

Cupid's Weekly Round-Up: Trends in Relationships



By Maria Darbenzio

We all know that trends come and go. This idea holds true for the dating world too. What you're used to now may not have been the same during the time of your grandparents, and it'll certainly change again when your grandchildren are dating. Still, some things remain classic. We pulled these five articles from our partners to keep you up-to-date on relationship trends:

1. Open relationships: Although most people believe in monogamy, there seems to be a rise in couples who practice an open relationship. Some even think it's a way to keep their marriage from ending in divorce. Experts have used the recent

split of Gwyneth Paltrow and Chris Martin as an example. Take a look at this article to find out more. (YourTango.com)

2. Dating through the ages: It's no secret that the rules of dating change as you get older. Looking for love in your teens is radically different than dating in your 30s. Check out this video that explains how age impacts the way people view relationships. (GalTime.com)

3. Baby before marriage: It seems like more and more couples are having children before marriage. Much like Ashton Kutcher and Mila Kunis, the sequence of love seem to have been altered with the current generation. Although plenty of couples continue to marry first, as long as both parents take the responsibility that comes with a child, this alternative approach doesn't seem as harmful to relationships as some may think. (GalTime.com)

4. Going green: Loving the Earth shouldn't be designated to just one day, and Raphael Sbarge feels the same way. As becoming Earth conscious gains popularity, so do the combined efforts of partners looking to lessen their ecological footprint. Whether it's buying cloth diapers for your child, supporting local farmers, or composting for your garden, this is one topic that deserves to stay in fashion. (CelebrityBabyScoop.com)

5. Timeless classics: Not everything needs to change with the time. A simple 'I love you' can say more than one would think. *Breaking Bad* star Aaron Paul knows how to brighten his wife's life – and how to make us fall more in love with him! Check out how he makes Lauren feel like a queen each day. (YourTango.com)

What are some other trends and/or timeless classics when it comes to relationships? Share in the comments below!

Find Out How Strong Women Can Find Love in 'The Alpha Woman Meets Her Match'



By Brittany Stubbs

Although the 21st century has made it seem like ambitious women often end up alone, Dr. Sonya Rhodes assures us that this message is completely false. In her new book *The Alpha Woman Meets Her Match: How Today's Strong Women Can Find Love and Happiness Without Settling*, the relationship therapist argues successful, modern, career-driven women can meet The One without changing – and she shows them how.

Rhodes advises women to look past the overly competitive, domineering alpha male and instead find a man who's in touch with his inner beta qualities – someone who is communicative, responsible, thoughtful, and collaborative. Demonstrating that most people are a combination of *both* sets of qualities, she includes a revealing test to help readers define where they (and their partners) are on the spectrum.

First of all, what inspired you to write about this concept?

I was finding more and more of my clients were identifying themselves as alpha women. Most had devoted their twenties to their education and careers, and they now wanted to shift their focus to dating and finding a life partner. They were very daunted by the messages in the media, saying that it was too late for them and that they should've married sooner, and they panicked.

This idea is actually nonsense though. When I started doing research to help them, it turns out that women are getting married between the ages of 30-45 now more than ever before. They haven't missed the boat! And furthermore, even better news, you decrease your chance of getting divorce for every year you delay marriage.

Another aspect that inspired me to write this book was identifying one of the main problems my female clients were having: They were going for the alpha male. They thought the macho, traditional, breadwinning guys were the right matches for them. But that's not the case, because these strong women need a *partner*, not a boss.

Related Link: [Avril Carruthers Reveals How to Maintain 'Freedom From Toxic Relationships'](#)

So you encourage your clients and readers to look for a beta man. Can you describe the beta man and tell us why his qualities are important for an Alpha woman?

The beta man is accommodating, not compliant. He is assertive but not confrontational. He has a strong work ethic, but he's not a workaholic. While alpha men are often threatened by strong women, beta men aren't. Their egos are strong enough that they can support ambitious women, which is why I've began to refer to the beta man as the "new catch" for the alpha woman.

When it comes to dating, females are often told to "be the woman" in the relationship. What is your response to the advice that you have to act like a "lady" in order to get a "gentleman?"

The term "act like a lady" is so retro because what it means to be feminine today has changed. In 97 percent of the cities in America, single, college-educated women under the age of 30 are making more money than men. This is not only a startling and inspiring statistic for women, but it shows that the feminine role is no longer a narrow, scripted identity. Similarly for men today, they're becoming just as comfortable changing diapers as women. So the whole gender role dynamic has changed; no one has to fit into a box anymore.

When it comes to how to act in a relationship, don't hide who you are. There's nothing wrong with showing that you're a strong woman. The guys who are scared off or intimidated by successful women are not the guys for you. Of course, there's a point where you can become a negative alpha, which I talk about in the book as well, where you're too bossy and domineering...but this behavior is not desirable in women or men.

Your book includes a quiz that allows readers to determine what level of alpha or beta they are. Why did you feel it was important to include that in the book?

I developed the gender neutral continuum quiz to help you find out what ratio of alpha and beta you are because everybody is

a mix of alpha and beta characteristics. There are two major purposes for this graph: First, it informs you of what your personality traits are and helps you improve yourself. If you rank as a very high alpha, you can develop your beta more. It gives you the tools to help you grow.

Second, it helps you choose a partner who is a good fit for you. If you're very alpha, you want a partner that balances you out by being more beta.

Related Link: [‘A Million First Dates’ Author Dan Slater Offers New Insight about Online Dating](#)

We often think of alpha women as the ones that have that have the corner office and successful career. Can you still be an alpha woman if you choose to *not* be the breadwinner of your family?

Absolutely. These women are all over, whether working in an office, organizing the PTA meetings, heading up volunteer work, or running their families. The alpha title is not limited to career women but to strong, confident women who stand up for what they believe.

To learn more about strong women finding love, purchase The Alpha Woman Meets Her Match. To get more advice from Dr. Rhodes, check out her new Huffington Post Blog, www.huffingtonpost.com/dr-sonya-rhodes/.

What to Do When Your Parents Hate Your Partner



By Brittany Stubbs

No matter how great your partner may be, when your family doesn't get along with them, there's going to be some serious complications. Not only does this create issues and tension in your romantic relationship, but in your relationship with your parents as well. Whether you still live at home, see your parents every weekend, or just on the holidays, you're going to face difficulties if they're not supportive of your significant other.

1. Consider your parents' concerns: There's a reason for the old saying "love is blind." When you're dating someone you truly care about, it's easy to not see some of the warning signs regarding your partner or your relationship. Try and take a step back and see it from a more objective point of view. You might be surprised what a little open-mindedness can

help you discover in your relationship.

On the other hand, consider if your parents' negative opinions about your relationship actually have anything to do with your partner. Have your parents had a tendency to hate all the people you've been in past relationships with? If so, this might be less about who you're dating, and more about you dating in general.

2. Discuss your parents' concerns: It's important you communicate with your parents. Whether you understand their reasons for disliking your partner or not, you should at least be considerate and hear out their issues and concerns. The calmer you approach the situation, the better the discussion will go. Getting down to the bottom of their reasons for disliking your partner can not only help you have a better understanding for your parents opinions, but can also help you realize what it will take to change their minds when necessary.

3. Discuss with your partner: After discussing and evaluating your parents' issues, communicate with your partner. Despite your feelings towards your parents' opinions, it's important you at least share their reasons with your partner. Be open without making your partner feel attacked. Do they understand or see some truth to the concerns discussed? If your parents' concerns are minor, is your partner willing to fix or change certain things?

Related: [How to Get Over the Relationship Blues](#)

4. Discuss and consider the opinions of outsiders: Whether it's a professional counselor or friends from work, it can be helpful to discuss your situation with people that are not directly involved. What is their response to your parents' concerns and/or your significant others' behavior? If you're discussing with a friend who has been around your partner for a good amount of time, do they see some of the issues your

parents are experiencing? Or are they fully supportive of your relationship? Considering the opinions from an outside party might help you see the situation in a new light.

