog, he suggests the more patient person train him, while the more energetic one exercises him.

If you already have a pet who's not quite sure about your new boyfriend, you may want to take your dog's reaction seriously. The *Lucky Dog* host humorously recalls that women he knows often utilize a golden rule of, "If my pet doesn't like you, then I don't either." He laughs about this dating advice, saying, "If a woman says her cat hates a man she's seeing, then that man is toast!"

As far as his own love life goes, the animal trainer is single, attributing his relationship status to the fact that 23 hours of his day are dedicated to *Lucky Dog*. "Unless a person can dedicate 51 percent of their time to another person, they're not ready to be in a committed relationship," he shares in our exclusive celebrity interview. Even though training dogs for service is his priority now, he can see himself settling down with someone special in the next couple of years. So be on the lookout, ladies!

Related Link: [Dating with Dogs: Picking Out a Pet Together](#)

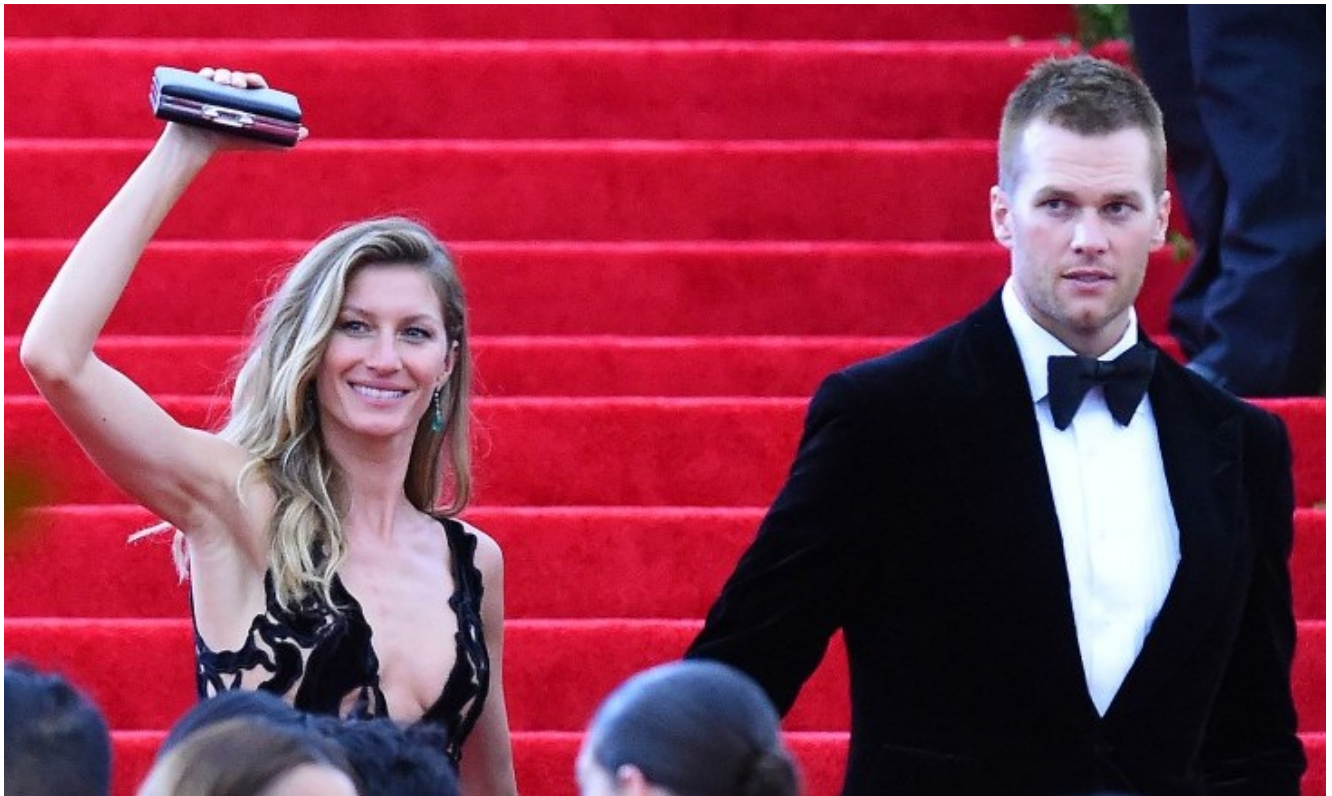
The adrenaline junkie's first love was the thrill of training wild animals, and in his opinion, if two people's interests are too different, then the relationship is a no-go. He feels like his thirst for adventure and desire to do activities like skydiving or swimming with sharks has been incompatible with partners in the past and therefore a deal breaker.

