

# 'Pompeii' is the Perfect Couples Night Movie



By April Littleton

"Pompeii" is about the journey Milo, a slave turned gladiator (played by Kit Harington) takes to save his true love Cassia (played by Emily Brown). Milo is forced to fight his way past an arena in order to save his beloved before Pompeii is completely destroyed by the eruption of Mount Vesuvius.

## Should you see it:

"Pompeii" is directed by Paul W.S. Anderson and is lead by an all-star cast. Audiences will see the familiar faces of Carrie-Anne Moss, Jared Harris, Kit Harington, Jessica Lucas, Emily Brown and Kiefer Sutherland. If you're interested in dramas, mysteries or action films, Pompeii might be suitable for you.

## Who to take:

This movie isn't necessarily something you would want to see with a group of girls. Reserve this film for date night with your honey. He will appreciate it much more than your girlfriends would.

**Related:** [Sink Your Teeth Into 'Vampire Academy'](#)

**What are some ways to be there for the one you love?**

**Cupid's Advice:**

What you and your partner need the most out of a relationship is support. The two of you are a team, and you should be there for each other through thick and thin. The best thing about being committed to another person is the fact that you will always have someone you can lean on when situations get rough. Cupid has some tips:

**1. Focus on what they need:** Many couples often forget to zone in on what the other person needs. Instead, they tend to react in ways they think their significant other would like. Taking control of the relationship in this matter might cause your partner to feel unappreciated or unimportant. Don't assume things about each other. Ask one another about your needs and wants.

**Related:** [Rosie O'Donnell Says Health Scare Brought Her Closer to Wife](#)

**2. Be understanding:** Everyone handles certain situations differently. Keep this in mind when you face a challenge with your significant other. Don't put pressure on your partner to do things the way you might think is best. Show your support and let them figure things out on their own. When your honey needs you, she/he will let you know.

**Related:** [Lauren Conrad Celebrates Hoe-Down Birthday Bash with Fiance](#)

**3. Communicate:** Always keep an open line of communication.

Offer your significant other useful advice during trying times. Express your feelings to one another during arguments. Let your words be the driving force in your relationship.

**What are some other ways to be there for the one you love? Comment below.**

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## 5 Celebrity Women Who Only Date Athletes



By [Whitney Johnson](#)

In today's tabloids, it's never a surprise to see yet another Hollywood beauty on the arm of a hunky athlete. From country crooners to television actresses to reality starlets, these five celebrity women have ditched their singer and actor exes to date – and in some cases, marry! – athletes instead:

**1. Jessica Simpson:** After her divorce from boy bander Nick Lachey, this lovable pop princess dove right back into the dating game, shifting her focus from singers (a rocky relationship with John Mayer aside) to football players. She dated Dallas Cowboys quarterback Tony Romo for two years before settling down with former NFL wide receiver Eric Johnson. The happy couple, who are parents to daughter Maxwell Drew and son Ace Knute, are set to walk down the aisle this spring.

**Related Link:** [Celebrity Couple Predictions: Jessica Simpson and Eric Johnson](#)

**2. Carrie Underwood:** This blonde beauty has a similar penchant for professional athletes. Before Romo hooked up with Simpson, he was linked to Underwood for a brief six months. After he did her wrong (and no, Cowboy Casanova is not about him), the *American Idol* winner met handsome hockey player Mike Fisher. The couple married in 2010 and have made their home in Music City, where Underwood is often spotted cheering her husband on as he plays with the Nashville Predators.

**3. Hayden Panettiere:** Panettiere is yet another tow-headed singer who gravitates towards sporty boys. The *Nashville* star first dated Ukrainian boxer Wladimir Klitschko in 2010. She was then seen out and about with former New York Jets wide receiver Scotty McKnight before reuniting with Klitschko. After months of speculation, the petite actress confirmed their engagement on *Live With Kelly and Michael* in October 2013.

**4. Khloe Kardashian:** It looks like Kim – who dated not one but *three* athletes before starting a family with rapper Kanye West – isn't the only Kardashian sister who likes muscular men. Her younger sister got hitched to Los Angeles Lakers forward Lamar Odom after only one month of dating. This past fall, she announced her divorce from him after four years of marriage and has since been linked to Los Angeles Dodgers star Matt

Kemp.

**Related Link:** [Khloe Kardashian Files for Divorce from Lamar Odom](#)

**5. Eva Longoria:** The *Desperate Housewives* actress married San Antonio Spurs point guard Tony Parker in a fairy tale ceremony in 2007. Unfortunately, after three years of marriage and reports of his infidelity, the couple ended their union. A few years later, she dated New York Jets quarterback Mark Sanchez for a couple of months.

**Cupid wants to know: Why do you think celebrity women so often fall for pro-athletes?**

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## **Celebrity Interview: Hair Stylist Raphael Reboh Says Jennifer Lopez Has the Best Hair in Hollywood**





By Brittany Stubbs

We all want to look our best, and that begins with managing our hair. With clients including Cameron Diaz, Jennifer Aniston, Chrissy Tiegan, and Jennifer Lopez, Raphael Reboh definitely knows what he's doing when it comes to achieving glossy locks. Whether it's a celebrity in his chair or not, the stylist finds himself always stressing the same advice: Take care of your hair!

"Women often don't take care of their hair as much as their skin, but they should," he explains in our celebrity interview. "I find it weird that women will run out and buy hundreds of dollars worth of face cream that may not even work, but they won't spend the same amount of money and energy on their hair. Hair is connected to the scalp, so it's just as important."

## **Celebrity Interview with Hair Stylist to the Stars**

Reboh explains that part of having healthy hair is knowing what's in the products you're using. He recommends speaking with a hair stylist who really knows your hair type to help

guide you to the products and ingredients that will help *you* specifically – because, like a fingerprint, everyone’s hair is unique.

**Related Link:** [Top 4 Hot Hair Tips You Should Be Taking from Celebrities](#)

Although the Brazilian Blowout got a bad rep when the Keratin Treatment was introduced, the Miami native has a more positive opinion about the treatment. “I think Brazilian Blowouts are a miracle. Unlike Keratin Treatments that often dry the hair and make it flat, I find the Brazilian Blowout provides more shine and actually repairs the hair. I see the return of clients after the Blowout, and their hair is incredible.”

Reboh is even working on his own line of products with a similar treatment that he wants to call the Miami Blowout. He stresses that, no matter what treatment you’re having done, it’s very important that it’s done properly. So make sure your stylist has plenty of experience!

Given Reboh’s work styling celebrities, we couldn’t help but ask a couple of questions about hair in Hollywood. In our celebrity interview, he raved about [Jennifer Lopez](#). Having done J. Lo’s hair from the beginning of her career, he believes her gorgeous locks come from both good hair care and amazing cuts. “Great hair is all about movement, which comes from a great haircut,” he reveals.

When asked who needs to change their hair, he didn’t rat on any celebrity specifically, but he did voice his excitement for the short hair trend coming back, using the cut that [Beyonce](#) recently rocked for the Grammy Awards as an example. He candidly admits that he’s tired of everyone having long waves. With long hair, you can turn on the curling iron and cover up a bad cut or damaged hair, but “short hair is where the talent is – which means you need to find a stylist who knows what they’re doing because short hair shows everything.”



**Related Link:** [Celebrity Stylist Chaz Dean on Hair Care: “The Most Important Part is Feeling Sexy”](#)

## Celebrity Hair Stylist Shares Beauty and Dating Advice

Most people don't have the luxury of a professional stylist doing their hair everyday, but there are still little tricks that can help you look your best in between washes. Reboh encourages you to use dry shampoo to freshen hair, remove oils, and give your hair the movement of freshly-cleaned locks. Consider this dating advice before your next night out with your man: “The most important part of doing your hair is making it look sexy,” he shares.