Related: [Do Your Friends Influence Your Relationship?](#)

5. Evaluate and make YOUR decision: After discussing and considering the views of everyone else, it's time to step back and evaluate the relationship a final time for yourself. Are your parents' issues justified? If so, can you change/fix them? If not, is your partner worth the tension that will continue to build in your relationship with your parents? Despite the opinions of your parents, partner, and friends, you have to choose what is best for you and your happiness.

What are some other things to do when your parents aren't fans of your new partner? Comment below.

‘The Ex and The Why’ Producer SallyAnn Salsano Says Everyone Has Been in “Some Kind of Screwed Up Relationship”





Interview by [Lori Bizzoco](#). Written by Liz Kim.

Nothing has changed the history of television programming quite like reality shows, and one woman who has dominated in this area is SallyAnn Salsano. Her creative instincts and love for TV led her to create 495 Productions (named after the expressway where she grew up in Long Island), which was responsible for the pop-culture phenomenon *Jersey Shore*. Her repertoire, which stretches back to 1998, goes far beyond guidos and spray tans though. She's also produced hit shows for ABC, VH1, Paramount, and FOX, to name a few.

Related Link: [‘Jersey Shore’ Creator SallyAnn Salsano Dishes About Love in Italy](#)

Despite all of her years in the business, she's still surprised at which shows make it big. "Personally, I miss strict dating shows like *Change of Heart* and competition-elimination shows," she shares. "I think all shows just go through phases and everything has its day, but it's on a rotation. People always ask us what's next in terms of reality television, and I tell them that it's not up to the producer

or the network; it's up to the audience."

With that thought in mind, MTV is broadcasting a different kind of dating show *The Ex and The Why*, premiering tonight. It answers the question: *What if you could revisit the person who broke your heart and gain some closure?* The twist is that the exes have no idea why they're there. "There are those scenes when the exes' jaws are on the ground, and they are in shock and disbelief." Whatever the subject, Salsano says that the secret to a reality show's success is ultimately its relatability and *The Ex and The Why* touches on a subject sure to make anybody who has ever had a break-up take notice.

Salsano feels that the need for closure is unique to the younger generation. In some cases, the couples on the show have been separated for years, and yet, one of them still can't move on. "We've all been dumped or have dumped somebody, but for whatever reason, teenagers and people in their early 20s always want to know why." She credits this to how easy it is to "stalk" your ex on Facebook and other social media. "They need answers," she says. "I'm 40, so if it's not working for me, I don't need closure. The closure is, 'I kind of don't want to be with you anymore!'"

Related Link: [Four Telltale Signs He's Not The One](#)

The producer adds that many of the people who seek out their exes have reinvented themselves in hopes that the changes will allow them a second chance at love. Some just want to see if they could be together again, and unfortunately, some walk away knowing that their exes have no interest in making a relationship work. It's these very real moments that keep viewers glued to the screen. "I feel that, when you decide to produce a show, it has to be about something you've done or you've dealt with. I feel like we all get caught up in relationship shows because everyone is in or has been in some kind of screwed up relationship, and that's just normal."

This desire to alter one's image or lifestyle after a breakup is common, Salsano says. "I've been in relationships where, once it was over, I think, 'You know what? It might have been me.' I have my own hangups, my own stuff going on, and now, I feel like if he saw me, he would think differently about me."

Some of the people on *The Ex* and *The Why* who want to get back together admit that they've cheated in the past and confess to other mistakes. "But they want to show how much they've changed, that they're not the person they once were, and that they want another chance. Some of the exes are too scarred to want to try again, but others are moved that this person is admitting to their mistakes on television and professing their love to the world."

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

Salsano says she tends to keep her past in the past. "I keep in touch with one of my exes, and it was one of those cases where we were really young and it didn't work," she explains. "Do I have a desire to go back and make it work? No. Are we completely friends now? Yes."

Although she is currently in a happy relationship, she says that her boyfriend isn't somebody who she could have seen herself with. The trick to making a relationship work is to find somebody during the right phase in your life. "I am not home a lot when I'm filming, so I needed to find someone who only knows me in that way," she says. "In previous relationships, I was making the transition from being on the road once in awhile to being home once in a while. It was tough. The guy I'm dating now understands this. He has his things going on, and I have my things."

No matter how understanding you are of each other's schedules, quality time is still key. "We make each other a priority and make sure we see each other, and if that means I have to fly

across the country to have dinner, I do that.”

Related Link: [10 Ways to Make Long Distance Love Work](#)

After working on so many reality shows and watching a lot of relationships crash and burn, it’s easy for Salsano to be jaded and doubtful about love. But she still believes in putting yourself out there and taking a risk. “Don’t hold back,” she encourages. “If you’re looking for love and you want to know what could’ve happened, well, you have to ask! You can’t sit in your house and talk to your friends about it because they can only listen for so long. And you can only stalk someone on Facebook for so long. At some point, you have to get up the guts to go out there and make it happen.”

Be sure to tune in tonight to The Ex and The Why on MTV at 6/5c. You can keep up with Salsano’s many projects on Twitter @sallyannsalsano!

Cupid’s Weekly Round-Up: Preparing for Parenthood





By Maria Darbenzio

Spring has always been known as a time for new beginnings. If you and your partner are expecting a baby, it's best to be prepared in every sense of the word. Whether this is your first or fourth child, it helps to read up on pregnancy and parenting. We pulled together five articles from our partners to help you on the journey ahead:

1. Go green: Earth day is right around the corner, and these celebrity moms are doing everything they can to do their part. Whether it's eating organic or purchasing recycled goods, every little bit can help protect Mother Nature, so why not get your children started young? Simple choices, such as cloth diapering, can go a long way. (CelebrityBabyScoop.com)

2. Stay active: Being the healthiest you can be can be incredibly important to both you and your unborn child. While you won't be able to go hard at the gym anymore, that doesn't mean you have to give up your workout altogether. Check out this set of pregnancy friendly exercise moves to keep you active and moving. (GalTime.com)

3. Break from routine: When it comes to raising a family, it's easy to get comfortable and find yourself in the same routine. In order to become a better parent – or person in general – sometimes, you need to break from that routine and walk a different path. This can include anything from physical activities to expressing unique ideas and opinions. If you're confident in yourself, your children will grow up with you as a role model and structure themselves in the same way. (YourTango.com)

4. Sleep train your infant: It's no secret that the first few months are going to be full of sleepless nights, but at four months, the baby is developmentally ready to be put on a schedule. That means sleeping peacefully through the night for both you and your little one. What parent doesn't want that? Take a look at this article to find out more! (GalTime.com)

5. Live your dreams: Some people put a lot of focus into becoming a parent. Comedian Mike Myers was no different. In the previous years, he stated that fatherhood was something he always dreamed of. His wife has made that possible for him – not once, but twice. The couple welcomed a son in 2011 and a daughter earlier this week. (YourTango.com)

In what ways did you prepare for a baby? Let us know in the comments below!

Date Idea: Get Off the Beaten Path



By Gabby Robles

Grab your honey and get environmental! Our Earth is so beautiful, but with our busy schedules, we can forget how amazing it actually is. Lace up your sneakers and get ready for a good old-fashioned clean up with your man.

Related Link: [Date Idea: Volunteer Your Time Together](#)

This date can really bring out the fun, romantic, and philanthropic side of your beau. It'll open your minds as a couple and help you see all the beauty that's in the world. You'll both notice the little things and experience something wonderful while also helping the green environment for the better. With the crisp, fresh air and the regrowth of plants all around us, we can really feel the need to give back to our planet, and now is the perfect time to do it!

Thanks to Earth Day on April 22nd, there will be plenty of organized clean ups taking place. Some areas focus on hard trails, while others prefer sunny beaches. The choice is your's, and once you both decide where you want to go, search for a nearby spot. A company like CleanUpTheWorld.Org is very helpful for finding activities and events in your area

But don't just go and get dirty! Scope out some future date spots too. You might find that you like that quaint area of the park or a sweet part of the beach. When you expand your horizons, you'll discover new things about yourselves, and doing this activity together will help you grow as a twosome. You might even want to continue joining clean ups after Earth Day! Maybe you'll make it your new "thing."