The busy trainer's dating advice for those with careers that cause them to travel often, like his does, is to make sure every minute is quality time. "No sitting on the couch watching trash television! Really plan your moments for and with each other. Saying 'I'm too tired' leads to trouble," he believes.

Fans can keep up with Brandon on Twitter @BrandonMcMillan. Be sure to catch Lucky Dog weekend mornings on CBS!

'DWTS' Star Antontio Sabato Jr. on Switch-Up Partner Allison Holker: "I Couldn't Ask For Anyone Better!"





By [Sarah Batcheller](#)

Antonio Sabato Jr. is still impressing fans with what seems like natural-born talent on *Dancing with the Stars*. Last week, judge Carrie Ann Inaba called him “the heartthrob of the season” after he performed the Samba with partner Cheryl Burke. He also won over the audience by dedicating the performance to his mother and paying tribute to the year his family came to the United States. This week bares new possibility, as Sabato and the other contestants switch partners. The *General Hospital* actor is looking forward to dancing Bollywood with new pro Allison Holker – read our [celebrity interview](#) below to find out more about their training!

How did learning the Samba compare to the other dances you’ve done this season? Do you have a favorite so far?

ASJ: They’re different in technique, but to me, they’re all new, so they’re all challenging. They are a lot of fun and having Cheryl teach me has made the challenge that much more enjoyable. Right now, I don’t have a favorite one. So far,

each one has been unique in its own way – it's hard to say!

Related Link: ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special for Us Both"](#)

We love that you dedicated this week's dance to your mom. Anything you can share about the support she's given you during *DWTS* so far?

ASJ: My mom comes from the dancing world, so her guidance has been invaluable. She advises me on how to relax more and gives me tips for my posture. She's been amazing, explaining to me how to attack a dance through feeling the music and through your body. Those things have been very helpful, and I am so indebted to her for her support.

How did it feel when Carrie Ann called you "the heartthrob of the season"?

ASJ: Hey! I was flattered. Anything coming from the judges is helpful and very kind. I take it as compliment from her, as beautiful as she is.

You looked a bit disappointed when the judges shared their scores. What were you thinking in that moment?

ASJ: Obviously, you want to earn the highest score possible, but honestly, that's not what my reaction was about. The disappointment wasn't related to the scores but for my own mistake in the dance. You probably wouldn't see it on TV. I knew it, and Cheryl knew it, but I didn't want to let it get to me.

Related Link: ['DWTS' Star Antonio Sabato Jr. on His First Week: "I Do Everything Cheryl Tells Me To!"](#)

Antonio Sabato Jr. on Bollywood

Dance in Celebrity Interview

Tonight is the switch-up. We know you were disappointed to leave Cheryl for a week! What can you tell us about training last week?

ASJ: I've been paired with Allison Holker, and we're doing Bollywood, which is full of color. I'm not wearing any shoes, completely barefoot. We're working really hard, putting the hours in to make it as fun for everyone else as it will be for us.