Speaking of sexy, we asked this celebrity stylist for his thoughts on what men find sexiest when it comes to hair. “Men often like women to have a lot of hair, not just in length but in body,” he says. “Extensions are great for adding thickness to your hair, even if you don't want added length.” With this thought in mind, Reboh created his own extension line that consists of hair from Russia that is healthy, shiny, and lightweight, allowing your man to feel your head without even noticing the pieces.

Sexy hair isn't just about texture or thickness though; the hair style you choose plays a role as well. Although a woman can look fabulous with curly or straight hair, Reboh encourages women to make sure they're curling their hair the proper way. “If the curls aren't done right, they can make women look older,” he explains. “When you're curling hair yourself, make sure you know what you're doing to make those beautiful, open curls because *that's* what looks sexy.” If you don't know the correct approach to curling, consider going with a classic, straight style with a lot of body.

If you're in a time crunch to get sexy hair for tonight's hot



date, the stylist says to consider an updo (of course, using that dry shampoo again). It doesn't have to be over-the-top, just something that is "simple and pretty and will correlate nicely with a romantic dinner."

*For more hair tips and information on Reboh, check out his salon's site [www.femmecoiffure.com/](http://www.femmecoiffure.com/).*

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## Date Idea: Be a "Cheap" Date



By Kristin Mattern

You and your sweetie are sick of the same old Valentine's Day traditions, or maybe you're both convinced it's just a day made up by the card companies. Perhaps your pockets are just little lighter this year and you're looking for ways to save money. Whatever your reason, this Valentine's Day is a great time to have a cheap date to celebrate your love together.

**Related Link:** [List Your Live](#)

Get crafty this weekend and make your own cards. Cut out hearts from red and pink construction paper and use paper lace doilies and glitter to decorate. Write cute and corny lines to put a smile on each other's faces. For a longer-lasting idea, cut photographs into heart shapes and make a collage you can enjoy for years to come. If you're not the most artistic person, print images and cut them out to create an easy but still sentimental card for your honey.

To exchange gifts and not burn a hole in your pocket, agree to set a price cap with your significant other. This way, you can both give each other a little something special, but you aren't going overboard. Or stick with the homemade route and get creative. If you've been dying for your man to surprise you with breakfast in bed or cook a candlelit dinner, let that be his gift to you! If you're a guy, maybe you dream of your girlfriend making a batch of your favorite cookies, or you really want her to crochet you a scarf in your favorite football team's colors. Just ask her. Think outside the chocolate box and do something unique.

**Related Link:** [Movie Night](#)

Another idea is to make dinner with what you have in the fridge, or order Italian if the two of you are feeling like you want to be pampered a little. Watch romantic and fun movies like *50 First Dates* or the ever-classic *Casablanca*. Whatever you decide to pop in the DVD player, you and your sweetheart are sure to have a lovely ending to your non-traditional V-day all on the cheap!

**Have you ever gone beyond giving roses on Valentine's Day? Tell us in the comments below!**

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# Cupid's Weekly Round-Up: Last Minute Valentine's Day Ideas



By Maria Darbenzio

Valentine's Day is tomorrow. If you still haven't thought about how you'll be spending it, not to worry! From perfect date ideas to fabulous outfit suggestions, we've got you covered with these helpful articles from our partners:

**1. Gifts:** Time and time again, we hear the words, "You don't need to get me anything." Instead of buying something that only your partner will be able to use, why not pick out a gift that *both* of you can enjoy? Concert tickets or cooking classes are great ways to have fun and spend time together. For more ideas, take a look at this list. ([YourTango.com](#))

**2. Dates:** Some people make their Valentine's Day plans weeks in advance, but there are plenty of things to do if you prefer

to think about it at the last minute. You didn't get a reservation to the fancy Greek restaurant that just opened, and that's okay. Try going on a local adventure, or even just stay home and cook a new recipe together. No matter what, being there for each other is what matters most. (GalTime.com)

**3. Menu:** You decided to ditch the expensive five-course dinner and make a nice, romantic meal at home instead. Cooking Channel's Nadia G shares her recipe for panko shrimp with strawberry aioli. If your mouth is watering, click to get the recipe and wow your partner with your impressive cooking skills. (YourTango.com)

**4. Inspiration:** If you're still feeling a bit uninspired about your own personal Valentine's Day plans, take a look at what some of your favorite A-list stars will be doing this year. Browse through these celebrity couple's plans for some fun ideas. (CelebrityBabyScoop.com)

**5. Outfit:** Red is the color of love , so try to incorporate it into your outfit. It could be anything from a piece of jewelry, a dress, or even those gorgeous heels you splurged on last week. For more secrets on creating the perfect Valentine's Day outfit, this article is the place to look. (GalTime.com)

**What will you be doing this Valentine's Day? Share your plans in the comments below!**

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## **What's Your Favorite Love**

# Song?



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Christina Milian



“Oh gosh, my favorite love song? I know a lot of heartbreak songs, but I like ‘Drunken Love.’” Photo: David Gabber / PR Photos

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# Making the Most Of Valentine’s Day Even If You’re Unhappy



By Michele

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

**unhappy valentine’s day? it doesn’t have to be**

After a divorce, many holidays can be depressing, and Valentine’s Day can be the most depressing of all. The media promotes this day for lovers, and those not in a relationship – or just getting out of one – may feel left out. The holiday

can also leave you feeling as if something's wrong with you because you don't have someone special to share it with. But don't worry – you can still have a happy Valentine's Day!

**Related Link:** [Surviving Holidays as a Stepparent](#)

If you have children, celebrate your holidays with them. After all, they're a special part of your life. If you don't have visitation that day, then pick another day and celebrate. Children love special celebrations, especially when you tell them that *they* are the reason for the celebration. If you don't have children, why not plan a special outing just for yourself?

It is time to adjust how we feel about our holidays. We shouldn't feel pressured to have a significant other in our life. We should love ourselves and celebrate that love every day, not just on holidays.

Look at celebrity couple Hilary Duff and Mike Comrie, who recently announced their separation. They have a one-year-old son and are both very dedicated to co-parenting, loving, and raising Luca as a team. The exes still spend a lot of time together with their son. For example, on New Year's Eve, Duff shared an Instagram of the three of them at Disneyland the week before. I wouldn't be surprised if they spent Valentine's Day as a family as well!

**Related Link:** [Hilary Duff and Mike Comrie Announce Their Separation](#)

Here are some great ideas for your special celebration:

- Call a close friend or a family member and go to a movie, get a manicure and pedicure, or bake a sweet treat.
- Turn off all of your electronic devices and read that book or magazine that's been sitting on your nightstand for months.



- Take your children on a nature walk or to a local park. Don't just send them off to play; go play with them!
- Make yourself a fancy dinner. Use your best dishes and make sure to put fresh cut flowers in the center of the table as a present to yourself.
- Take a warm bath with essential oils. Don't forget the candles! Just totally unplug during this time. Read that book or magazine I mentioned earlier.
- Share your time with someone in need. Volunteer at a local shelter or serve dinner at a soup kitchen.
- Turn on the tunes and dance!
- Set the evening aside to look at old photos, especially those that bring back great memories.

Celebrations don't have to be expensive, but it is important to acknowledge the holidays. Valentine's Day is what you make of it. It is a day to celebrate love. No matter if you are alone or part of a couple, celebrate yourself and the power you have to make others feel valued. Remember: The most important thing you can do to bring true love into your life is to love *yourself*.

