

Sink Your Teeth Into 'Vampire Academy'



BASED ON THE WORLDWIDE BESTSELLER



By April Littleton

Based on the best-selling novel by Richelle Mead, *Vampire Academy* follows the life of Rose Hathaway (played by Zoey Deutch). The teen is a Dhampir: half human/half vampire who is destined to protect her best friend Lissa Dragomir, who is a Moroi (mortal vampire). The film is directed by Mark Waters and will be released Feb. 14.

Should you see it:

If you weren't a big fan of any of the *Twilight* films, don't let that discourage you from watching *Vampire Academy*. Yes, this is another movie about bloodsuckers, but it has an entirely different feel to it. Romance isn't the big theme of

this motion picture. In fact, you'll probably get a sense of girl power and unity once you leave the theater.

Who to take:

You could probably force your significant other with you, but you will probably have more fun seeing this with a group of your friends. The film is rated PG-13 for violence, bloody images, sexual content and language. Keep that in mind if you have a younger sibling who is dying to have a little family night out with his/her big brother or sister.

Related: [Zac Efron Stars in New Film, 'That Awkward Moment'](#)

What are some ways to protect your loved ones without going overboard?

Cupid's Advice:

When you see the person you care about making the wrong decisions, it can be hard to maintain certain boundaries. You just want to see your loved ones healthy, happy and safe. You can still keep an eye on all the people you love without going to the extreme. Cupid has some tips:

1. Ground rules: Everyone craves a sense of stability and that comes from remaining consistent with your ground rules. Make sure your loved ones are aware of the dos and don'ts in and out of your household. Stick to what you say, and don't make excuses for the people you love when they do something wrong.

2. Communication: You don't need to follow your loved ones all over town. You need to learn to build trust and give them room to be themselves. Sometimes they will make mistakes, but that's how people grow and learn more about themselves. All they really need is a listening ear. Don't be the person who judges them for their bad decisions. Be the person they go to for consolation and much needed advice.

Related: [How to Handle a Clingy Partner in a Relationship](#)

3. Tough love: When the rules are broken, you will need to be the one to put your foot down. You can't let your loved ones get away with wrongdoing. In some instances, people need to learn from their own mistakes. In other cases, they need someone to guide them in the right direction. You don't have to be cruel to get your point across, but when you see the person you care about heading down a wrong path, be there to catch them before it's too late for them to turn back.

What are some other ways to protect your loved ones without going overboard? Comment below.

How to Get Through a Breakup and Heal Your Heart



BASED ON THE WORLDWIDE BESTSELLER



We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – “the hardest stage of all.” Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

“We can get stuck in stages for years and not even know it,” she reveals. “It can block our ability to love again, to attract love again, to be happy in love again.”

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

How did you move on after a devastating breakup? Share your story in the comments below!

Celebrity Video Interview: 'Single Ladies' Star Denise Vasi Shares Her Valentine's Day Plans



Interview by Shannah Henderson.

Denise Vasi Opens Up About Her Celebrity Wedding

Thanks to VH1's hit show *Single Ladies*, we get to see actress Denise Vasi light up the screen every Monday night. At last

weekend's OK! magazine pre-Grammys party, the star chatted with us about the songs that played at her celebrity wedding – Jennifer Hudson sang as she walked down the aisle! – and her plans for Valentine's Day with husband Anthony Mandler. "We might do Mexico," she reveals in our [celebrity video interview](#). "That place was our first going-away as a couple, but we weren't exactly a couple yet. We might go out there, reminisce and remember what those days were like."

Related Link: [Jennifer Hudson's Fiance is Adjusting to Her New Body](#)

Be sure to catch tonight's episode of Single Ladies on VH1 at 9 p.m. ET!

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

Celebrity Video Interview: 'Shake It Up' Star Bella Thorne on Having a Memorable Valentine's Day



BASED ON THE WORLDWIDE BESTSELLER



Interview by [Lori Bizzoco](#).

Bella Thorne Shares Valentine's Day Date Night Plans

Disney's *Shake It Up* star Bella Thorne loves to show her affection at Valentine's Day by sending personalized cards to the special people in her life, like boyfriend Tristan Klier. During her [celebrity video interview](#) with Executive Editor Lori Bizzoco, she provides creative ideas for how to craft handmade Valentine's Day card and mail them with the United States Postal Service's beautiful new *Cut Paper Heart Stamp*. When making cards herself, the actress loves to add glitter and jokes, "You know it's from me because it has the world's worst handwriting!"