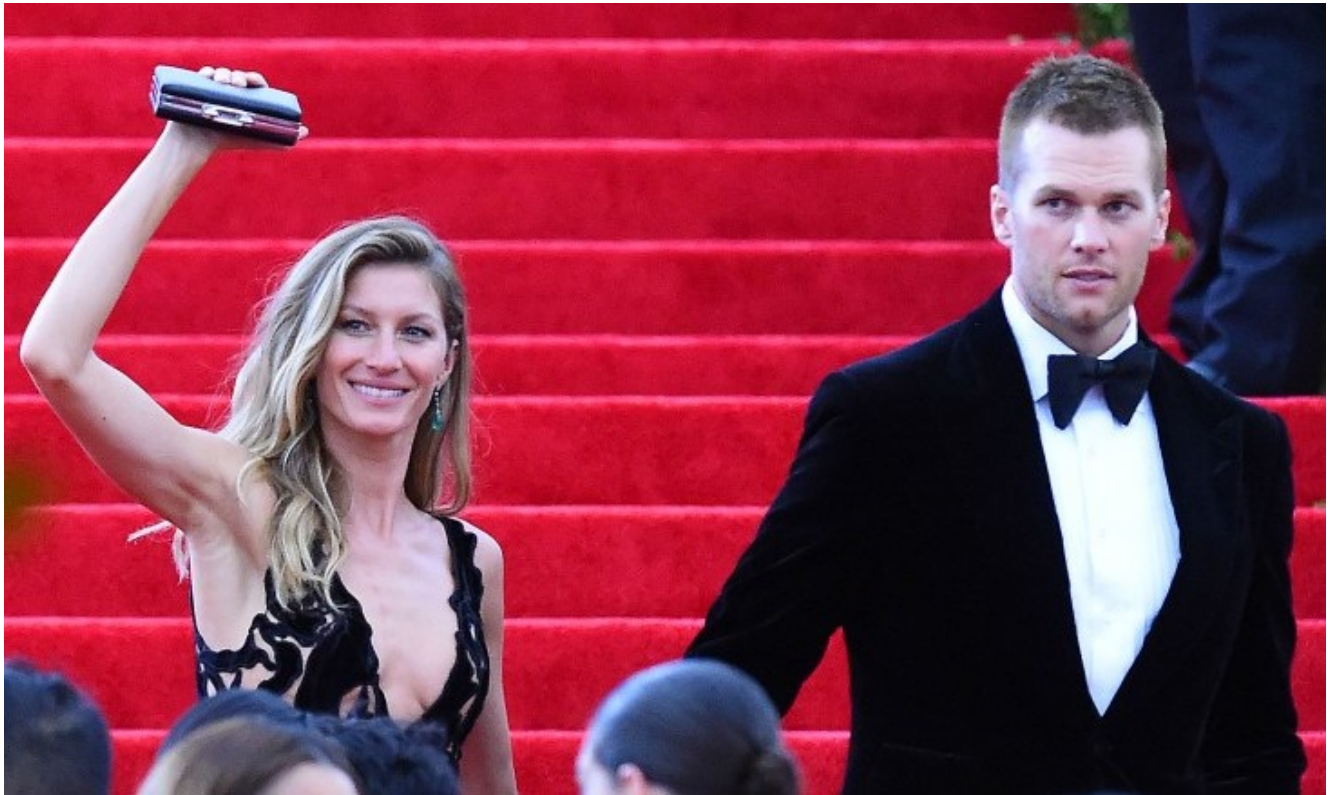
I've known Allison and her husband, and she's another person I can learn from. I'll take what I learn back to Cheryl and continue to grow. I couldn't ask for anyone better, but I do miss Cheryl.

And lastly, what's been going on this week with *Fix It and Finish It*? Where are you currently filming?

ASJ: We're still in Louisville, a beautiful town with beautiful people and projects. We just finished up three projects this week, and we have three next week. Then, we're off to Cleveland.

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

5 Celebrities That Have Been Adopted



By [Courtney Omernick](#)

It's no secret that Brad Pitt and Angelina Jolie love adopting kids. But, what about the celebrities out there that have been adopted themselves? Below is a list of five celebrities that were adopted. And, the list might surprise you.

1. Marilyn Monroe: The blonde bombshell was actually abandoned by her widowed mother at a young age, and she spent most of her childhood in foster homes.

Related: [AshLee Frazier Opens Up About Being "Most Hated" on 'Bachelor in Paradise'](#)

2. Bill Clinton: Like Marilyn Monroe, the 42nd president was also born to a widowed mother and was sent to live with his grandparents as a child. He is the second president to have ever been adopted.

Related: [How to Protect Yourself From Online Hackers](#)

3. John Lennon: The “Imagine” singer was adopted by his aunt after his father went AWOL while on a naval ship, and his mother was unable to care for him.