*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.*

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# ‘Never Have I Ever’ Author Katie Heaney Says Love Should Be “a Supplement to a Full Life”



Interview by [Whitney](#)

[Johnson](#). Transcription by Maria Darbenzio.

Katie Heaney turned her status as “being permanently single” into a funny memoir that sheds light on searching for your soul mate in the 21<sup>st</sup> century. In her new book *NEVER HAVE I EVER: My Life (So Far) Without a Date*, the 27-year-old shares her dating (or non-dating) experiences as she attempts to find romance on her own terms. We recently caught up with the author to glean a few more words of wisdom on looking for love and spending Valentine’s Day alone.

## **What do you hope readers gain from your book?**

I hope that young women reading it are able to first find it entertaining and relatable but also find comfort in it if they haven't dated a lot or even at all. It's important for them to know they're not the only one. And I also want readers to know dating doesn't have to be their number one priority. Focusing on friendships with each other is equally valuable and a good use of time, especially when you're in high school and college.

**Related Link:** [Celebrities Who Are Unlucky in Love](#)

## **Why do you think there's so much focus on women to find The One instead of to embrace being single?**

Even though we've made so much progress – it's because we're being educated at higher rates than guys these days and things like that – it's still supposed to be our primary goal to be looking for a husband so that we can start a family. I think that pressure starts incredibly early, and it doesn't really let up.

I think that what I realized in writing this book is the differences between the way the pressure is directed at me or my friends versus the way that guys experience it. Guys just don't have the same pressure to be constantly focused on love. If they want to focus on their career, nobody judges them. But, if a woman says the same thing, people say "Well, aren't you worried about getting too old? What about your biological clock? Don't you think you should at least be putting yourself out there in case you meet him?" We talk about it like it's this job. We should see it as a supplement to a full life that we create for ourselves.

## **Do you think this pressure causes women to settle for less than they deserve?**

I do. I hear a lot of girls talking about dates they have, and

they're not looking forward to them. Or a guy that they've been seeing is clearly not the type of guy they want. There's some weird impotence to kind of keep giving him chances and chances and chances. That's because there's this pressure to find him.

I think that there needs to be more trust in ourselves to know who we're really interested in and who we're not. We need to trust that it's better to be single than to be with someone you aren't interested in. The guy that you *are* interested in will come along.

### **What's the best dating advice you've ever received from a friend?**

The best advice that I've ever been given is just to be comfortable thinking of myself as someone who other people want to date. It's not because I felt bad about myself; I just didn't really see that as a possibility because it wasn't happening. So thinking of yourself as attractive, appealing people who other people want to spend time with kind of affects you in all these tiny ways that impacts the way other people perceive you.

### **And conversely, what's the best advice you've ever given someone?**

I tend to be the friend who tells everyone to break up with their boyfriends because I'm always like, "It's so clear you don't like him."

I think it's important to listen to what the other person is saying and to not be bossy in how you talk to them, helping them to listen to what they're saying and to recognize that if they're not sounding happy or they're complaining more than not, then something is probably wrong. And you need to remind them that it'll always be okay to be single and make them feel that that's true by being there for them.

**Related Link:** [Finding Your True Destiny After Losing Love](#)

**With Valentine's Day coming up soon, what's your advice for single ladies who let the romantic festivities bring them down?**

I hate Valentine's Day, but I think the thing to remember is that couples usually hate it too. I sort of think it's a holiday like New Year's Eve where everyone pretends to be so excited and everyone feels the need to make huge plans, but then everyone is disappointed.

So I would remind yourself that just because someone's a couple doesn't mean they're having a great Valentine's either. That's not to say that you should take delight in other people's misery, but just remember that a lot of people hate it. The best thing you can do is make plans for yourself doing something that you know that you love, even if it's watching *Law & Order* for four hours and ordering in food. Treat it as any other day and know that it doesn't mean anything and that when you're a couple, you're probably going to feel the same way about it.

*Heaney has an event at The Strand in New York tonight! For more information, check out her [www.facebook.com/KTheaney](http://www.facebook.com/KTheaney).*

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## **Berenice Electrolysis: Time to Rejuvenate Your Skin**





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Berenice S. Rothenberg is a Certified Clinical Electrologist and an FEDH Licensed Cosmetologist. She has been offering



premier electrolysis services, along with skincare and laser treatments, for over 42 years with her current location set in Manhattan.

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# Blogger Perez Hilton Talks About Being a Single Celebrity Parent, Online Dating, and His Recent Move to New York



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.  
At the Match.com Singles in America event, CupidsPulse.com Executive Editor Lori Bizzoco talked to panelist and blogger



Perez Hilton about online dating and life in New York City with his sweet son, Mario.

## Celebrity Video Interview with Perez Hilton

As for why he was on the panel at Saturday's event, the celebrity gossip columnist reveals, "I'm here to talk about my experiences – I'm on Match and many other sites. I think it's fun to offer my perspective, which may be different from the other panelists because I'm a gay man and a personality."

**Related Link:** ['Millionaire Matchmaker' Patti Stanger Talks Online Dating and Finding The One](#)

In our celebrity video interview, the blogger lights up when the subject turned to his son. "He loves New York! We do so much here," he shares. "I think raising a child in New York City is the best because there's so much to do and it's so easy to do so much."

Of course, having a child changed Hilton's dating life, but he doesn't like to use the word "difficult" when it comes to finding love. "It definitely presents challenges that a single person wouldn't face. Like I choose not to bring guys back to my place. You gotta work around it! Do what you got to do."

Right now, though, the single celebrity parent's priority is Mario's first birthday on Feb. 17. He shares that the father-and-son duo will be celebrating with a blessings ceremony. "I'm inviting all my close friends and family to come over and write down little blessings on a sheet of paper," he explains in our celebrity video interview. "I'm trying to get some spiritual folks – maybe a rabbi and a priest, maybe a monk – to share some words and blessings as well."

*Visit [PerezHilton.com](http://PerezHilton.com) for more from the celebrity gossip columnist.*

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

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## Beware of Sweetheart Scammers This Valentine's Day



By Becky Frost

Rumor has it that many celebrities have dabbled in online dating. And they're not alone. A recent study has determined that one in ten Americans has used online dating or a mobile dating app in their quest for love. It has steadily gained popularity as many find it an ideal way to meet people and discover a good match for themselves versus more traditional means of dating.

Most online daters have the best intentions to simply find

their soul mate but beware there are unscrupulous suitors who are out to do more than steal your heart. If online dating is on your agenda this Valentine's Day season it's important to be aware of these individuals, labeled by the FBI and others as "sweetheart scammers."

Their goal is to swindle money or bank account information from unsuspecting online daters by creating a fake profile designed to match a certain type of person: employed, affluent and trusting. As time goes on the sweetheart scammer will scheme to seem perfect in every way, even down to the same likes and dislikes as the target. Once trust has been established, the scam usually escalates to the thief's unveiling of a problem involving money. Typical scenarios include the request for funds to be able to travel to meet the target or to help the thief's sick relative. Love can often blind the victim to only think and act with their heart rather than their head in what otherwise may appear as an obvious scam.

**Related:** [7 Ways to Know If It's Really Love](#)

So what can you do to avoid sweetheart scammers? ProtectMyID, a leading provider of identity theft detection, protection and resolution offers up these valuable tips to help protect your online identity and steer clear of fraudulent schemes in the online dating world:

**Don't give away too much:** Don't disclose personally identifiable information with a prospective dating match until there is an established level of familiarity and trust. This also includes your hometown, home addresses, work specifics, phone numbers, educational background and information about children via profiles and through photo identification.