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

The 16-year-old also candidly discusses her upcoming role in *Blended* (with dream team Adam Sandler and Drew Barrymore) and shares how she plans on spending her Valentine's Day date night.

For more information on Bella, check her out on www.facebook.com/bellathorne.

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

Cupid's Weekly Round-Up: Staying Warm With Family



BASED ON THE WORLDWIDE BESTSELLER



By Maria Darbenzio

With temperatures remaining on the low end of the thermometer, it's easy to want to stay snuggled by the fire drinking hot cocoa. Although that sounds like a pretty great way to spend your day and night, it's smart to have some other ideas to help you stay warm with your loved ones this winter. Take a

look through these articles from our partners for some great suggestions:

1. Take a trip: If the weather is getting to you and you've just about had enough, take a break from the cold winter air. Considering how busy you are between work and family, you deserve a vacation! Try somewhere warm where you can bask in the sun while your children play in the sand. Check out these famous families that have been doing just that. (CelebrityBabyScoop.com)

2. Be careful: You're off to the beach and ready to spend your day soaking up the sun. Even though Valentine's Day is right around the corner, not everything has to be red. So make sure to keep your skin and eyes healthy by lathering on that sunscreen and wearing your shades. (GalTime.com)

3. Arrange your gear: If you can't take a trip to somewhere hot, be sure to bundle up before going outdoors. Stay organized this season by keeping all of your cold weather gear sorted neatly. The last thing you want is to be headed out the door in a rush with only one glove. (GalTime.com)

4. Stay happy: No matter what your plans are, spend each moment with your family in pure happiness. Let them know how much they mean to you. Taking time to have fun and get away from a hectic schedule is the perfect way to spend this winter, whether it be in your own backyard or on a sunny beach somewhere. (YourTango.com)

5. Appreciate the little things: Eric Micha'el Leventhal once said, "There is no greater treasure in this world than somebody who loves you as you are." Learn to fully appreciate where you are in life and celebrate your relationships. Check out some of these other awesome quotes about gratitude. (YourTango.com)

How do you plan on staying warm for the rest of winter? Tell us in the comments below!

Celebrity Interview: Kelly Hansen Talks About His “Crazy, Wild Mr. Toad’s Ride” With Foreigner



BASED ON THE WORLDWIDE BESTSELLER



Interview by [Lori](#)

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

The Super Bowl halftime show is often just as exciting as the actual game. With the big event between the Denver Broncos and the Seattle Seahawks right around the corner, Pepsi got in on the action to get fans hyped for this year’s Bruno Mars performance. On Sunday, Jan. 19, diners at Buffalo Wild Wings in Seacaucus, New Jersey, were surprised with their very own

halftime show. Fronted by lead singer Kelly Hansen, '80s British-American rock band Foreigner delighted fans with "Feels Like Halftime," a remixed version of their 1977 smash hit "Feels Like the First Time."

Celebrity Interview with Kelly Hansen

Foreigner formed in 1976, and since then, they've sold more than 80 million albums. Over three decades later, hits like "I Want to Know What Love Is" and "Cold as Ice" continue to make waves. After multiple lineup changes, Hansen joined the band as their vocalist in 2005. Although he's been in the music industry since 1985, he feels that Foreigner has given him the kickstart he needed to do what he loves: sing.

It was serendipity that brought Hansen and Foreigner together. "I was in a place where I'd spent a few years doing things in the business, but I wasn't singing as much. One day, I said to myself, 'Geez, I'm not really doing the thing that I do best,' and I wasn't really happy with where my career was," he shares in our [celebrity interview](#). "Previously, gigs had always just kind of fallen into my lap, and I realized sometimes you need to change course on how you do things."

Related Link: [Ivanka Trump Discusses Career and Family](#)

He found an online article about a charity show where original Foreigner front man Mick Jones was performing. The piece also alluded to problems within the band. "I wasn't aware of the status of Foreigner at the time; it was in limbo," Hansen says. "So I got in touch with management. We went back and forth, and we ended up putting my voice on some Foreigner tracks." The rest is history.