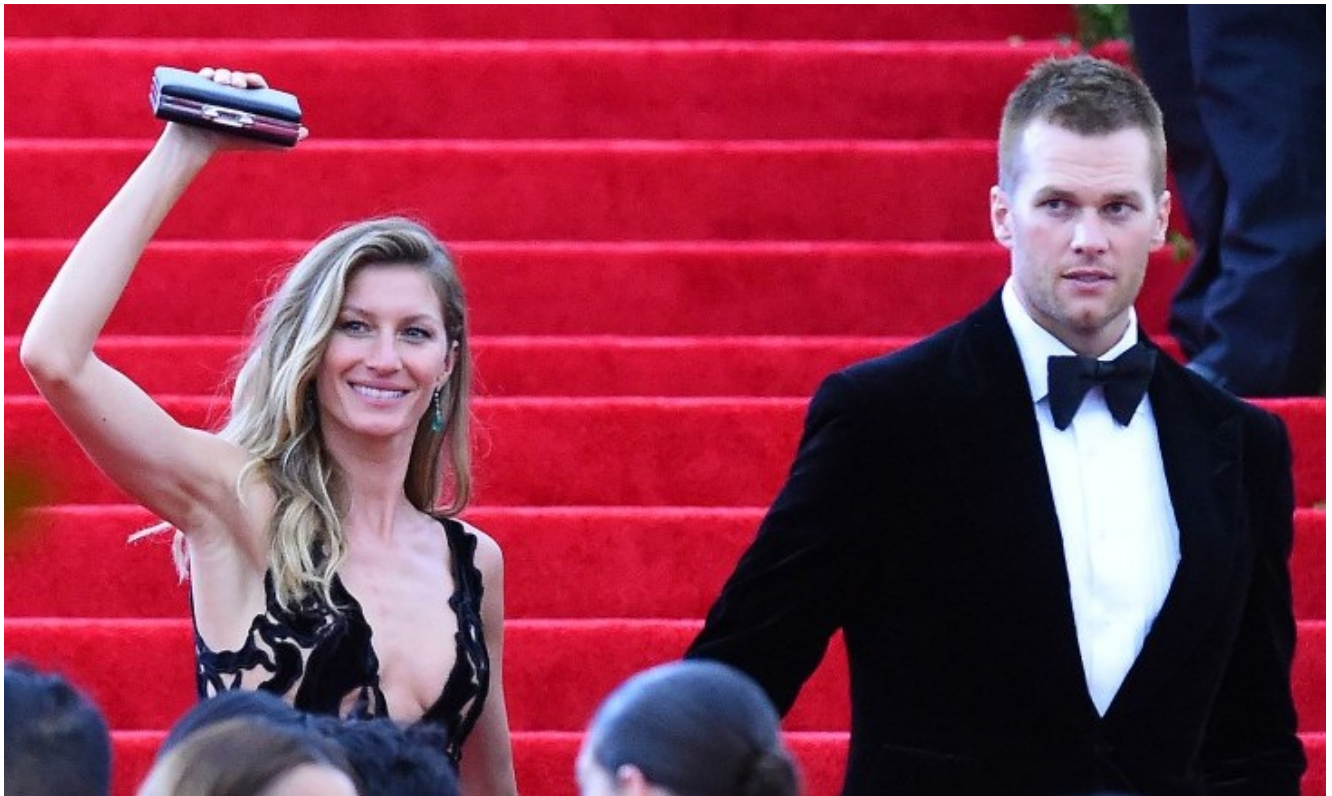
4. Nelson Mandela: Nelson Mandela was adopted at the age of nine by Chief Jongintaba Dalindyebo, the acting regent of the Thembu people, after his father passed away.

5. Priscilla Presley: Priscilla’s father was a UN Navy pilot and died in a plane crash when she was six months old. Afterwards, her mother remarried, and Priscilla was adopted by her mother’s second husband.

What other celebrities have been adopted? Comment below!

‘DWTS’ Pro Tony Dovolani on Betsey Johnson: “She’s Never Felt Pretty in Her Life”





By [Sarah Batcheller](#)

Tony Dovolani has been a professional dancer on ABC's hit show *Dancing with the Stars* since season 2, and he finally won the coveted mirror ball trophy when he was paired with Melissa Rycroft during season 15. This year, he was partnered with fashion designer Betsey Johnson, and they were a fan favorite to say the least. Beginning the season with the notorious boa mishap, the pair climbed the rankings and became an exquisitely entertaining team for audiences to watch. Sadly, Dovolani and Johnson were eliminated during week four. Still, the pro is in high spirits as he gushes about his strong relationship with Johnson and his beautiful family in our exclusive celebrity interview.

Exclusive Celebrity Interview with 'DWTS' Pro

The *DWTS* veteran says that what keeps him coming back to the show every season is his love for teaching, his passion for fitness, and his desire to live a happy life. His partnership

with Johnson is proof of these wholesome intentions. He fondly recalls asking her about the most important thing that she learned from him, and her answer was, "The love for people you have." According to Dovolani, she added, "You don't just care about my dancing; you care about my well-being, and you want me to go on to live a good and healthy life." As if it weren't difficult enough for us to deal with their elimination already!

Related Link: ['Dwts' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

Dovolani took the chivalry up a notch by designing Johnson's dresses and picking out her hair and makeup each week. The fashion legend expressed to him that "she's never felt pretty in her life. I thought, 'That's so sad.' Here is somebody who has made so many people feel so beautiful for so many years," he explains. "I wanted to give it back to her, and I was honored and humbled to be given that opportunity. I wanted to make her the center of attention instead of her always making other people the center of attention!"

The fitness guru says that what was most unique about their relationship, that's never been true with any of his previous teammates, is that Johnson had more to offer than what meets the eye. He was able to "get to her" and show America who she really is. "If I could describe her in one word, it would be joyful," he added.

Dovolani was surprised when the pair was eliminated, especially given that his golden gal showed such an improvement. "I don't know what happened; I think people thought we were safe," he admits. "But we had a glorious, glorious journey each week."

Tony Dovolani Talks Celebrity Marriage

The pro dancer's loving nature extends to his home life as well. He happily boasts that he and his wife Lina dance together often. She even takes dance lessons at his studio in Connecticut. "I don't teach her though – if I did, she wouldn't be my wife anymore!" he says with a laugh. When it comes to being active with his three children, they especially love using the giant trampoline that he built for them in their backyard.