**Related:** [Technology, Social Media and Dating – The Good, the Bad and the Oops!](#)

**Play detective:** Don't assume that a prospective dating match

always will be truthful. Ask a person to tell you about him or herself; you then can conduct a little background work on websites and see if conflicting information exists. Also, be wary of any requests for financial loans or assistance of any kind.

**Create the perfect password:** For online dating profiles, do not use passwords that incorporate publicly known information.

**Related:** [Twitter Dating 101: Actions Speak Louder Than Tweets!](#)

While sweetheart scammers definitely operate all year long, they are particularly noticeable this time of year when everyone wants to celebrate romance. These scams are a double whammy for the victim because they are affected both fiscally and emotionally. Online dating can open up your world to true love but approaching it with your eyes wide open is critical to avoid not only heartache, but also becoming a victim of fraud.

*Becky Frost is senior manager of consumer education for Experian's ProtectMyID. Check him out at [www.protectmyid.com/](http://www.protectmyid.com/).*

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## What the Stars Are Doing for Valentine's Day





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Tatyana Ali

"I might go hang out with my girlfriends. If you have a group of girls and everyone is single, buy champagne and do everything you would do on a date, but do it with your girlfriends who you absolutely love!" Photo: Andrew Evans / PR Photos

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# Looking for Love Is Like a Job Search



By Lisa Becker

We all know that finding love can be a lot of work. No disrespect to the Peace Corp, but it truly may be the toughest job you'll ever have. So if you're serious about wanting to find a great relationship, you should start treating it like a job search. Consider these seven tips below:

**1. Network, Network, Network:** Just as people find jobs through networking, a great way to find a good personal match is through friends and friends of friends. After all, who is better to help promote your great qualities, positively position your odd quirks, and play down your annoying habits?

Because they know you and your desires, your loved ones will



likely beat out most online dating algorithms in making good matches. If you do turn to online dating, consider a service like Clique, an invitation-only site that links you up with people through common connections.

**2. Create a Digital Resume:** If online dating is for you, treat your profile like a digital resume. Use this opportunity to tell people who you really are and what makes you special. Don't talk about your ex. That's tantamount to saying you got fired from your last job. Just let your personality, accomplishments, and assets shine through.

Include specifics that people can connect with – interests, hobbies, likes, and dislikes – but be honest. If all goes well and you make a connection, you'll need to provide proof of all of your claims. Be sure to proofread! Not only do you likely want to come across as literate and educated but as someone who takes pride in themselves.

**Related Link:** [Desiree Hartstock Says Confidence is the Key to Finding Mr. Right](#)

**3. Be Selective:** You wouldn't apply for every job advertised on Monster.com, would you? And you wouldn't hire someone you know is wrong for the job. Then why would you do that in dating? Don't ask out every prospective person or online match, and don't accept an invitation from all either.

Let's face it: Dating isn't cheap. It takes time, money, and, likely your most valuable and scarce resource, energy. So take advantage of the "try before you buy" environment of online dating. You don't have to meet for a drink, grab a coffee, or sit through a long dinner only to discover there's no physical attraction or you have nothing in common, conversation is lacking.

**4. Do Your Research:** Online dating will allow you to narrow your focus if you do your homework. You can join a general dating service and design your dating search to make matches



based on criteria important to you from interests and values to age and previous history. You can also select an online dating service that focuses exclusively on a niche market based on religion or education. Find the one that's right for you.

Once online, really read profiles and send messages that are tailored to them. The generic "I like your profile and feel like we have a lot in common" email will likely find its way into the trash. Find one or two things in the person's profile that you connect with and comment on them.

**Related Link:** [Five Tips for Falling in Love in 2014](#)

**5. Job Interview:** Treat your first date like a job interview. While you likely won't be asked what your biggest strengths and weaknesses are or where you see yourself in five years, you will need to put your best foot forward. Good interviews are about seeing if the job and the candidate are a good match.

The job candidate who comes to the interview only asking about vacation days and salary isn't going to get the job. Ask questions to learn about your date and determine if you have mutual interests. Even if you know this isn't going to be a love match, use it as an opportunity to practice your dating skills. You'll improve for the next time around. You also never know who this person might introduce you to (see **Network, Network, Network** above).

**6. Dress for Success:** I'm not suggesting you wear a suit and tie or skirt and blazer on a first date. What I am saying is dress appropriately for the occasion. Pick something that puts you in the best light, is reflective of your personality, and fits the date. You'll feel better and more confident, which will shine through.

**Related Link:** [4 Best Practices for Talking to Your Date](#)

**7. Decline with Grace:** In *Click: An Online Love Story*, the main character Renee gets an email from someone halfway across the world looking to meet someone willing to move for him. After sending a polite and diplomatic “thanks but no thanks” email message, she proclaims to her friend, “It’s so much easier to reject someone over that Internet than in real life. Score one for online dating!” While rejection is easier for both parties when done online, it’s important to remember that people still have feelings.

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired Click: An Online Love Story and Double Click. The books, about a young woman’s search for love online in Los Angeles, have been called “a fast read that will keep you entertained,” “a fun, quick read for fans of Sex and the City,” and “hard to put down.” Her third novel, Right Click, is due out Spring 2014.*

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## **Celebrity Wedding Planner Kevin Lee Says, “I Think Famous Brides Are More Humble Than Everyday Brides”**





By Maria Darbenzio

Kevin Lee, owner and founder of LA Premier, has been taking the floral and event planning business to the next level for years. As his company has grown over the past two decades, he has become one of the most sought-after event planners in the Beverly Hills area. His portfolio includes many of the hottest A-list celebrities (including [Jennifer Aniston](#), Christina Aguilera, and Drew Barrymore), and his work has been featured at some of the most prestigious award shows.

## **Exclusive Celebrity Interview with Kevin Lee**

The saying “you need to love what you do in order to be happy” rings very true for Lee. “To me, working with the flowers and planning weddings is my life – I get to create so much,” he says in our exclusive celebrity interview. “My clients get the freshest flowers, and I love making beautiful masterpieces for them. Every design is a one-of-a-kind organic touch, and I love the fact that it’s such a creative career.” His passion for his job radiates from him, and his bliss is contagious.

**Related Link:** [Kim Kardashian and Kanye West Visit Paris: Wedding Plans?](#)

When it comes to planning elegant [celebrity weddings](#), the event planner has put together his fair share of big days for his star clientele. You may have seen him featured on reality TV shows like *Brides of Beverly Hills* and *The Real Housewives of Beverly Hills*. In order to work alongside these stars, he had to set himself apart from others in the industry. “If you want to prove yourself, you need to stand out, which I was fortunately able to do,” Lee explains. “I get to be unique and creative and use my artistic vision. A lot of jobs don’t let you do that these days.”

It’s no surprise that what you see on television is what you get in real life. “I’m confident and creative, and that carries over on or off the camera. I’m not afraid to do anything unnatural,” Lee candidly shares in our celebrity interview. “Whether I’m on *The Real Housewives of Beverly Hills* or getting together with friends, I’m still the same person.”

## Celebrity Wedding Planner Shares Love Advice

When it comes to wedding planning, the florist believes the same love advice applies to celebrities and non-celebrities alike. “It doesn’t make a difference,” he explains. “Everyone is looking for something special and unique because it’s her special day and a once-in-a-lifetime experience.”

**Related Link:** [Send a Beautiful Valentine’s Day Bouquet with BloomNation](#)

Of course, there is still one notable distinction – and it’s a surprising one. “I actually think famous brides are more humble than the everyday bride. Celebrities already stand out every day, while the ordinary bride isn’t necessarily used to so much attention. It’s their one day to feel like a celebrity.”