When you become the new voice of a band as world-renowned as Foreigner, the immense pressure to live up to the expectations

of loyal fans can be intimidating to say the least. But Hansen has a different perspective. “For many reasons, there’s pressure when you do this kind of thing,” he explains. “People liked to say I was filling Mick’s shoes, but I like to say I brought my own shoes.”

The lead singer believes that Foreigner isn’t trying to be a copy of what it used to be, saying, “My biggest thing is that I want to do the songs justice and deliver them sincerely.” To Hansen, upholding the proud history, reputation, and standard of Foreigner is more important than trying to duplicate Jones’s signature wail.

Foreigner Singer Talks About Maintaining a Relationship and Love While Touring

After his entrance into Foreigner in 2005, he describes the journey as a “crazy, wild Mr. Toad’s ride.” However, even he admits that when you live most of your life on the road, your family can fall by the wayside. The most important step in keeping a relationship and love alive is to remind yourself that your life does not begin or end on the road.

“You can’t wait to go home to live your life. That means incorporating your loved ones into the process,” he reveals in our celebrity interview. Whether it’s through scheduling Skype video chats and daily phone calls or even bringing your significant other with you, allowing the important people in your life to be a part of your world prevents emotional distance no matter how far apart you may be. “That’s helped me a lot because, while I was out on the road, I kind of held my breath, waiting to live my life once I got home. This is a much better way to do it,” he says.

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

With stops in Paris, Belgium, and Israel – just to name a few – Hansen will have to stock up on calling cards as Foreigner embarks on a mega world tour this year. “We’ll come back and do a big summer tour in America and then go to Germany in the fall and do an acoustic tour, so that will be very cool,” he shares.

As Foreigner preps for their global tour and their very first acoustic-only show, there is little time to partake in the Super Bowl festivities. “I’m going to be on a plane, so I think I’m going to miss most of the game.” He remains tight-lipped on what team he’s cheering for: “As long as everyone has a good time and no one is freezing to death, I think it’s going to have a good outcome.”

Regardless, Hansen believes that fans shouldn’t have to wait for halftime to celebrate. He describes Foreigner’s surprise performance as a way to help people not only celebrate the upcoming halftime show but also celebrate life. “You can have halftime in unusual places and during unusual things; it doesn’t just have to be football,” he divulges.

For more information on Foreigner’s 2014 tour dates, visit their website at foreigneronline.com.

‘Millionaire Matchmaker’ Reality TV Star Marisa Saks Says Listening Is Key



BASED ON THE WORLDWIDE BESTSELLER



Interview by Shannah Henderson.

Celebrity Video Interview with Marisa Saks

We love watching Marisa Saks on Bravo's hit reality TV show *Millionaire Matchmaker*, so we were excited to speak to the sassy matchmaker at OK! magazine's pre-Grammys party last weekend. In our celebrity video interview, she shares, "The best part about being on the show, I would have to say, is that we have our own little-big family."

Related Link: [Patti Stanger Has Three Tips for Making Up After a Breakup](#)

Plus, the reality TV star shares her number one tip when it comes to a successful [relationship and love](#) life "Don't have loose lips. Listen, listen, listen!"

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

Date Idea: Play Romantic Dating Games



BASED ON THE WORLDWIDE BESTSELLER



By Gabriela Robles

This weekend, spend the night indoors with your love by showing off your competitive side by organizing a few romantic dating games. This is a great night to share your best couple friends too. So hurry over to an arcade and have a fun game night with your sweetheart!

Find a luxury bowling alley that's specifically setup for

romantic dating games. Usually these types of bowling alleys are done up in a glow-in-the-dark fashion and have a party-like environment that's extremely exciting. Most likely, there will be fun music, cocktails and tons of entertainment. Some luxury bowling alleys even have restaurant or grills attached to them as well as lounges, game rooms, cigar bars and dance areas. This atmosphere will insure an amusing night that both you and your date will enjoy.

If an arcade is more your style, you can still enjoy a romantic dating game spot such as Dave and Busters. This popular spot has a restaurant that serves delicious appetizers, salads, entrees and desserts – plenty of options. After you've eaten, you can head over to the games and get busy with your man. Show off your gaming skills behind the wheel by playing Daytona USA or impress your date with Super Shot. If you're in the mood to compete, play some QuadAir Hockey or try Dance Dance Revolution. The best part is that they have great deals. In fact, their Eat, Play, Win Combo is a surefire way to have a great evening that your wallet will love! Dave and Busters even has new games, so if you're addicted to Temple Run or Cut The Rope on your phone, try the arcade versions!