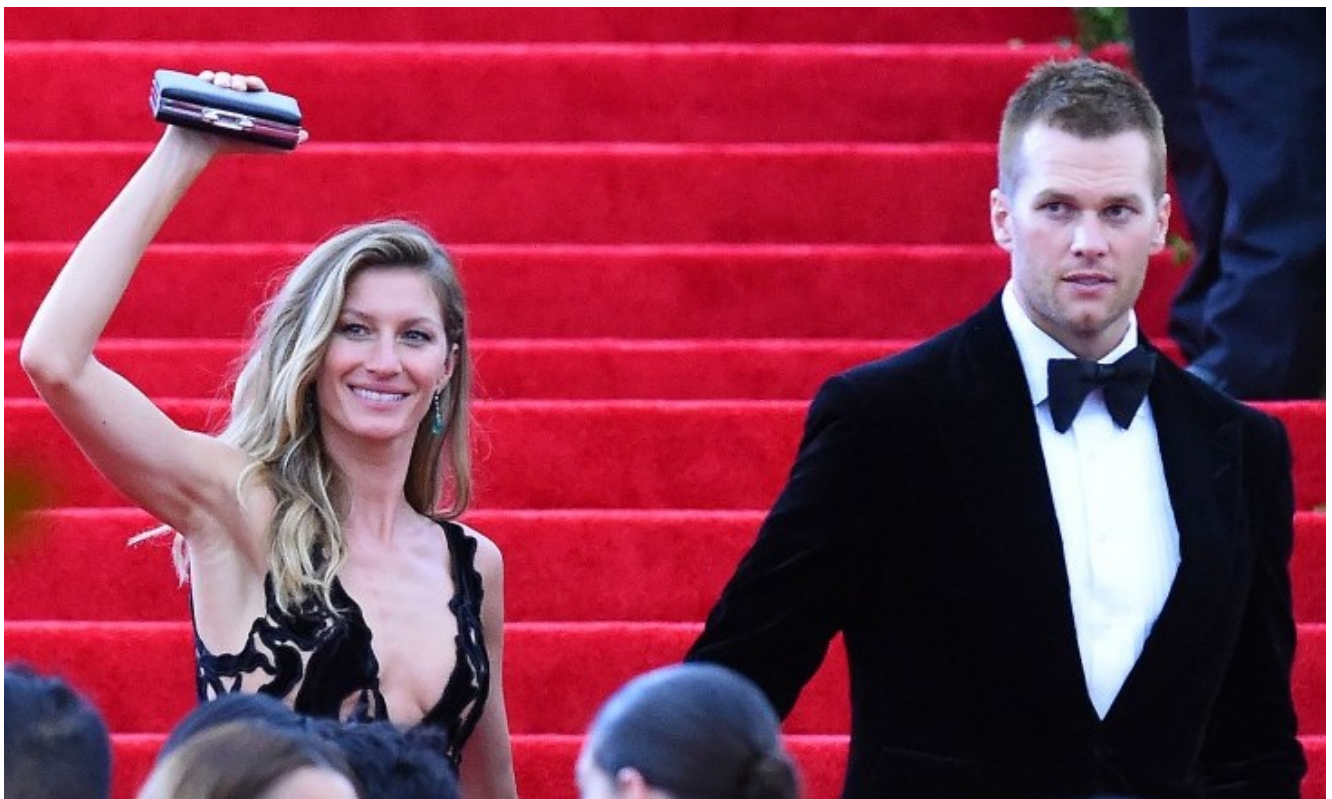
Related Link: ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special for Us Both"](#)

To keep the spark alive in his [celebrity marriage](#), Dovolani recognizes the importance of taking time away from bills and other responsibilities. It could be going to the movies or taking a simple walk in the park, but he believes you need that opportunity to connect with one another. "Take time to celebrate each other and see how your partner is doing," he advises in our exclusive celebrity interview.

Given his passionate attitude, it's no surprise that he gushes about how wonderful his relationship is. "I couldn't even imagine not being married," he shares. "When I look at the way my wife takes care of the kids, the house, and me, I think she's a more powerful woman than any man could ever be. Lina gives me strength; she gives me confidence; she gives me everything."

You can keep up with Tony on Twitter @TonyDovolani. Tune in for Dancing with the Stars on Mondays on ABC at 8/7c!

Weekend Date Idea: City Living



By Shannon Seibert

Cities are a haven for magical sites that capture the essence of romance. The crowds of interesting people, the hustle and bustle of traffic, and even the historical landmarks around you add to your experience. This fall weekend, embark on an adventure with your love and take in all that your hometown (or the nearest big city) has to offer with this exciting [date idea](#)!