For Lee, it's hard to choose a favorite wedding that he has planned. However, his fondest memory was opening in Toronto for the Bridal Show of Canada. A crowd of 45,000 people came out to make it the most memorable experience of his career.

Planning a wedding on your own can be full of long days and sleepless nights, but hiring an event planner can lead to a large price tag. Not everyone can afford a private coordinator to help them along the way, but there are options available for those who can't. "Ask a hotel wedding coordinator to help you out. They'll make a big difference," Lee advises couples with a tight budget.

As we all know, flowers are a huge part of every wedding, and there are two types that Lee believes a bride should avoid: pom-poms and mums. "I'm into elegant flowers, and they don't stand out to me as elegant." On the other end, Lee says hydrangeas are his go-to flower and that white is always in.

**Related Link:** [How to Make Your Lady Feel Special on Valentine's Day](#)

With Valentine's Day quickly approaching, flowers are on everyone's mind right now. So does this famed florist think a bouquet of roses is too cliché for the romantic holiday? "Any time you think of Valentine's Day, you think of roses – they're very symbolic," he shares. "It's a day of someone remembering you. I love how some things never change; tradition never goes out of style. Roses are just like diamonds – diamonds are forever, and they never lose their popularity."

Recently, Lee and his company teamed up with BloomNation, a unique marketplace for floral arrangements. "There are many services out there, but some of them don't alter themselves to keep up with the era," he says of the partnership. "BloomNation lets us use our creativity and artistic touches to make each arrangement different. It reminds us why we love

doing what we do, and it lets us show each of our unique and personal touches as florists.”

*To learn more about Lee, visit his LAPremier.com. Be sure to check out his arrangements available on [www.bloomnation.com/](http://www.bloomnation.com/) too!*

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## **Celebrity Video Interview: ‘Millionaire Matchmaker’ Star Patti Stanger on How a Relationship and Love Changed Her: “I’m Much More Relaxed”**



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

This past Saturday, CupidsPulse.com Executive Editor Lori Bizzoco and *Millionaire Matchmaker* reality TV star Patti Stanger caught up at Match.com's Singles in America 2014 event where Stanger moderated a panel discussion with four sex and dating experts, including Celebrity Blogger Perez Hilton, Leading Sex Expert Dr. Emily Morse, *Cosmopolitan's* Sex and Relationship Editor Anna Breslaw, and Chief Scientific Advisor for Match.com Dr. Helen Fisher. Prior to the event, we had the opportunity to sit down with the matchmaker, and in our celebrity video interview, we chat with her about online dating, her own personal love story, and her best dating advice for meeting The One.

**Related Link:** [Patti Stanger on Celebrity Relationships and Love in NYC](#)

## Celebrity Video Interview with Patti Stanger

"I love Match.com! I'm the girl who dates online," the reality TV star candidly shares. "This is the way to meet singles. 18 or 80, it doesn't matter. We just need the tools and the ammunition to do it."

As for how finding love with fiancé David Krause has changed her? "I'm much more relaxed. I love nesting; I love staying home."

Watch our celebrity video interview above for more information.

*Tune in for The Millionaire Matchmaker on Bravo on Thursdays at 9/8c, and check out Stanger's line of jewelry at Shop by Bravo!*

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



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# Exclusive Celebrity Interview: 'The Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right



Interview by [Whitney](#)

[Johnson](#). Written by Elizabeth Kim.

Fans were overjoyed when Desiree Hartsock, who finished as fourth runner-up on Sean Lowe's season of *The Bachelor*, was named the next *Bachelorette*. The bubbly brunette captured our hearts even more as we watched her search for true love. It was a gift from Chris Siegfried – a journal filled with a heartfelt message to her and poetry he had written – that ultimately convinced her that she had found Mr. Right.

Following his moving proposal in Antigua, the couple moved in together in Seattle, Washington, and are enjoying life since their celebrity engagement.

**Related Link:** [Desiree Hartsock Says 'Love Can Be Unpredictable'](#)

## Reality TV Star Discusses Life Since *The Bachelorette*

In our exclusive celebrity interview, the reality TV star happily admits that there haven't been any rude awakenings and attributes their success so far to good communication. "From our time getting to know each other on the show as well as seeing each other while the show was airing, we had a great idea of what it would be like living together," she explains. "We work well together because we already disclosed all of our little quirks."

They're also lucky enough to live close to *Bachelor* alums Jason and Molly Mesnick. "They have been so great to us, and it's nice to share a common bond," she says of the celebrity couple. "We'll get together with them whenever possible for dinner or even just to hang at their house with Riley, their adorable baby girl."

Although Hartsock may be best known for her role on *The Bachelorette*, she's also an accomplished designer. While working toward a degree in fashion design, she fell in love with the bridal industry and eventually worked as a stylist in various bridal salons. She also worked for a plus-size women's contemporary brand that gave her the experience and appreciation of designing clothes that flattered all shapes. She even designed and created the dress she wore to fellow *Bachelor* stars Lowe and Catherine Giudici's wedding.

**Related Link:** [Sean Lowe and Catherine Giudici's Wedding](#)

After devoting so much of her life to the bridal industry, some may think that Hartsock feels pressured to have the ultimate celebrity wedding. But true to her easygoing nature, she isn't stressing over every detail. With an engagement party coming up in a few weeks, the famous couple are in the beginning stages of planning their nuptials. "We are working on setting a date," she shares in our exclusive celebrity interview. And lucky for fans, she adds, "We're open to having it televised and still planning for the fall." As if the prospect of a televised wedding wasn't daunting enough, she also plans to design both her wedding *and* reception dresses.

The former *Bachelorette* is working with award-winning designer Maggie Sottero to help her visions come to life. "I have worked with many designers in the past and found that Maggie Sottero is the most sought-after designer because of the company's commitment to ensuring a bride's happiness as well as providing the best fit possible." She coyly adds that, while she doesn't want to give too many details away, one thing is for sure: "Both dresses will reflect my personality in different ways. I love to dance and be comfortable, so my reception gown will cater to that, while the ceremony gown will be more romantic."

## Desiree Hartsock Gives Love Advice

Given her reality TV past, she knows what Juan Pablo Galavis, who competed for Hartsock's heart, and the current season's *Bachelor* hopefuls are experiencing. Of the remaining ladies, she says, "There is definitely chemistry with Nikki, Andi, and Renee as well as with Clare. I don't like to choose favorites, but I do like Renee's demeanor and personality." No matter who Galavis picks, Hartsock advises the women to focus on their potential future with Galavis rather than worry about the other girls.

**Related Link:** [Why Confidence is So Important in Dating](#)

It certainly takes a level of self-assurance to be vulnerable in front of millions of viewers, but Hartsock believes that confidence is key to finding love on or off the screen. “My love advice is to know your self-worth and what you deserve, to be confident in who you are, to let him pursue you, to be independent and not desperate, and to be yourself.”

With such a dismal track record, past stars of *The Bachelor* and *The Bachelorette* may also want to heed the designer’s advice for dealing with broken hearts. “The way that I have always gotten over break-ups is knowing that things happen for a reason, and no matter the circumstance, there is always something more or better to come,” she says. “Although it can be really tough to do, it’s important to hold on to the hope that there is someone out there who will be everything you deserve and more and to not dwell in the hurt or past, but keep pushing forward with each new day.”

To learn more about Desiree visit her website, [www.desireehartsock.com/](http://www.desireehartsock.com/). The Bachelor airs on Monday nights on ABC at 8 p.m. ET!