Romantic dating games are about doing something fun and new with your significant other, so go in with an open mind and excited attitude. Who knows? You two might have such a good time that you'll head out to your local bowling alley or arcade each month. It's a great way to beat the chill and heat up your relationship.

What're some things that you do for your game nights? Share with us in the comments below.

Five Relationship Advice Tips for Breaking Up Without Hurting His Feelings



BASED ON THE WORLDWIDE BESTSELLER



By Priyanka Singh

He might be perfect on paper, but that doesn't mean he's perfect for you. So how do you break it to him gently without stomping on his heart? While it's never an easy conversation to have, it's necessary if you're just not that into him. You might not be able to completely avoid hurting his feelings, but here are five tactful ways that you can let him down:

1. Decide what to say ahead of time: It's easier to say what you need to say if you have it mapped out before the conversation begins. Invest some time in pulling your thoughts

together. Once you have a plan set, make sure you stick to it.

“Feelings aren’t negotiable and also aren’t anything you can help. They are your’s and not his,” says licensed clinical psychologist Alicia H. Clark. “For those reasons, telling him how you feel about him will work better than telling him what you think about him.” Clark suggests using the Oreo approach, where you start off with something positive, transition to a negative, and then end on a positive. It’s a great way to tie everything together in a cohesive manner.

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

2. Talk to him face-to-face: Yes, we live in a world of technology, but some conversations just need to be done in person. If he sees that you’re willing to give him the respect of breaking it off with him over coffee or even in the privacy of either one of your homes, chances are he’ll return that favor and respect your point of view on the situation.

3. Take the high road: It’s important to remember that you’re both adults having a mature conversation about your relationship. Your objective is to get your message across in a kind and considerate manner, not to put him down or criticize him.

“You also don’t want to burn bridges with any guy. You never know if you’ll end up dating him again under different circumstances. Maybe the timing was just off. Or he may have a great friend that you end up dating one day,” says Sandy Weiner, certified life/dating coach and founder of LastFirstDate.com.

4. Don’t sugarcoat your reasons: If it’s not meant to be, then it’s just not meant to be, and if you’re clear and direct in your explanations, he’ll hopefully understand where you’re coming from. Don’t beat around the bush; get to the point, but do it in a tasteful manner.

Related Link: [Four Telltale Signs He's NOT the One](#)

5. Honesty is the best policy: Think of it this way: If the situation were the other way around, wouldn't you want someone to be honest with you about how they feel instead of feeding you lies? The truth almost always has a way of coming out, so don't avoid it just because it's difficult to say (or hear). It hurts more when you find out the other person wasn't being truthful, so avoid the extra drama and just be honest with yourself and your soon-to-be ex.

Any other tips to add when it comes to nicely breaking up with someone? Tell us in the comments below!

Celebrity Interview: Lance Bass Gives Relationship Advice and Says, "It's All About Communication in a Relationship"



BASED ON THE WORLDWIDE BESTSELLER



Interview by Shannah Henderson.

In our celebrity video interview with *NYSYNC member Lance Bass at the OK! magazine pre-Grammys party, we chatted with the singer about his Valentine's Day plans and best [relationship advice](#).

Related Link: [Lance Bass is Engaged to Michael Turchin](#)

Lance Bass on His Upcoming Celebrity Wedding

"We haven't started planning it yet," he says of his upcoming celebrity wedding to fiancé Michael Turchin. "We keep saying that so we need to start. We are guys. We need to hire a wedding planner...that is our next step."

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

Celebrity Couple Predictions: Amber Heard, Kaley Cuoco and Hilary Duff



BASED ON THE WORLDWIDE BESTSELLER



By: [Shoshi](#)

For today's column, let's take a look at three celebrity couples who have made headlines lately for shocking relationship moves – whether it's a surprise engagement, a quickie marriage after a whirlwind romance, or a separation announcement from a seemingly happy couple.

Amber Heard and Johnny Depp: Depp recently announced his recent engagement to actress Heard. Two words that came to mind when I heard this news were "hot mess." Not because I think it's too soon for the actor to be in a serious relationship, but because this relationship has signs of doom written all over it.