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

Fun Weekend Date Idea in the City

Together, you and your man can browse the windows (Christmas isn't *that* far away, right?) and check out the unique boutiques. You never know what treasures you'll find! Whether it's a hand-crafted scarf for her or a festive tie for him, boutiques always have the best and most unique items for reasonable prices. Pick out something that incorporates the fall season. Stick to burnt oranges, exuberant reds, and shades of yellow and gold. Now, you have a new accessory for that fall wardrobe you've been dying to debut – perfect as you plan your next weekend date idea!

Parks are also a great place to find city-inspired entertainment. You may run into a sketch artist while you're wandering around. Have them draw up an animation of you and your honey. You can strike a silly pose, stick your tongue out, or even make the moment romantic with a kissing picture. This way, the two of you will have a fun way to commemorate your relationship and love and document the fun you had on your date.

You and your sweetheart can also enjoy the people of the city. Stop and watch the street performers and even volunteer to participate. New York City is known for their creative street dancers that incorporate their audience into their acts, so don't be shy! Doing things out of your comfort zone is a great piece of dating advice, and you might surprise yourself and your partner by unexpectedly jumping in the middle of the dance circle.

Related Link: [Date Idea: Batter Up](#)

Indulge in the flavors of the season with a Pumpkin Spice Latte and split a warmed cinnamon-chocolate croissant with your love as you tour the city. Order each other a cup of

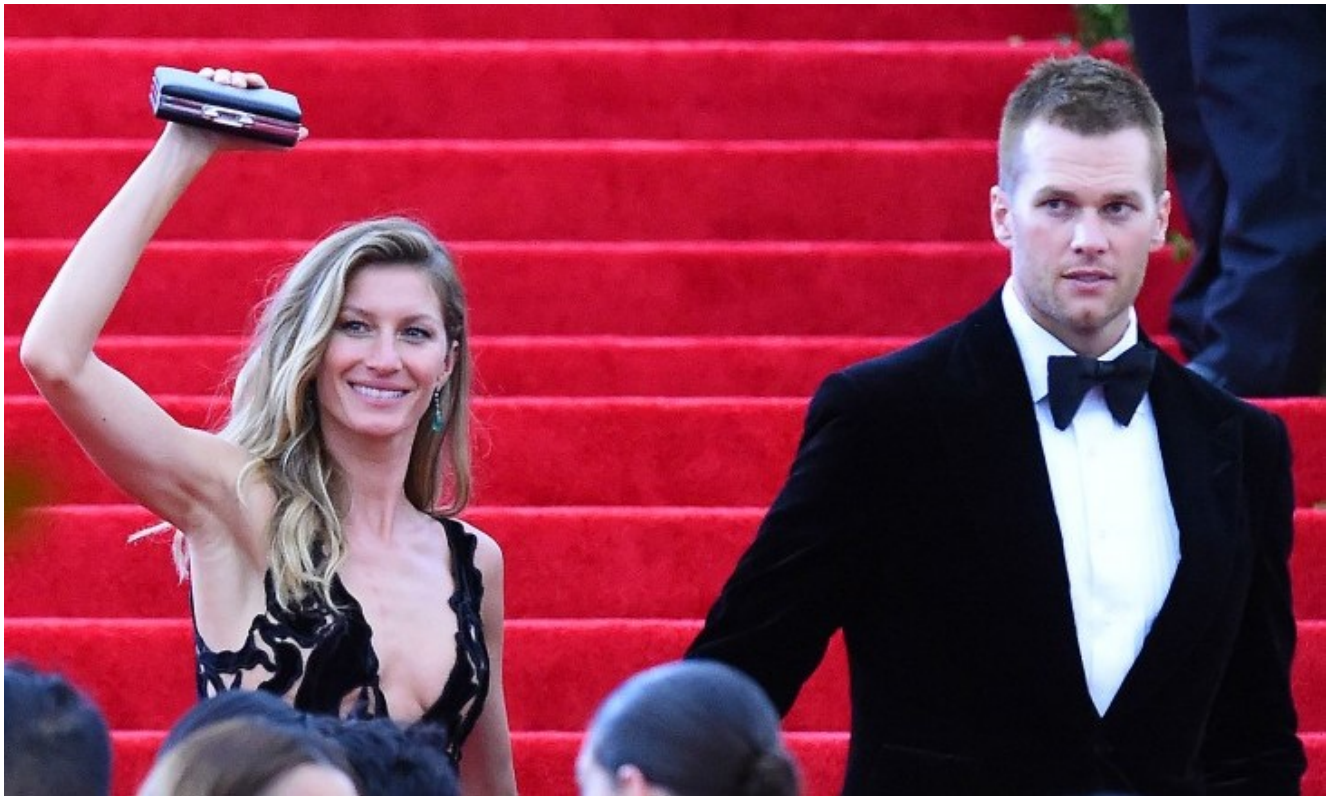
coffee or specialty drink from a street cafe and give each other funny names that include some of your inside jokes. When the barista calls out “Mr. Snores A Lot,” you’re bound to get a crowd reaction. As you’re holding hands and walking along the sidewalks, take in the feeling that the fall season is all about.