Related Link: [Jay-Z and Beyonce Raise \\$1 Million at Fundraiser](#)

You'll be starved afterwards, so grab some lunch with your sweetheart at a local restaurant. While there, talk about more ways you can help the environment and about your favorite part of today's clean up.

There are other, simpler ways to take care of the environment too: You can donate your recyclables or plant some fresh trees at a city park. The sky's the limit – just be sure to keep it clean!

We want to know: How are you spending Earth Day this year? Share with us below!

The REAL Reason that Gwyneth

Paltrow and Chris Martin Split



By Sarah Christensen Fu

Unless you're under a rock, you've probably heard that Gwyneth Paltrow and Chris Martin recently consciously uncoupled. It's a bummer—I thought they were the golden couple that would shame all other Hollywood divorcees by going the distance. The truth is that it's not surprising they split if you look at their astrological compatibility. The REAL reason they split is because Gwyneth, a Libra, and Chris, a Pisces, are **completely star-crossed**.

First, and foremost, let's take a look at Chris's horoscope (this is copied directly from *Bad Birthdays: The Truth behind*

Your Crappy Sun Sign):

March 2: "Men are only as faithful as their options," said comedian Chris Rock. The Pisces ladies and gentlemen born on March 2 find themselves evaluating their options regularly, sometimes consciously and sometimes subconsciously. They love their partner deeply but can't help but fall prey to other sets of batting eyelashes and whispered sweet words from soft, cherry-like lips. Best to lock March 2 natives in some sort of cage if you plan to maintain a relationship with one.

Basically, Gwyn could have done everything right, and still lost her mopey Pisces poet to exotic temptations. However, Gwyneth brought her own share of icky personality traits to their relationship: she was born on September 27th, making her a vain, pretentious, wishy-washy Libra. No amount of money, class, live-in nannies, or self-righteousness, could have made this love match comfortable enough for people with this couple's sexiness and financial means to suffer through the rest of their miserable lives together.

Related: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

At the core, Libras are obsessed with the thrill of the chase. While Pisces has a deep romantic streak, they are rarely proactive hunters when it comes to romantic interests. Gwyneth basically ended up playing a pathetic, partnerless game of Cat and Mouse, which I guess is just called "Mouse." Aw. On top of that, Libras born on September 27th have a competitive, determined fire in them, which would explain why Gwyn has tried so hard to be the best mother, wife and GOOP founder on the planet. If Chris had been supportive of all of those endeavors, the two may have found a way to remain the reigning king and queen Hollywood royalty. However, in his Piscean way, Chris very likely criticized and whined about Gwyneth's stupid lentil and lemon soup and her annoying GOOP colleagues—he actually may have literally gotten sick when she told him she

planned to use the term “conscious uncoupling” to describe their split.

Related: [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Sigh. They were doomed from the start. However, if you, like me, are still feeling a little low about this celebrity breakup, you should find comfort in the fact that Gwyneth Paltrow and Chris Martin probably had hotter sex during their marriage than many, many other celebrity couples. One thing's for sure: the Libra/Pisces combination emits a whole lotta sparks before it explodes and catches fire, burning everything down with it.

***Sarah Christensen Fu** is a Virgo (incredibly high-strung and mostly a pain). She lives in Colorado with her husband and three kids, whose astrological signs cause a great deal of chaos and neuroses around the neighborhood. Visit her at www.hey-sarah.com.*

Celebrity Parents Who Splurge On Their Kids





By Brittany Stubbs

All the fame and fortune celebrities receive brings some serious benefits, especially for their children! The stars' offspring may be getting followed around by paparazzi, but they're definitely not suffering when it comes to their birthday parties, wardrobes, or weekend fun. We've compiled a list of our favorite celebrity parents who splurge on their kids:

Beyonce and Jay Z

Some little girls ask for a pony on their birthday. But if you're the daughter of these stars, you'll get the whole zoo! Beyonce and Jay Z helped Blue Ivy celebrate turning 2 by renting out the Miami Zoo. Between exploring Jungle Island, the wildlife park and botanical garden, there was no way this birthday girl wasn't feeling like a Princess! It makes one wonder, if this was just her 2nd birthday, what will her Sweet Sixteen be like?!

Related: [Jay Z and Beyonce Open Grammys with 'Drunk in Love'](#)

Victoria and David Beckham

While all the Beckham's children seem to live a luxurious life, their youngest daughter, Harper Beckham, has been making the headlines for her success most recently. Being named Most Stylish Celebrity Kid, it's safe to say her parents have no problem splurging when it comes to Harper's wardrobe. Not only is this fashionista familiar with numerous designers, but she's sat first row at several of their fashion shows. I guess it pays off to have a mom like Victoria Beckham!

Katie Holmes and Tom Cruise

This celebrity relationship might be long gone, but their daughter certainly isn't suffering. From attending musicals and ice skating in New York City, to private jet rides to Paris, Suri Cruise is living the good life thanks to her generous parents! The little princess was even spotted in courtside seats at the East Regional Final of the 2014 NCAA Men's Basketball Tournament at Madison Square Garden. Just another day in the life for Ms. Suri!

Kim Kardashian and Kanye West

It's a sweet life when you're the daughter of a reality star and a rapper. North West is not only known to be rocking a designer wardrobe before she can rock, but a luxury car before she can drive! The loving parents surprised their sweetheart with a mini Lamborghini to match the ride Kanye drives. Talk about daddy's little girl!

Related: [Kim Kardashian and Kanye West Ready for Second Baby](#)

Tori Spelling and Dean McDermott

These celebrities might be going through a rocky time in their marriage, but they never fail to make sure their little ones feel special. Tori and Dean are notorious for throwing luxury birthday parties for their children. Most recently,

they celebrated their twins 2nd birthday by renting out Underwood Family Farms in Moorpark and throwing a lavish cowboy-themed party. Hattie and Finn were decked out in cowboy and cowgirl attire and each had their own two tiered Hansen cakes. Not only did the stars splurge on gifts for their twins, but put together amazing goodie bags for the children's friends, including Big Hugs Elmos.

What are some ways you make your kids feel special?

Find Out Who 'The Other Woman' Is in Theaters April 25





By April Littleton

After a woman discovers her boyfriend is married, she struggles to put her life back together. While in the process, she accidentally meets her boyfriend's wife (played by Leslie Mann), and the two end up becoming friends. They discover the man of their dreams has been unfaithful to both of them with a third woman, and work on a plan to get their revenge.

Should you see it:

Cameron Diaz, Leslie Mann and Kate Upton star in this film. If you think you'd enjoy seeing them on the big screen, you might want to give this movie a chance. Also, *The Other Woman* would be a nice break from the thrillers, horror and action films that have been released recently.

Who to take:

Guys might not be a fan of this movie except for the fact that there are plenty of beauties to view. *The Other Woman* will be more enjoyable with a group of girlfriends, or some family

members.

How do you deal with a cheating partner?

Cupid's Advice:

The idea of a cheating significant other is hard to deal with. How can someone you love be unfaithful to you after you put in so much work in a relationship with them? Should you stay with your partner or call it quits? Cupid is here to help:

1. Process the information: When you first hear the news about your partner being unfaithful to you, your first thought might be to end the relationship without asking any questions first. However, you don't want to make any drastic decisions you'll end up regretting later. Give yourself some time to fully process the information you received. Then, after awhile, move forward with what you want to do next.

Related: [Chris Evans Returns in the Sequel 'Captain America: The Winter Soldier'](#)

2. Confrontation: You need to ask your significant other about the cheating allegations. However, asking is unnecessary if you already know firsthand that the information is true. You still will need to confront your partner about what you know. Get their side of the story, and see what they have to say for themselves.