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## Cupid’s Weekly Round-Up: Creating Love That Lasts





By Maria Darbenzio

With Valentine's Day creeping up on us (one week away!), romance is in the air everywhere you go. Check out some of these articles from our partners to get you on the path to a love that lasts.

**1. Time to recharge:** Sometimes, things can begin to get boring in a long-term relationship. Take a moment to get the excitement back in your love life! Try making a list of places you've always wanted to go (whether it be a restaurant down the street or that resort in Cabo San Lucas) and write a couple's bucket list. For more ideas, consider these suggestions. ([GalTime.com](http://GalTime.com))

**2. Change is good:** It's easy to want to change things you don't like about your partner, but that can make things complicated. Instead, try changing the way you look at your significant other. A healthy relationship consists of being able to listen to your partner, give them space, and share your needs when necessary. ([GalTime.com](http://GalTime.com))

**3. Give love another chance:** Not everyone gets their relationship right on the first time around, but if you're both willing to try again, it may be worth a shot. Many couples have experienced long lasting relationships after a brief breakup, so who's to say you won't? ([YourTango.com](http://YourTango.com))

**4. Keep the romance alive:** Gena Lee Nolin is married to former hockey star Cale Hulse. In her blog, she shares some wonderful tips on how to keep your marriage alive and well. Nolin even reveals how she'll be spending her Valentine's Day. (CelebrityBabyScoop.com)

**5. Be a good girlfriend:** In order to truly be happy with your man, you need to make sure that you're a good fit for each other. Don't force yourself to be attracted to someone just because he's available. The best way to make sure your affection is felt is by making sure you're with the right person. (YourTango.com)

**How will you ensure that your love lasts? Tell us in the comments below.**

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## **Date Idea: Bet On It**



By Kristin Mattern



Take a gamble on love this weekend and hit the strip with your man! Head out to a local casino and set the stakes high as you roll your way into your sweetie's heart. You'll be up all night with this weekend date idea.

Get glammed up for your cutie, jump in the car (or get extra fancy and rent a limo) and drive over to the nearest gambling spot. As you walk arm and arm onto the casino floor together, share the surge of excitement and anticipation for the night ahead. Sit at the same table and play against one another to encourage some friendly competition, or root your honey on as he plays a card game alone. See if lady luck is with you as you sit side-by-side and have a go at the slots.

Make this date a romantic weekend getaway and catch a flight to Vegas. You never know, you might just make it into some high roller suites! After some boozy kisses and some wins at blackjack, head out onto the strip to take in the sights. Catch one of the many shows, like Cirque du Soleil or David Copperfield, and then hit up the clubs. Dance the night away as you celebrate your winnings. Check out Vegas.com to discover places to stay, shows to see, where to eat and more – everything you need to make this casino getaway truly unforgettable.

If you're on the East Coast, make Atlantic City your destination. Play roulette and poker, then head out for a stroll along the iconic boardwalk. Snuggle up on the beach with your babe if you want to wind down, or hit up one of the many nightclubs to keep the electric feel going. Not in a dancing mood? Atlantic City has tons of shopping – the perfect way to spend your winnings. Check out AtlanticCityNJ.com for more information.

If you're not looking to spend big bucks, set up a casino date at home! Have a fun and flirty night in as the two of you play rummy for pennies, blackjack for that last piece of pizza and

maybe even a game of strip poker. Get creative and wager what you'd both like to bet for: kisses, hugs or the next movie you watch. Make sure to have some munchies on hand to nosh on while you play. Drink your favorite microbrew with your dearest, or share some sparkling wine. When you're done gambling, throw on a casino-themed movie like *Ocean's Eleven* and just relax.

No one loses on this date – you can bet on it!

**Ever take your loved one out to a casino for date night? Tell us all about it in the comments below!**

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## Five Reasons Why Being Needy Will Push Him Away



By Kerri Sheehan

Having a partner who always wants to be around you is a great feeling – to a certain extent. Everyone has needs when they're in a relationship, but being overbearing about what you want will push your significant other towards the door. A relationship is an equal union, so if you're busy only thinking about yourself, then your guy will begin to resent you. Here are the five reasons why being needy will push him away:

**1. You'll become completely dependent:** Being too clingy causes you to revert to childhood. It stops being a peer relationship and becomes more of a caretaking relationship. Namaste Moore, life and relationship coach, says that, often times, this sort of dependency can put both parties in a bad position. "The significant other who is expected to meet that need is in the position of not being a partner but of being either a savior or villain, depending on their ability to satisfy their sweetheart. A healthy, mutual relationship based on the exchange of love quickly becomes a codependent dynamic where one partner feels they must choose either the loss of their sense of self or feel like the enemy."

**Related Link:** [6 Clues To Look For in a Keeper](#)

**2. You'll put too much pressure on him:** Your mate will spend so much of his extra time trying to meet your excessive desires that he will struggle to find the time to meet his own personal needs. The partnership will become less loving and romantic for him and more of an obligation. He will begin to resent you, and it's likely that his friends will too, seeing as he's spending all or most of his extra time trying to please you.

**3. You'll make him want to escape:** Often times, the more a needy person holds on, the more their partner begins to pull away. Nobody likes to feel trapped, and being dependant on your guy will make him feel just that. He will start searching



# Questions You Need to Think About Before Filing for Divorce



By Mark Baer

Families come in all shapes and sizes. Some married couples live together with their children. When those children grow up and move out of their parents' home, does that mean that they are no longer a family? Some married couples with children don't live together because of their work commitments and for other such reasons. Does that make them any less of a family? Religious beliefs aside, some couples such as Goldie Hawn and Kurt Russell have children together, but were never married. Aren't they still a family? Married couples with children sometimes divorce. Does that mean that they are no longer a family? If you think about it, the nature of their relationship changed from being married with children to being unmarried with children. I'm afraid that when a couple has

children together, their marital status does not control their status as a family.

Many may define a “perfect” family as one in which the parents are married and in love with each other. I opted to use the word “perfect” because that was the term and definition used by a minor child of divorce, who was interviewed in a documentary film by Ellen Bruno titled “SPLIT.” While his family may not be “perfect,” as defined by him, I promise you he still considers it a family.

### **What do you want your family to look like in the future?**

Like it or not, if there are children of the relationship (regardless of their age), the family still exists after the relationship ends. The manner in which you end a relationship determines whether your family will be functional or dysfunctional from that day forward. Life is like physics – for every action there is a reaction – cause and effect. As I like to say, outcomes are determined by the way in which the “game” is designed.

Parents are correct in the notion that causing the children to take sides can be extremely useful in their divorce game of chess. However, unlike chess, divorce is not a game and children are not pawns. Parents need to understand that what they do, say and how they act toward the other parent has long-term consequences. The things people do with or without the assistance of their attorneys have consequences that will last for generations to come. “When you start a court case, you are starting a war,” says Justice Harvey Brownstone. Parents should always remember that the casualties in such a war are the members of the family itself, including the children, who become collateral damage.

**Related:** [5 Ways to Turn Your Relationship Around](#)

**What type of attorney, if any, do you want?**



While it may be expressed in many different ways, the selection of an attorney is the most significant factor in determining how a case will proceed. While an attorney's competency is extremely important, the selection process should not be limited to that aspect. After all, the attorney's personality and overall philosophy with regard to family law are of great importance.

It is not prudent merely to consult with an "experienced family law attorney." I have been trying desperately to educate the public that they need to consult with "competent and caring" family law attorneys. By the way, assertiveness is part of their competency. However, they should not be seeking out lawyers described as "sharks," "pit bulls" or "aggressive." The involvement of such attorneys typically leads to suboptimal results, destroys families and costs a great deal of money in the process. People must never confuse aggression and assertion. Words have meaning.