New York City also boasts an impressive number of famous couples who call the city home. While walking around and enjoying each other’s company, you and your honey might run into some celebrities, including Taylor Swift, Sarah Jessica Parker, or even Jay-Z and Beyonce. If you don’t want to approach them, snap some celebrity photos as proof to show your friends after this weekend date idea.

What places in your hometown do you think are most beautiful in the fall? Share with us below!

Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”





By [Sarah Batcheller](#)

Style and beauty expert Bobbie Thomas knows a thing or two about fall fashion. First, that there's no need to feel like you have to redo your entire wardrobe for the season. "There's something for everyone," Thomas explains in our celebrity interview. "I really like that seasonless style is around, where you can take a spring or summer item – like a bright color or floral pattern – and winterize it." Of course, the best tip is always confidence. "You need to walk into a situation with...a mission to actually like what you see in the mirror instead of already assuming you're not going to like that," she shares.

Related Link: [Brad Goreski Predicts Oscars Fashion](#)

Bobbie Thomas Shares Fashion Advice in Celebrity Interview

This time of year, the one must-have for every girl's closet is boots. "Riding boots happen to be my personal

favorite because they just look so polished. You could be in leggings and a sweater, and they give you just enough heel, but they're still so comfortable," she says.

Thomas shares [love advice](#) too and encourages practicality for your date night looks. "If you're looking to have a good time with someone, don't be uncomfortable!" she reveals. "Make sure you can move around and wiggle in your clothes. You really want to wear something that you'll be so comfortable in that you'll be able to be yourself on that date."

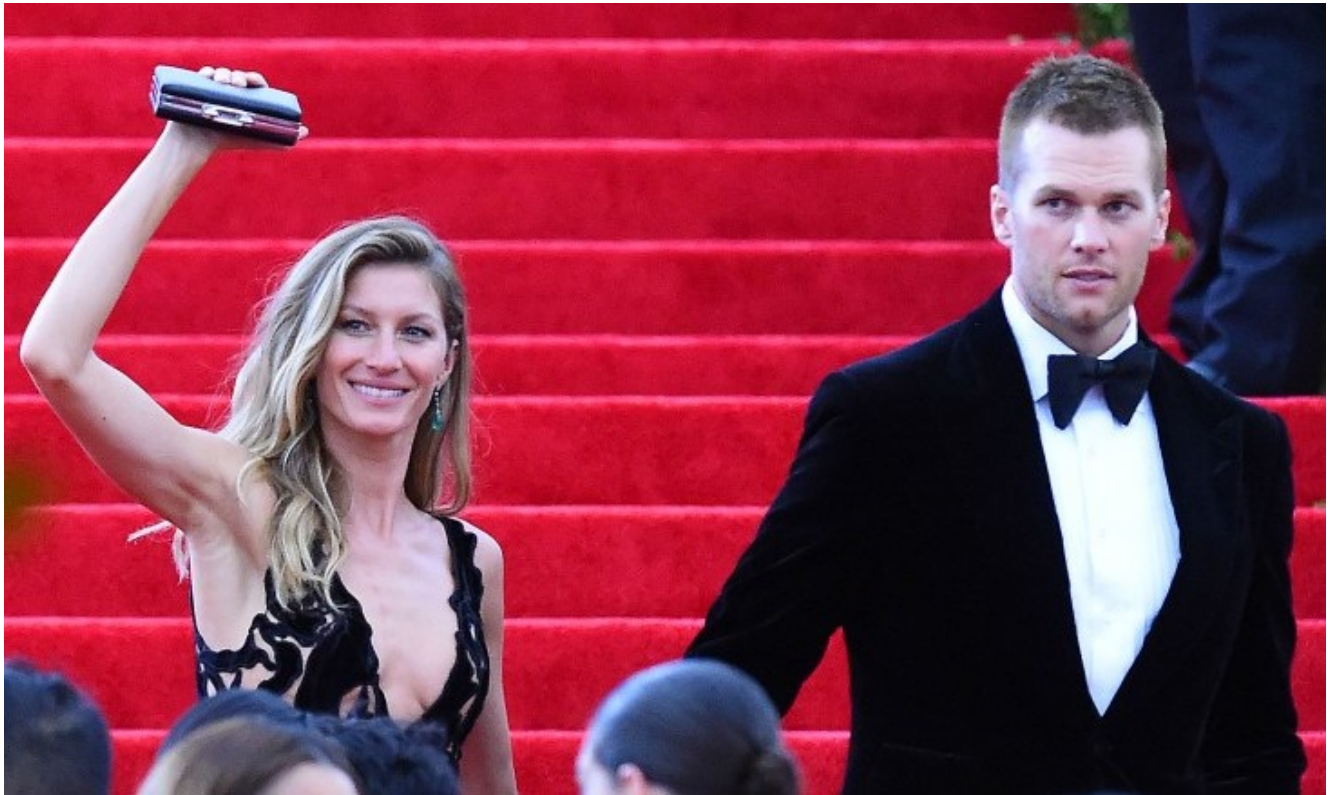
Related Link: [Blake Lively's High-Fashion Style](#)