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

3. End the relationship: You can choose to stay, but your partner obviously doesn't feel the need to stay faithful to you. You don't need to be in a relationship with someone who doesn't understand the concept of loyalty. You deserve better, and you'll find exactly what you need after you decide to leave the jerk behind.

How did you deal with a cheating partner? Share your

experience below.

Inexpensive Ways to Say 'I Love You'



By Maria Darbenzio

You don't have to break the bank to show your significant other how much you truly care about them. When it comes to money, let's face it, not everyone has a chunk of extra spending money on hold for elaborate gifts. There are plenty of ways to say 'I love you' inexpensively or without spending

anything at all. Keep your relationship and bank account in check with some of these ways to express your love and appreciation.

1. Alphabet of appreciation: Take the time to write down the ABCs of love for your partner. All you need is a pen and a piece of paper. For each letter, list something that you love about your sweetie until you've gone through all 26 letters. At the end, sign it with a kiss and leave it somewhere you know he'll see it.

Related: [5 Ways to Have a Stress-Free First Date](#)

2. Mirror messages: Before your sweetie wakes up to take a shower, take a q-tip and Rain-x anti-fog to write a cute message on the mirror. When they step out, the fog will form everywhere except your little note, leaving them with a nice little surprise to start their day. If you have no use for the Rain-x afterwards, you can go a more traditional route instead with the use of lipstick writing. It may be a bit on the messier side, but it gets the point across just the same.

3. Post-it notes: Much like the alphabet of appreciation, write down what you love about your partner or how much you can't wait for them to get home from work. Slip them into their wallet, in their car, or into their briefcase. Spread them around so they can keep finding them throughout the day. It's an easy way to keep a smile on their face all day long.

4. Romantic dinner: Everyone loves a nice romantic home cooked meal. The time and effort alone shows just how much you're willing to do for your significant other. Whether you chose to cook together as a couple, or you surprise you hunny with a hot meal as they walk in from work, it's a classic way to show your love. Don't forget to light some candles and grab a bottle of wine to tie it all together.

Related: [Find Out What Romantic Thing Aaron Paul Tells His](#)

Wife Every Day

5. Rent a movie: In the age of Netflix and On Demand television, “renting” a movie has never been easier. Cuddle up with a blanket, and your sweetheart, on the couch and pick a movie you’ve both dying to see. If you’re up to date with the latest films, why not take a jump back in time to watch some of the romantic must-see movies. Grab some popcorn and watch the romance between Tom Hanks and Meg Ryan blossom in *You’ve Got Mail*.

What are some inexpensive ways you show your love? Tell us in the comments below!

‘Mob Wives’ Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!





Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.

Last Wednesday, Apr. 9, CupidsPulse.com Executive Editor Lori Bizzoco met up with *Mob Wives* reality TV star Renee Graziano at Barnes and Noble in Tribeca to discuss her new book *Playing with Fire*. Describing the novel as “loosely based” on her own life, she explains in our [celebrity video interview](#) that she has stacks of notebooks about Reign Grazi, the character who she’s developed since she was young.

Related Link: [‘Mob Wives’ Executive Producer Jenn Graziano Says, “I’m Not Anti-Marriage; I’m Anti-Ball and Chain!”](#)

Celebrity Video Interview with Renee Graziano

Of the hero in her book, the author says, “I’ve been searching for this man all of my life.” However, she now knows he doesn’t exist. “But I exist; I’m the hero. I definitely saved myself. I found my hero; now, I’m just looking for a man of his word who’s close to God, has a good heart, loves his

family, and wants to build with me.”

Of her current relationship and love life status, the reality TV star reveals that she’s “very much single.” As for whether or not her future partner must be Italian, she says, “Not saying that I wouldn’t, but after my past experiences, I pretty much got turned off to my nationality. The Italian men that I was around didn’t work for me anymore.”

Fans may be surprised to hear that she has a great relationship with her father Anthony Graziano. “We made up over two years ago, and our relationship is amazing,” she shares in our celebrity video interview. However, they don’t discuss anything to do with *Mob Wives*, and he’ll never read *Playing with Fire*. Still, she adds, “But he’s my dad – he’s my hero.”

Reality TV Star Talks About Season Four of *Mob Wives*

Of course, we had to ask the reality TV star about her hit show *Mob Wives*. When discussing the ups-and-downs of season four, she explains, “I think there was a lot of tension because the new girls felt they had to prove themselves. They’re not New Yorkers, and they’re not of direct descent of that underworld.”

Related Link: [“Bigger is Better”: Reality TV Star Big Ang Launches New Wine Line](#)

While *Mob Wives* has been renewed for season five, Graziano remains mum about whether she’ll be returning to the VH1 series again. There are rumblings of a spin-off show, which she says is “absolutely” a possibility. “I hope it does happen for me,” she admits. “The second I know, everybody else will know! Trust me – that will not be something I’m able to hold in.”

Check out Playing with Fire on Amazon or at your local bookstore. To keep up with Graziano, follow her on Twitter @renee-graziano.

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

Cupid's Weekly Round-Up: Documenting Your Love Story



By Maria Darbenzio

It's always nice to sit down and talk about how much your love has blossomed since you first met. Since spring is in full

bloom, this is the perfect time to take a look back at your relationship. You and your partner can even create a special book to write down and document the moments you've most enjoyed with each other. We've pulled together these five articles from our partners to give ideas on which memories to highlight:

1. Saying hello: Every couple has a unique story about how they first laid eyes on each other. Don't let that story fade from memory! Write it down as your own little love story so you can tell it with ease to your children and grandchildren someday. (YourTango.com)

2. Getting married: It's time to mark down the day you took your relationship to the next stage: happily ever after. Continue your love story by adding pictures and special memories from the magical day you tied the knot. Attach little trinkets to the pages such as dried flowers or confetti to add an even more personal touch. (GalTime.com)

3. Picking out your first pet: There comes a time in almost every relationship where you become the parents of a cute little animal. Whether it's is a puppy or a kitten, your first pet together is just as special as a child. Pets, much like children, need lots of love and affection, so this can be a good opportunity to see how your partner will be as a possible parent. They'll also be there to snuggle on days when your sweetie needs to work late. (GalTime.com)

4. Having children: Having children together is a big step in a relationship whether you chose to go through pregnancy or adopt. These little bundles of joy will be your beckon of hope in the darkest of storms, so they deserve a special place in the documenting of your love story. Read how this family became advocates for adoption and how parenting has changed their relationship for the better. (CelebrityBabyScoop.com)

5. Learning lessons: Each relationship has their fair share of

lessons that have been learned over the years. Writing these down can also give you something to look back on if your children ever look to you for relationship advice as they get older. Take some time to read through some of these love lessons and jot down a few of your own. (YourTango.com)

What special moments would you want to share in your personal love story? Share in the comments below!

Date Idea: Take a Virtual Vacation



By Gabby Robles

Just because you can't go on vacation this spring doesn't mean you can't still enjoy a much-deserved break. First, pick an interesting country and research it online with your honey. Set your wallpapers on all your devices to photos of the hotspot and check out some of the country's facts and famous tourist attractions to learn more about the locale.

Related Link: [Travel Abroad Without Leaving the Country](#)

This date idea is a great opportunity to learn together. Maybe you want to explore each other's heritages and expand your knowledge about each other's families in a deeper way, ultimately developing a stronger connection. The more questions you ask, the more stimulating the conversation will be.

Perhaps one or both of you has never been out of the country. So why not make an adventure out of this pretend trip? Or if you have plans to take a real trip in a few months, you can use this virtual vacation as a test run.

If you want a real-life experience, do some digging to find a museum near you that celebrates the culture of the country of your choosing and head over there for some educational, relaxing fun. If you're in the New York area, take a trip to the American Museum of Natural History. If you're in L.A., check out the Natural History Museum of Los Angeles County and see different countries habitats and the animals that inhabit them.