Remember, while you might win the battle, you can still lose the war. When families are involved, destructive behavior has consequences that can be felt long after the "case" is over. Is it the attorneys or the clients, their children and their families that get to live with those consequences? The personality and philosophy of the attorneys involved in a case have far more impact than people realize. Please keep this in mind when selecting your "teammates."

**Related:** [Five Secrets Truly Happy Couples Know](#)

### **Which divorce process is right for you?**

When people think of divorce, they typically think of litigation, which is the "default process." What that means is that their case will be litigated, unless they "opt out" of that process. Other available processes are DIY (do it yourself), mediation, collaborative divorce, lawyer-to-lawyer negotiation, arbitration (keep in mind that certain types of

matters may not be arbitrated in family law), private judging (if permitted in any particular jurisdiction). Unfortunately, family law is not spandex and there is no “one-size-fits-all.” However, people should consider certain things before making a decision regarding process.

First, litigation is an adversarial process in which both parties play to “win.” When a family is involved and both spouses are playing to “win,” the family dynamic is destroyed. An unfortunate byproduct of litigation is that it exacerbates the level of conflict, increases distrust and breeds paranoia. Doesn’t it make more sense to resolve family matters in a process that is designed to reduce the level of conflict and rebuild trust?

Second, a significant problem with mediation is the fact that the term itself is vague. Mediation could be evaluative, facilitative or transformative. Which of those approaches does one mean when they refer to mediation? It should also be noted that mediation is unregulated in most places, including California. Thus, a person can practice as a ‘mediator’ without ever having received any formal training. It is therefore strongly advised that you do your homework before selecting a mediator.

Third, collaborative divorce is an interdisciplinary team approach to family law. It is based upon specialization of labor, not duplication. In addition to the parties themselves, the team consists of attorneys, mental health and financial professionals. Collaborative teams are no different from any other team in that they are only as strong as their weakest member. Collaboration only works when the professionals involved are like-minded individuals who actually trust one another.

**Related:** [Finding Your True Destiny After Losing Love](#)

Fourth, lawyers do serve a necessary and useful purpose in

family law matters and for society as a whole. For one thing, they warn of unforeseen “what- ifs.” Furthermore, words have meaning and the difference between “may” and “shall” could substantially change the meaning of a provision. Lawyers are wordsmiths in that regard. Moreover, divorce is a legal process.

Fifth, unless a matter is decided by a judge or arbitrator, the couple involved makes the ultimate decisions. According to a new study conducted at UC Davis, people had a clear preference for mediation and other forms of consensual dispute resolution over those forms of dispute resolution in which they relinquished their decision making authority.

*Mark Baer assists people in becoming independent of their spouses or significant others with integrity, by evaluating and facilitating solutions that are respectful to each other and their families. He accomplishes this by providing a thoughtful, creative, and caring environment. His vision and experience equip people with a new set of skills that strengthen and empower them to better cope with future challenges.*

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## Can You Really Find Love on ‘The Bachelor’?





By [Marni Battista](#)

The reason for our culture's collective obsession with *The Bachelor* franchise is obvious. What single, soul mate-seeking dater wouldn't dream of being presented with 25 gorgeous single men or women and a period of 6 weeks to strategically whittle down that group to a proposal at the end? The all-expenses-paid fairytale dates, exotic destinations, and expensive sports cars probably don't hurt either.

**The conducive environment of 'The Bachelor' makes finding relationships and love seem like a breeze. But the real question is, are the happy celebrity couples really as in love as they look?**

But underneath the fluffy fanfare that leaves us hopeless romantics watching at home with hearts a-fluttering, at the show's core is a promise of two people finding everlasting relationships and love. After all, the show has resulted in a few happy marriages, with last month's nuptials of happy celebrity couple Sean Lowe and Catherine Giudici from

*The Bachelor* and *The Bachelorette* Season 1 couple Trista and Ryan Sutter's ten-year vow renewal.

**Related Link:** [‘The Bachelor’ Stars Sean Lowe and Catherine Giudici Are Married](#)

However, in an environment so unrealistic and clouded with so many distracting factors, I can't be convinced *The Bachelor* process is conducive to building the foundation for lasting relationships and love. Do I think it's possible to fall in love on the show? Taking into account the myriad of other ways couples meet these days, sure. Still, I think the success stories are the exception rather than the rule, and here's why:

**1. The Isolation:** Before they even meet the star of the season, the 25 contestants who make it through the arduous casting process are then sequestered in a Los Angeles mansion for the remainder of the process. At the beginning of any relationship, I advise daters to make space in their schedule to reflect and allow true feelings to come to the surface. With no escape from this microcosm and no contact with anyone other than the bachelor, crew, and other contestants to distract you, it's easy for the show to become your world, distorting your judgment and emotions.

**2. The Game:** As much as the creators would like you to think that the show allows one lucky man or woman to naturally select a lifelong partner, it's simply impossible for one person to get an accurate impression of 25 different people's personalities in one night. From the get-go, the show becomes a strategic game where the more extroverted contestants come out on top and those who take a little bit longer to open up often get shafted without a fair shot. Even the contestants who make it past the first couple of rounds of elimination still have to be pretty brazen to stay on the guy's (and camera's) radar, and as a result, many of them get caught up in the competition while losing sight of their true purpose.

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

**3. The Entertainment:** Ultimately, the show's creators prioritize entertainment value over all else. That means there's a whole other slew of factors that make this dating game less natural and more complicated. The over-the-top dates to exotic locales with private performances by the latest up-and-coming country artist may be fun for the viewer to watch, but it distracts the two people from truly getting to know one another. I mean, who wouldn't fall in love with someone in a rose petal-dotted hot tub overlooking the mountains of Thailand while Josh Groban serenades them softly in the background?

The show's creator, Mike Fleiss, has also openly admitted that they make sure to stock at least half the cast with potential villains or loose screws because they know their audience wants to see drama more than they want to see a proposal. So before the show even begins, cattier girls are selected over more compatible mates, and those stroking the drama are kept around longer than they should be.

To put it simply, any situation that brings people together that normally wouldn't meet carries with it the possibility of true love. But considering the numerous reality-distorting factors involved in *The Bachelor*, I'd steer you toward taking your chances in the real world.

*[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.*

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# 'A Million First Dates' Author Dan Slater Offers New Insight about Online Dating



Interview by [Lori Bizzoco](#). Written by Brittany Stubbs

When it comes to meeting The One, we're no longer stuck sitting alone at the bar or praying that our next blind date will work out. Today, millions of singles are turning to dating websites to help them find their better half. Although a new success story happens every day with the help of these online matchmakers, the unlimited profiles and possibilities these sites provide pose some issues as well.

In his second novel *A Million First Dates: Solving the Puzzle of Online Dating*, journalist Dan Slater invites us behind the scenes of the fascinating online dating business. He shows how this industry is changing our culture in more profound ways than we can imagine. By altering our perception of what's

possible, these sites are reconditioning our feelings about monogamy and challenging the traditional paradigm of adult life. Slater examines the questions that the digital revolution is forcing us to ask: Why should we settle for someone who falls short of our expectations if there are thousands of other options a click away? Can commitment thrive in a world of unlimited options? Can chemistry really be quantified by math geeks? In our interview below, we talk to Slater about the answers to these questions and more.