Just like you want to find a loyal man, the *TODAY Show* style editor also encourages you to look for a loyal retailer. She's teamed up with Kohl's for their Yes2You rewards program. "In order to really expand your wardrobe, you want to shop smart," she says. "That's why I think it's a really great idea to have a retail relationship as well as a real life one!"

You can keep up with Bobbie on Twitter @BobbieThomas. Check Kohl's for the best fall fashion finds!

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

'Messy Beautiful Love' Author Darlene Schacht: "True Love Doesn't Happen By Accident"



By Shannon Seibert

It's important to be prepared for the best and worst of what marriage has to offer. In her new memoir *Messy Beautiful Love: Hope and Redemption for Real-Life Marriages*, Darlene Schacht gets in depth about the trials that couples face in their marriage, including issues like financial struggles, sickness, aging parents, and a chronically unhappy husband. This book explores the idea that, no matter how strong the bond, the mess has to be dealt with at one point or another to keep the marriage alive. *Messy Beautiful Love* is an invitation to readers to open their hearts to the possibility of a strong and healthy marriage with proper communication and team work.

When people get married, there are certain expectations that each partner has of one another. Over time, these expectations change due to circumstance, and sometimes, people have issues adjusting. Why do you think it's important for people to go

into marriage with an open mind?

I went into marriage with a long list of expectations of who my husband Michael should be and what our future should look like. Things took a different road when Michael started running his own company. I was home with four kids, and he worked long hours. Rather than exercising patience and kindness, I let bitterness creep in, and it grew over time to the point where it took over my thoughts.

The thing is that we all change. We grow up; we face hardships; we enjoy good times; and we mature from experience. Love is beautiful, but it can be messy when you're facing something you never expected.

Related: ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

Why do you think your message is important for women especially?

I think that the message is important for men and women alike. My story stems from a place of grace, which is something we all need in our lives. Since I'm a woman, however, I can identify with other women in a way that I can't with men. I can't tell you the number of times that women have confided in me about the struggles they're facing online. It can mess with your mind when a seemingly perfect man (and I do mean seemingly) is paying attention to you or wanting to chat.

You write about humility being essential to a successful marriage. Why do you think several women struggle with giving that trust to their partners? And why is it that women have issues giving away their hearts fully?

I believe that we all want strong partners—people who are willing to stand up for themselves and do the right thing. Humility is often confused with weakness when in fact it's a

sign of strength and confidence. It takes strength to admit that you're wrong. It also takes strength when we choose to *do* right instead of having to *be* right. When we are confident in ourselves, we aren't as concerned about fighting for a position of authority as we are about fighting together for love.

What do you believe is the largest contributor to today's increasing divorce rates?

People often say that they're unhappy because they've grown apart. I believe that couples will grow apart if they do not love each other daily and deliberately. True love doesn't happen by accident. It's deliberate; it's intentional; it's purposeful; and in the end, it's always worth it. Some days love is messy, and all we want to do is give up, but those who work through love together reap the benefits of beautiful long-lasting love.

Related: [He Texted' Authors Lisa Winning and Carrie Henderson McDermott, Discuss Dating in the Digital Age](#)

This book contains a lot of your deep and personal thoughts. When you're in love, do you believe it's harder to share these thoughts with the person you love, or do you think people shy away in fear of what their partner will think of them?

One of the most wonderful things about Michael is that I feel safe in his arms. I always have. He's a shelter that I know I can run to in the midst of a storm. I'm sure that, in the beginning, I was probably hesitant at times to share my deepest thoughts with him, but after 25 years, I'm comfortable enough to share anything. We've learned to communicate. But more importantly, we've practiced the art of communication by harnessing our emotions and listening well for the good of our marriage.

Messy Beautiful Love: Hope and Redemption for Real-Life Marriage *was released on September 16th. Readers can also find*

out more about Darlene Schacht by visiting her
blog, <http://timewarpwife.com/>.