Related Link: [Date Idea: Stroll Through a Museum](#)

After your trip to the museum, find a restaurant that specializes in the dishes of your country and enjoy a night out with your love. You can both take a step out of your comfort zone and try something new. While you wait for your delicious food to arrive, ask what his mom used to make for dinner, what his favorite ethnic food was growing up, and what

he enjoys now. You two may share the same favorite dish and not even know it!

It may be fun to teach each other some phrases from your country's native language too. You can hold simple conversations with each other and make some memories. Who knows, you might even find a new catchphrase!

Be sure to jump into this date with excitement and have an open mind.

Cupid wants to know: Where would you go on a virtual vacation?

Top 3 Mistakes Women Make in Relationships





By [Marni Battista](#)

As much as we'd like to think of ourselves as relationship experts and place all the blame for failed attempts at love on pure male stupidity, women may unknowingly make crucial slip-ups that land them back in the singles pool time and time again. If you find yourself chronically heartbroken, it's time to take an objective look at your past relationships and 'fess up if you've been guilty of making some of these common missteps. To help you do so, here are the top three mistakes women make in relationships and how to avoid them.

Related Link: [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

1. Trying to Change Him: We've all heard the age old saying that loving someone makes you want to be a better version of yourself, which is often misinterpreted and manifests itself as the number one mistake women make in relationships. We have a tricky habit of seeing men for the way they could be and not the way they are...and then we give ourselves the mission of being the one who helps them bridge that gap.

If you find yourself inclined to guide your man down a path you've envisioned for him, pause to analyze what small stuff you can let go or gently encourage. Ultimately, if you're wanting to drastically change someone, this isn't a good relationship for you in the long run anyway.

2. Acting Passive-Aggressive: Conflict is bound to arise in even the happiest of relationships, and unfortunately, some of it could leave you feeling upset or put out by your significant other's words or actions. Many of us are guilty of employing the old standby silent treatment or just responding with curt answers, all the while assuming he knows exactly why you're angry and impatiently waiting for a heartfelt apology.

While it can be comforting to a bruised ego to let him sweat it out, squirm, and press for what's bothering you, passive-aggressive behavior will ultimately lead to a loss of respect or a fight without the issue really getting resolved. If you're hurt or have a problem that needs discussing, be straightforward and address it head on.

3. Not Giving Him Space: In a relationship where you're feeling either particularly lovey dovey, you can easily slip into the habit of insisting on spending all your time with your man. In the case where you simply cannot get enough of him, remember that you'll appreciate the time spent together so much more if you maintain an active social calendar outside of your relationship. Furthermore, having your own activities and hobbies that you participate in independent of him will make you that much more appealing.

If you're feeling especially drawn to him because he's been withdrawing from you, it could be that he's needing to sort through an internal issue unrelated to the relationship. Men are wired differently and prefer to deal with tough issues on their own rather than reach out to others for help. If his seclusion is isolated to within your relationship, it's time to open the lines of communication and air out whatever it is

that isn't working. Smothering him without addressing the heart of the matter will only drive him further away.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

If you have a tendency to make any or all of these three mistakes, it's time to take a dating break and look at what fears or insecurities are behind your behaviors. Often, trying *not* to make these mistakes can feel akin to a Monday morning diet promise: easily made but rarely implemented once we get triggered. Forgive yourself for the errors you've made and give yourself an opportunity to change-up your dating game. The result will be worth it, of that we are sure!

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

To Move or Not to Move? Why This Decision Is Tough on Kids





By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

Divorce is one of those life events that forces huge changes in your life, whether you like it or not. During a divorce, a decision will need to be made on living arrangements. Let the court decide who needs to move out and what will happen with the home. Sometimes, one spouse will offer to move out but wants their part of the equity in the house. The partner who stays put may have to put it up for sale in order to pay the other partner unless they can refinance, thus adding the amount of equity onto the mortgage.

Definitely get some legal advice before you make your choice. Leaving the home before the court date might have a detrimental effect on the outcome. Couples will want to communicate in a responsible manner to find a way to share the residence. If there's too much disagreement, then another solution may be necessary...but you still need a professional opinion before packing up those boxes.

Since they have just announced their desire to divorce, Gwyneth Paltrow and Chris Martin are one such couple

who will be considering the effect moving will have on their two young children. Hopefully, through their “consciously uncoupling,” the transition will be as smooth as possible for their kids – as well as themselves.

Related Link: [Gwyneth Paltrow and Chris Martin Separate](#)

There are times in each child’s life when a change like moving to a new school, city, or state can be devastating. A young kid depends on the security of their home and school, while a teenager may simply want to finish high school with their friends. You need to take these situations into account when making your plans. The parent who has the children a majority of the time should do their best to stay put.

With divorce, the furnishings are often divided, which may leave the family home empty. Since it is your kids’ house too, you should try to include them in the decorating decisions. This approach helps them to feel valued. Listen to the child’s needs and tastes. It also provides opportunities for two important activities:

1. Education: You may know that it’s an antique chair, but for your children, it’s an old ugly chair until you teach them about the distinguishing signs and history.

2. Shopping: Head to local flea markets, auctions, or estate sales for old furniture. Refinish or repaint the old dresser. Your kids will feel like a part of the process and enjoy using the item they helped refinish.

Once you’re finished decorating, throw a party and show off the new look of your place. By celebrating, you are showing the children that you love and respect their help and that everyone can enjoy the newly decorated home.

Related Link: [What Now? Transitioning From Married to Single](#)

If you must move, understand that a new place will not fix

everything. Moving is traumatic and expensive, and when everyone has to move, someone will be upset. Yes, the new house may have clean paint and a fresh look, but those moving into it are still the same people. After the movers are gone, you may find yourselves standing around and looking at each other thinking, “What now?” Post-Move Syndrome Letdown (PMSL) is common.

Hang in there and try to enjoy setting up your new home. Make sure to include everyone. If you see your children having difficulty adjusting to a different home or community, address it immediately. Find someone for them to talk to. Be supportive and encouraging and let your children know that you’ll be with them every step of the way.

For more information about Hope After Divorce, click [here](#).

Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of “The 4-1-1” books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Author Tonilyn Hornung Shares Her Tips for ‘How to Raise a Husband’



Interview by [Whitney Johnson](#). Written by Maria Darbenzio.

Author Tonilyn Hornung has used the 153-plus years of marriage experience accumulated by her grandparents and parents as well as herself and her husband to bring other married couples advice. Now, with five other married women, she is sharing her first book, *How to Raise a Husband: A Whole Bunch Of Ways to Build A Strong And Happy Marriage*, to help other wives raise not only a better husband but also build a stronger relationship. Read on for some of the advice that Hornung shared exclusively with CupidsPulse.com!

The title – *How to Raise a Husband: A Whole Bunch of Ways to Build a Strong and Happy Marriage* – certainly grabs people's attention. What exactly is the meaning behind "raising" a husband?

The title was really inspired by my girlfriend. After telling

me a story about how she caught her husband watching television instead of playing with their child, it occurred to me that she not only had to raise her kid but also her partner. That's when I started thinking about my relationship with my husband and of the times that I might have helped him come to a more *mature* conclusion about a disagreement we were having or supported him in seeing a different perspective than his own – that's how we raise each other. One partner helps the other see a little more clearly or communicate better. Sometimes we women just happen to be wearing thicker relationship glasses than our partner. We're more fashionable that way.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

You teamed up with five married women. What made you decide to take this approach – using their personal stories (and your own) to give advice to others? While working with these women, did you learn anything that helped strengthen your own marriage?

Even though my husband provides me with great material, I decided to interview other wives because I felt that this would allow me to give a broader picture of what marriage is really like. These women were wonderful. They held nothing back and opened themselves up to looking less than perfect, and for that, I applaud their honesty.

In my own marriage, I learned that awareness is a huge component of good communication – that and a slice of chocolate cake can work miracles. If I am able to stay aware of what I'm feeling, I am better able to communicate that calmly and lovingly to my partner. Then, we can work on what we need to from a place of honesty.

Along those lines, is there one story that impacted you the most?