### **What inspired you to write on the subject of online dating?**

A few things sparked my interest in this subject. The fact that my parents met by one of the first computer dating websites in the 1960s definitely gave me a reason to go back and research the beginning of this trend; after all, I wouldn't be here today if my parents hadn't met this way. I'm also one of the first generations that latched on to online dating – my friends were doing it, and people were always talking about it – so it was a subject that sort of surrounded me and seemed relevant.

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

### **What advice do you have for people exploring online dating?**

As far as finding the right site, look for results. If you're going on several dates and you're not finding anything, maybe the community isn't right for you. I encourage people to use a few different dating sites.

When it comes to looking for a partner, I had the most success with online dating when I sort of threw away my checklist of things I was looking for and focused on maybe a single thing I wanted to find in a person. Maybe you just want to find someone who will go bird watching with you. If so, forget about what people look like, where they went to school, etc. and just focus on finding someone who shares this interest. Online dating is a commitment, and it's sometimes scary, but

if you're going to jump in with both feet, take advantage of trying to find that one thing you're really looking for.

**In the book, you state that "Internet dating has helped people of all ages realize that there's no need to settle for a mediocre relationship." But it appears that we have higher expectations now on what is good. Can you expand on this idea?**

In the past, I think people would settle because there weren't as many opportunities to meet new people; a new person didn't just pop up every day. With online dating, people are popping up with the click of a mouse. I don't see this as a bad thing or mean to imply that more people are running away from good relationships, but I do think people in relationships that are on the fence will be more liberated by all the opportunities that online dating provides. People are now less likely to stick around in a so-so relationship just because they're afraid to be alone or afraid they won't meet anyone else. I think the majority of people still want relationships and will commit when they find something really great, but again, I think it lowers commitment for those on the fence.

**Related Link:** [How to Deal with Online Dating Rejection](#)

**Do you think technology or a dating website can truly determine if two people are going to have chemistry?**

I think online dating can predict to an impressive degree whether two people are going to hit it off on that first date, whether they're going to sit down and have that spark where they can talk about common interests as an hour flies by. Online dating is getting better and better at determining if two people are going to get along. But I think that is a huge leap away from long-term compatibility, such as marriage, living together, and sticking with one another for a long time. I don't think that's something that can be quantified by these websites yet. I don't want to rule it out, but I don't think technology is there yet.

## **What are some positive aspects of approaching love this way?**

For one, it does allow you several options. I think another positive is that they provide you with more dating experiences, and these experiences are going to benefit whatever relationship you finally end up in. They grant you real life opportunities versus received wisdom from your parents or friends and allow you to discover the kind of relationships and people that work or don't work for you, which helps you ultimately understand what you're actually looking for and need in the end.

*To learn more about online dating, purchase Dan Slater's new book on Amazon!*

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# **Celebrities Who Lose Baby Weight Fast**





By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

**1. Jenna Dewan-Tatum:** Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star was back to work – in a size zero. “I wasn’t one of those girls who’s obsessed with losing weight, but that was a pretty good motivator. I thought, I’ve got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they’re pregnant and are like, ‘Let’s go crazy and eat ice cream every day!’ To me, it was, ‘I’m growing a human being, and I want to give this little soul the best nutrition I can,” she said.

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**2. Jessica Alba:** This Hollywood actress used unconventional methods to lose weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). "I wore a double corset day and night for three months," Alba told *Net-a-Porter*. "It was sweaty, but worth it," she added.

**3. Gwyneth Paltrow:** The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. "It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it," she said, according to the Press Association.

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**4. Beyonce:** The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

**5. Gwen Stefani:** This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

**Related:** [Top 10 Celebrity Couples of 2013](#)

**6. Shakira:** The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000



calories.

What other celebrities should be included in this list?  
Comment below.

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## 4 Best Practices for Talking to Your Date



By Carl Alasko, PhD

Dating is a complicated, difficult and anxious process – we can't all be contestants on *The Bachelor* with glamorous, network-funded dates and fairy tale endings. And real life just doesn't work that way anyway. It's every bit as stressful for guys as it is for girls. Sure, a guy might just wear a cotton plaid shirt that flaps around and hasn't shaved in a week and the girl might fuss over her wardrobe and makeup for hours—but underneath it all, both are probably equally

nervous. Because there's a lot at stake.

Regardless of how your "date" is arranged (friends, internet, work, church, ABC Network...), there are a few basic guidelines that can make the process a little less anxious and more rewarding, and definitely less scary.

Before we even get to the guidelines, here is my absolute most important rule: **Decide in advance what you want to accomplish.**

Clearly Juan Pablo (*The Bachelor*) is looking for a wife and mother for his daughter and the women are hopefully there to find a husband. But if we recall this season's second episode, Victoria seemed to lose sight of that goal and had a bit too much to drink. So many times we react to something, or we're triggered, and before we know it, out comes a comment (or in this case a slurred mess) that instantly freezes the air—or boils it.

To simplify the overall dating process, and reduce some of the most common errors, I've compiled **Four Guidelines for Talking to Your Date.**

**1. Maintain positive or neutral nonverbal gestures and expressions:** This requires a certain amount of self-control, and sometimes practice. You may recall the first rose that Juan Pablo gave in episode 1 to Sharleen, the opera singer – and her very aloof response that came off as cold and closed. She smoothed it over next episode apologizing and explaining the reaction was one of shock, not dislike – good recovery. Some of us are naturals, and the rest of us have to put some effort in keeping our facial expressions and movements within the definition of neutral. Leaning too forward is not good. Leaning too far back is not good. Stay in the middle.

**Related:** [Fantasy Dating: How to Play the Game Right](#)

**2. Don't ask invasive, demanding or judgmental questions:** When you meet Martin, don't ask, "So, do you like your job, or are

you looking for something more fulfilling?” Ouch. What you intended to ask Martin was if he liked his job, right? What you wanted to accomplish was a dialogue. Not an insult. For all initial conversation, **try to keep things neutral and open-ended** like, “So what do you enjoy most about your job?” or “What’s the most exciting aspect of working there?”

If your date mentions off-hand that her relationship with her mother has been on the rocks, don’t pry it open just then. Return to it slowly, test the waters to see if it’s something she wants to explore with you.

**Related:** [Your First Date: What it Will Cost](#)

**3. Don’t be vague about your intentions; explicitly and strategically state your needs:** This means that if you’re really looking for someone solid and long-term, sometime after a few dates you need to say that’s your goal. Why waste weeks, months, years with Bradley if all he really cares about are sports and beer? If you’re a single mother looking for not just a husband but a father for your daughter, don’t hide it.

**4. Follow your instincts and be ready to leave if things get uncomfortable:** While you don’t have to bolt for the door at the first sign of anxiety, if the anxiousness goes on for more than a couple dates, listen to your intuition. If Victoria’s heavy drinking scares you, don’t try to be her therapist. You’re not qualified, and it’s a lousy job. Just move on. If Mike’s constant leering and sexual comments scare you, tell him you’re not a good fit, and don’t meet again.

**Related:** [How to Date Outside the Box in NYC](#)

Because so much can be riding on that first meeting, having a few basic guidelines in mind can save you a lot of distress. Repeat these guidelines to yourself, and ask a trusted friend to do some rehearsing, or to be available to de-brief if things get tricky. And they can save you from wasting time.

*Author of Emotional Bullshit, Beyond Blame, and his newest release SAY THIS, NOT THAT: A Foolproof Guide to Effective Interpersonal Communication, **Dr. Carl Alasko** writes a weekly blog for the Experts' online section of Psychology Today, which attracts thousands of readers, and his weekly newspaper column "On Relationships" has run in the Monterey County Herald for fifteen consecutive years.*