There are so many stories that I love and identify with. That was one of the great joys of writing this book. I could feel each wife's dilemma instantly and take her journey along with her, wondering what her solution would be. Some of my favorites include *Gender Profiling*, *The Football Widow*, and *Not Waiting for Waits*. *Not Waiting for Waits* has such a great message: staying true to yourself.

How has your relationship with your husband changed since writing the book?

My marriage with my husband has only grown and deepened. Some of our conflicts have found new balance since the book was written, and some stay the same, but I do know that, without his openness and support, I never would've been able to start a project like this in the first place.

Related Link:

Now, let's talk about a few specific situations. How can a woman approach her partner if they're struggling with communication?

From my own experience and after talking to other wives, I know that that trying to communicate while you're upset can be tricky; it's not a good way to communicate effectively. The best approach is to be aware of how you're feeling in the moment and try to share that feeling as calmly and directly as you can. Or if you only know you're mad but don't know why, take some time to write it down and then confide what you've written to your husband. Even five minutes of writing can make a huge difference.

What if the husband isn't doing his fair share of the household tasks? How can a woman let him know that she'd like him to help out more without offending him or causing a fight?

From letting the housework pile up until he has no choice but to help to offering a specific "reward system," this is a very

popular topic addressed in *How to Raise a Husband*. However, I've found thrusting a vacuum cleaner in my man's hand and ordering him to "suck it up" doesn't always do the trick. But explaining to him *why* I'd like his help (most men seem to like things explained – a lot) works much better. If that doesn't work, check out Sophie's ingenious incentive in Chapter 15 (and it's not cake).

Related Link: [How Fighting Can Strengthen Your Relationship](#)

You also have a series of blogs dedicated to your experience as a first-time mother. Do you see yourself possibly writing a follow-up book focused on motherhood?

YES! I have a baby blog for *Pregnancy and Newborn Magazine* dedicated to the first year of my son's life. It has been a wonderfully crazy emotional ride. From pregnancy on, I've kept copious notes and am gearing up to write a humorous book exploring the joys of elastic pants and spit-up.

And lastly, what is the best advice you could give a woman on how to keep her marriage strong?

In writing *How to Raise a Husband*, I learned that everyone's key to a good marriage varies. At the core of everything, some women want a little more understanding; some need more acceptance; and some just want to be heard. That's where awareness comes in to play. If, as a wife, you can become aware of what your key might be, that helps you communicate with your partner more effectively.

After writing this book, I know that I always crave a little more understanding. When I'm feeling misunderstood, I can tell my husband that's what is happening before we start an argument – and that's the first step to helping raise each other to our full potential (and getting a slice of cake).

To purchase How to Raise a Husband, check out Amazon!

5 Celebrity Couples Who Married Young



By April Littleton

Lately, many celebrities are choosing to get married in their 30s or older. However, plenty of the Hollywood stars exchanged vows while they were still in their teens or early 20s. Here is Cupid's top five celebrity couples who married young:

1. Megan Fox and Brian Austin Green: The former *Transformers* star was 18 years old when she began dating Brian Austin Green. At the time, he was 30. The lovebirds met on the set of *Hope & Faith* in 2004. They got engaged in February 2006, but

broke it off three years later. In June 2010, the couple became engaged again. However, Fox claimed they never broke off the engagement in the first place. Fox and Green exchanged vows June 24, 2010 at the Four Seasons Resort on Maui. The duo have two sons together, Noah Shannon Green (born Sept. 27, 2012) and Bodhi Ransom Green (born Feb. 12, 2014). The *Teenage Mutant Ninja Turtles* actress is also the stepmother to Green's son Kassius from his previous relationship with Vanessa Marcil Giovinazzo.

2. Hilary Duff and Mike Comrie: The former *Lizzie McGuire* actress was just 22 years old when she married former NHL player Mike Comrie. The couple began dating in 2007, and became engaged in February 2010. The pair married in Santa Barbara, California Aug. 14, 2010. However, the lovebirds announced their separation Jan. 10, 2014. They have a son, Luca Cruz Comrie, who was born March 20, 2012.

Related: [5 Cutest Teen Celebrity Couples](#)

3. Olivia Wilde and Tao Ruspoli: The *Her* actress married the Italian filmmaker and musician when she was 19 years old. They exchanged vows on a school bus in Washington, Virginia. In an interview, Wilde explained the duo married in an old bus because the wedding was a secret at the time. The couple separated Feb. 8, 2011, and divorced Sept. 29, 2011. Since then, Wilde has been in a relationship with *SNL* performer Jason Sudeikis. They got engaged in January 2013 and are expecting a baby boy in May 2014.

4. Jessica Simpson and Nick Lachey: Simpson was 22 years old when she married Lachey. They duo married Oct. 26, 2002. Their relationship was documented on the reality TV series, *Newlyweds: Nick and Jessica*. The couple announced their separation in November 2005. They filed for divorce Dec. 16, 2005, citing irreconcilable differences. The divorce was finalized June 30, 2006. Simpson dated Dallas Cowboys quarterback Tony Romo from 2007 to 2009. Currently, she's

engaged to Eric Johnson. They have two children, daughter Maxwell Drew Johnson and Ace Knute Johnson.

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

5. Avril Lavigne and Deryck Whibley: The *Girlfriend* singer was 21 years old when she married Sum 41 performer Deryck Whibley. The pair began dating when Lavigne was 19 years old. Whibley proposed to her during a trip to Venice in June 2005. They married July 15, 2006 in Montecito, California. The couple divorced Nov. 16, 2010 after a little more than three years of marriage. However, they continued to work together. Whibley produced her fourth album and the single, *Alice*. Currently, Lavigne is married to Nickelback singer Chad Kroeger.

What other celebrity couples married young? Comment below.

‘Mob Wives’ Star Renee Graziano Releases Romance Novel





By Maria Darbenzio

Mob Wives: New Blood reality star and original cast member Renee Graziano released her new sexy thriller, *Playing With Fire*, on April 8th. The story takes the reader on an adventure filled with strong moments of passion with a look into life with the mob. Reign Grazi, the main character, lives a life much like that of her creator.

The title of the book *Playing With Fire* is more than just a familiar phrase. In this case, the book is loosely based around the life and experiences of Graziano over the years. This includes her fair amount of run-ins with dangerous men, much like the book's Nick Fattelli, during the heyday of the mob reign.

Graziano will be appearing for book signings in and around New York City on the following dates:

Tuesday, April 8 – 7:00 PM

Barnes and Noble #2609

3981 US HWY 9

Freehold, NJ 07728

Wednesday, April 9 – 6:00 PM

Barnes and Noble #2255

97 Warren St.

New York, NY 10007

Thursday, April 10 – 7:00 PM

Barnes and Noble #2021

2245 Richmond Ave.

Staten Island, NY 10314

Monday, April 14 – 7:00 PM

The Book Revue

313 New York Ave

Huntington, NY 11743

If you can't make it to one of the signings, check out barnesandnoble.com to purchase a copy.

Celebrity Interview: 'Cheaters' Detective Daniel Gomez Says, "Cheating Doesn't Discriminate Against Anyone"





By Brittany Stubbs

Although infidelity is no longer classified as a criminal act, the consequences of cheating can ruin marriages, families, and lives. For 14 seasons, the reality TV show *Cheaters* has invited viewers to watch real relationships and love unravel as private investigators are hired to help spouses catch their partners cheating. Having served 16 years as the Chief Detective on the show, Daniel Gomez has a lot of knowledge when it comes to infidelity.

Celebrity Interview with Reality TV Star Daniel Gomez

Not all of Gomez's wisdom comes from his experience in the field though. The tough detective from Texas began our celebrity interview by sharing how infidelity has influenced his personal life: "I've been a victim of cheating. It's more common than you think, and you can't always judge a book by its cover. So after going through it myself, I realized there

was something I could do to help others who may be experiencing a similar pain.”

Related Link: [Jason Aldean is Dating Mistress Brittany Kerr Post-Divorce](#)

While hiring a private detective is helpful in determining if your partner is cheating, it doesn't always take a professional to notice some of the clues of infidelity. There are many signs that Gomez encourages victims to look out for in his book *Play to Win*, but here are the five main ones.

- You have difficulty reaching your partner.
- Your partner is paying more attention to his or her appearance.
- Your significant other is preoccupied and less attentive.
- They're working overtimes or out of town on business trips.
- You experience decreased sexual activity, intimacy, and affection from your partner.

After noticing one or more of these signs, many people make the mistake of immediately confronting their partner of their suspicions. While this approach may seem tempting, the detective believes there are a few questions you must ask yourself. First, you must determine how you define cheating. “Definitions of cheating vary,” he explains. “I'll have one client tell me that, unless they're caught having sex with someone else, it's not cheating. And then I'll have another client decide that if they're sending or receiving consistent messages from the opposite sex, they consider that cheating.”

Related Link: [Dean McDermott Is Accused of Cheating on Tori Spelling](#)

After figuring out what behaviors are considered unfaithful, you must decide how much evidence of your partner cheating

that it'll take to satisfy you. "I always ask my clients how much they want to know." While some victims are only seeking one action to determine they've been betrayed, others aren't satisfied until they've obtained every last detail.

Once you have gathered everything you need to build your case, it's time to make the decision: Will you stay, or will you go? "The question is simple; it's the answer that becomes challenging," Gomez says in our celebrity interview. No matter how many apologies and excuses your partner makes, only you can choose what's best for you.

***Cheaters* Detective Talks Celebrity Infidelity and Scandals**

The author believes it's important for everyone to remember that "cheating doesn't discriminate against anyone." No matter who you are, how much money you make, or what you look like, you can be affected by this vicious game, so don't be naive. We're reminded of this truth every time the media alerts us of another celebrity couple's relationship that has been rocked by infidelity. Although it seems surprising that such high-profile people still risk everything by cheating, Gomez reminds us, "Celebrities are human beings just like everyone else."

Related Link: [Michael Morris Steps Out with Wife Post-Katharine McPhee Cheating Scandal](#)

He says that Arnold Schwarzenegger first comes to mind when asked what celebrity infidelity society can learn from. "He cheated and had a child with his nanny, which shows that it doesn't always take someone necessarily attractive to make a person cheat on their spouse." The Tiger Woods case – one of the biggest celebrity scandals in the world of professional sports – is another classic case because it was all confirmed by his wife simply doing some digging on his cell phone.

In the end, while every relationship and love is different, you must remember to always stay in control and protect yourself when dealing with a cheating partner.

To learn more about Detective Gomez and modern day cheating, check out his book Play To Win. Want to be on his weekly radio show? Email your questions and thoughts to dgshowradio@gmail.com.

Cupid's Weekly Round-Up: Building a Strong Bond



By Maria Darbenzio

When it comes to love, it's important that you have a close bond with your significant other. This truth holds for more than just romantic relationships but for friends and family as well. Take a few minutes to browse through these helpful articles from our partners to give you ways to improve your connections:

1. Enjoy the sunshine: When it comes to children, whether they're your biological kids, step-children, or nieces and nephews, it's important to hang out with them. Let them know how much they mean to you by taking the time out of your busy schedule to get outside and play. Trista Sutter recently shared how her and her children will be having fun this summer. (CelebrityBabyScoop.com)

2. Show appreciation: You may get so caught up in day-to-day events that you don't stop and show your loved ones how much you appreciate them. This idea shouldn't be applied only to your romantic partner! It's important to show your gratitude for everyone, especially your friends who have stuck by your side through thick and thin. Check out some of these quotes about friendship to get the gears turning. (YourTango.com)

3. Be confident: Confidence is key – and that goes for both you and your man. When your beau sees that you're feeling strong and sure of yourself, it'll put him at ease...which is a great step towards building a better bond. If your sweetie is lacking in the confidence department, help them build it back up. For more qualities that form deeper connections, read through this article. (YourTango.com)

4. Be yourself: It's easy to forget who you truly are, especially when you're at the office. Workplace relationships are just as important as the one between you and your partner. In order to create an enjoyable environment, remember to stay true to yourself and never pretend to be someone else. For other ways to improve your interactions with your co-workers, check out these suggestions. (GalTime.com)

5. Find the right one: When it comes to dating, it's tempting to create an elaborate list of things you want in a partner. Time after time, you find yourself saying, "He's not my type," but do you really know what you're "type" is? Take the time to forge a connection with someone *before* writing them off completely. This approach will prevent you from serial dating and help you find exactly what you're looking for. (GalTime.com)

How do you create stronger bonds in your relationships? Let us know in the comments below.

Date Idea: Take a Charity Walk





By Gabby Robles

Charity walks are perfect for this time of year. The sun shines brightly, and the air is a bit cool, so being outside is particularly enjoyable. Throw on a pair of leggings and a sweater (or a t-shirt if your hometown allows) and grab your man for the walk!

Finding a charity walk is simple. If one of your Facebook friends isn't posting about it, check out local listings on your own. If you live in New York City (or nearby), why not do the Parkinson's Unity Walk? If you're in the Los Angeles area, look into the Relay For Life walk.

Related Link: [Celebrity Couples Who've Made the World a Better Place](#)

If you want to choose a cause that's close to your heart , search for events related to that cause and see if there's a walk going on. For instance, runs that fund breast cancer, leukemia, and poverty are pretty common everywhere. The two of you can talk about what charities are important to you. Make

it a real discussion; this conversation is the chance to deepen your bond. Plus, it'll open you both up to each other.

Doing a charity walk not only promotes and helps out the charity, but it's a great way to do a fun workout with your sweetheart. Usually, these walks are at least a 5K, so you'll be able to replace that day's gym time. Even if you opt to walk rather than run, as many people do, you can have some alone time with your guy while simultaneously making some new pals by talking to those around you.

Or invite your own friends and family! This is a great opportunity to get close to your guy's loved ones or vice versa.

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

One of the best parts of this date? The aftermath. Since most walks take place during the early morning, you can stop at a your favorite diner or a nearby restaurant for a delicious brunch. As long as you have a charitable mind, you'll have a great day with your date!

Tell us: Have you ever done a charity walk with your man?

**Author Jennifer Buhl Talks
About Her Time Spent
'Shooting Stars'**





Interview and written by [Whitney Johnson](#). Transcription by Louisa Gonzales.

Jennifer Buhl spent three years in Los Angeles working as a paparazza (the word for a female singular paparazzi), and as a top-earning photographer, she was one of only five women in an industry dominated by men. Her work was published in *People* magazine, TMZ, and E! News, to name a few. Having since escaped the California lifestyle to move to Boulder, Colorado, and run a family photography business, she took the opportunity to reflect on her time in the field and wrote her new book, *Shooting Stars: My Unexpected Life Photographing Hollywood's Most Famous*. Read on for our exclusive interview with the author and find out more about her experiences with the rich and famous!

Related Link: [Brian Austin Green and Megan Fox Are Accused of Assaulting a Paparazzo](#)

You write about how paparazzi are often portrayed as being the villain, but in reality, they aren't the bad guy. Has this perspective affected the way your friends and family viewed

your career?

I think everybody outside of Los Angeles kind of thought I had this cool new profession, but people in LA sort of have an attitude about *their* celebrities – like, “How dare you?” The people who are most offended by my profession are the people who follow celebrities the most...because they feel like they’re friends with them. And, of course, it’s kind of ironic because they know all about them because of the photographs that paparazzi take.

It’s important for people to understand that, a lot of the time, celebrities actually *want* to be photographed. It’s also good to note that paparazzi are just the photographers; we’re not the buyers (magazines, blogs, etc.) or the consumers. Honestly, I don’t really care that much about celebrities; I was just doing my job!

You mentioned that your favorite experience as a paparazzi was one with David Beckham. Can you elaborate?

David is one of those celebrities that I put in a different category – like this mammoth, mammoth star. He’s like Tom Cruise or Brangelina. They operate in their own world, and they always have a ton of security around them. They’ve really changed their lifestyle because of their fame, so it’s hard to get a good shot of them. You rarely see pictures of David just out and about because he knows how to avoid us (which isn’t hard to do). So to have an encounter with him is a really special thing.

One day, I followed him to soccer practice knowing that I probably wouldn’t get a photograph because it’d be on his terms. He had two security guards with him; he saw me following him and kind of waved at the car I was in. Then, he pulls up to a drive-thru Starbucks window – and I’m like, “Did he do that for me?!” We were both in line and had our windows down, so we started chatting.

He knew I was a paparazzi and I was following him, but I didn't pull my camera out because there was no shot. All he had to do was put his hand over his face, and his security would've come running. We just talked for a while, and at the end of the conversation, he let me have a picture. It wasn't an amazing photo – he was just grabbing his drink from the window – but for me, it was a really special moment.

Were there any celebrity couples that you enjoyed shooting?

I photographed the Beckham's on the soccer field or out as a family. But interestingly, the paparazzi rarely follow a man by himself. Unless he's with his partner or kids or has a big bouquet of flowers in his hand, we typically focus on women. It's women who mostly read magazines, and we really want to see what other women look like – what they're wearing, how they've done their hair, who they're dating.

As an example, I was sitting on Jennifer Garner and Ben Affleck's house one day – that's a paparazzi term for "staking out" – along with several other paparazzi. Ben pulls out in his car, and nobody moves. We were all waiting for Jen.

Related Link: [Lessons from Jennifer Garner and Ben Affleck](#)

To shift gears a bit, we wanted to ask your thoughts about the recent petition from couples like Kristen Bell and Dax Shepard who are trying to stop photographs of their kids from being published.

Well, I think they are barking up the wrong tree when they are talking to paparazzi. But I actually think Kristen and Dax are going about it the right way; they're trying to target the people who print the pictures. Those are the deciders and consumers of what the paparazzi do. So if they want those pictures to stop printing, they need to talk to those people, and I think some of the media has agreed to it.

I don't think the paparazzi really care that much because,

frankly, the publications and blogs are going to use our photos no matter what. Whether you buy the ones with Kristen and Dax's kid or you buy one with somebody else, it doesn't matter.

And how has the insurgence of social media affected the paparazzi's careers?

Social media has given celebrities a lot of power. Our biggest competitors today are celebrities themselves. And that's because they're tweeting and Instagramming their own photos that the magazines and blogs can use for free. Publishers don't really care where the photos come from as long as they're good pictures, and the celebrities love it because they're able to drive their own media and their own look.

On a personal note, as a working mother, do you have any tips for our readers who are trying to balance parenthood with their careers?

I guess my biggest piece of advice is to look into attachment parenting – it really works for me. I would also say that, if possible, it's really important to have a flexible work schedule. It totally changed my life and just allows me to be a mother. If you read the book, then you know that motherhood is the most important thing in my life. So for me, it comes first. I still need to work, and I still love to work, so I put myself in a situation where I am able to be a working mother.

For more information about Jennifer, check out jenniferbuhlphotography.com. You can order Shooting Stars from Amazon!

Chris Evans Returns in the Sequel 'Captain America: The Winter Soldier'



By April Littleton

Chris Evans make his return as the WWII soldier in the sequel to the box office hit *Captain America*. In the film, he is still struggling to find his place in the 21st century. He tries to come to terms with the time he lost from being frozen for so long as he adapts to his newfound superpowers.

Should you see it:

You're obviously going to want to see this film if you enjoyed

the first installment. Any Marvel fans might take an interest in this film as well – especially if they enjoyed *The Avengers*. You'll see a few familiar faces/characters in *Captain America: The Winter Soldier* including Samuel L. Jackson as Nick Fury and Scarlett Johansson as the Black Widow.

Who to take:

Most guys love action films. So, if you have a boyfriend, think about taking him to see this movie during your next date night. If you'd rather see the film with a few of your close friends, that would be OK too.

Related: [Get Ready to Enter a 'Divergent' World](#)

What are some ways to protect the ones you love?

Cupid's Advice:

The role of the protector is a tough one to maintain. Some of the time the people you care about won't understand the decisions you make – even when it's in their best interest. Cupid has some advice:

1. Honesty: Always be honest with your loved ones. You can't protect your family and friends from harm if they don't know the full extent of a situation. The truth may be hurtful to them, but in the long run, they'll thank you for it.

2. Communicate: If you're feeling that something isn't right, let your loved ones know about it first. Don't keep any serious information to yourself. You want the people you care about to trust you. If you leave them in the dark about anything, they'll begin to doubt your judgement. Speak up about your feelings.

Related: [How to Date When You're a Single Parent](#)

3. Be aware: When it comes to the safety of your family and

friends, always be aware of everything around you. Be wary around new people entering the life of loved ones. You're the protector. You have to be the person who can spot bad decisions and situations the people you care about can't.

What are some other ways to protect the ones you love? Comment below.

What Do the Drinking Habits of Singles Reveal?



By Liz Kim

Sometimes, you just need a little liquid courage to go over and talk to the blue-eyed Adonis you've been staring at all night. A bar is a convenient place where single people can let loose and have some fun. But while bars attract singles like moths to a flame, if you're looking for a long-term relationship, your local watering hole may not be the best place to find Mr. or Mrs. Right. U.S. dating site PlentyOfFish conducted a comprehensive research study and found that the drinking habits of single people are very much correlated to whether or not they are looking for true love or a casual fling.

Related Link: [What Does Your Date's Drink Say About Him?](#)

The dating profiles of 11 million U.S. singles between the ages of 21 to 50 were examined, and the study revealed what most of us probably already knew but didn't want to admit was true: The more alcohol a single person drinks, the less likely they are to be in a serious relationship. In fact, men who want to marry are 82 percent more likely to be non-drinkers and women are 73 percent more likely. Men looking for a casual relationship are 55 percent more likely to drink often, and women are 80 percent more likely.

The study also examined how much singles tend to drink on a first date. Even before they go out, 36.4 percent of singles admitted to having a drink to calm their nerves. During the first date, nearly 50 percent said they had 2 or 3 drinks. These were the beer-with-a-burger, glass-of-wine-with-dinner type of people who knew their limits and didn't overdo it. But sometimes, your best judgement decides to stay home; you find that the night is young, and the pitchers miraculously keep filling up. The survey found 19.1 percent of single men and 16.8 percent of single women have actually gotten drunk on a first date.

So now that we know how much singles are drinking, what does

your drink order say about you? Surprisingly, the survey found that what you order can affect how attractive your date thinks you are. And no, we don't mean beer goggles. According to the survey, over 26 percent of men think that the most attractive drink for their date to order is red wine, while over 23 percent of women think that the most attractive drink for their date to order is a pint of craft beer. These women may not be too happy to find out that male beer drinkers are 55 percent less likely (than the average male user of PlentyOfFish) to be looking for marriage.

On a side note, whiskey lovers can rejoice because male whiskey lovers are 76 percent more likely to want non-serious dating and female whiskey lovers clock in at 74 percent more likely.

Related Link: [Focus on Friendship for a Peaceful Dating Experience](#)

The education levels and jobs of singles were also strong predictors for how heavily they drank. Women with a high school education are 26 percent more likely to not drink, and men with a high school education are 17 percent more likely to not drink. One statistic that particularly stood out was that women with PhDs are more than twice as likely (111 percent) to drink often, while men came in at only 51 percent.

While there is nothing wrong with letting your hair down and having enjoying a drink or two, anything that impairs your judgement and prevents you from operating heavy machinery isn't something you want to be relying on when looking for someone to spend your life with. A mere 14.1 percent of singles think that the most attractive drink for their date to order is something *without* alcohol – and maybe they're on to something. You might be surprised at how much fun you can have while still remembering what you did last night!

What do your drinking habits say about you? Tell us in the

comments below!