The 27-year-old actress met her 50-year-old fiancé while working on *The Rum Diaries*. There have been so many allegations about their romance that it's hard to know what to believe. The main rumor that stands out is that Depp and Heard broke up not that long ago so that she could date a woman. He somehow won her back and put a ring on it.

The only thing that is clear in this relationship is that Depp is trying his best to keep Heard around. What better way than to get married! Their relationship energy is two lost souls floundering around. The biggest question is how long can the actor can keep his partner entertained before she wants to leave again. I hope he's smart enough to get a good prenup, as there's no way this relationship is going to last.

On another note, the media keeps trying to make it seem like Depp's ex, Vanessa Paradis, is jealous over his engagement. This rumor couldn't be further from the truth. Paradis left Depp; *she* was the one who didn't want to get married. Depp has repeatedly confirmed this truth in interviews since their split, and his ex has moved on.

Related Link: [Johnny Depp and Amber Heard Are Engaged: Find Out Why](#)

Kaley Cuoco and Ryan Sweeting: The *Big Bang Theory* actress ended a relationship with Henry Cavill and pulled the ultimate bounce back: She fell in love with tennis player, Ryan Sweeting, and got married. If you blinked, you may have missed the whole thing. The couple dated for only five months before sprinting down the aisle.

There is something rather awesome about this marriage. It's a classic case of "you know when you know." Sure, they got married quickly, but when I look at their relationship, it looks like they both knew it was meant to be. Cuoco was looking for something different when she met Sweeting. They've been together before in a past life, which is why it felt so

comfortable when they met this time around.

The bets have started on when they'll divorce, but save your money. These two are going to be together for awhile. Don't be surprised if a baby announcement comes within a matter of months. Baby energy is swirling around the blonde beauty. Since they're having so much fun together, Cuoco would like to wait a little bit before having kids, but babies have a way of sneaking in when they're ready.

Related Link: [Kaley Cuoco Celebrates Bridal Shower with Famous Friends](#)

Hilary Duff and Mike Comrie: Looks like one Disney princess is about to get a divorce from her Prince Charming. This move comes as a surprise to many people who thought that Duff and Comrie were a happily married couple. As I look at the singer's energy, she's in a totally different place than she was when she got married. A part of her looked up to Comrie as her older and wiser lover. Well, getting married and having a baby will make a woman grow up really quickly. Long story short, she snapped out of it.

Duff will always have love in her heart for Comrie, but it's not the kind of love that keeps a marriage going strong. The passion between the two of them left a long time ago. It also looks like Duff considers Comrie a big turnoff, and once a woman is turned off by a man, it's hard to go back.

It's great that they tried everything in their power to stay together, but it's time for them to both move on. Duff is going to come back with a resurgence in her career. She's going to gain some new fans with her hot MILF status, but dating will not be her priority; she will be focused on being a single mother during this new chapter in her life.

For more information on Shoshi, click [here](#).

New Years: Changing Your Life in Those Quiet Moments



BASED ON THE WORLDWIDE BESTSELLER



By Sharon M. Rivkin,

M.A., M.F.T. for [Hope After Divorce](#)

Enjoying the fire blazing with my cup of coffee on New Year's morning, I took a big sip and a deep breath and thought to myself..."I need more moments like this." Then, I realized that if more of us, including myself, paid closer attention to those particular moments in our lives, we might hear the quiet message that alone time brings.

Related Link: ['Get Some Headspace' Author Andy Puddicombe Shares Ingredients for Perfect Relationship](#)

What did I conclude from how I felt on New Year's morning? That I needed to slow down and take more time for myself. That was a powerful moment because it made me realize that, by doing those two things, I would be a more balanced and less stressed person. Plus, those around me would also benefit from this change.

This experience made me reflect on the whole concept of creating New Year's resolutions and how most resolutions are task-oriented rather than internally driven. For example, resolutions often include losing weight, lowering blood pressure, exercising more, and quitting smoking or drinking. These are all tasks that don't cause you to think or reflect; you just do. But internally driven goals come from a more quiet state where important messages come out of the stillness. And these are the messages that are full of information about you and quite possibly about what you should be doing to have a better life. And, if you think about it, having a better life will create more peace within yourself.

So here are five ways to create stillness among the madness and busyness of our daily lives:

Related Link: [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

1. Walking to reflect. Most of us walk to lose weight and get our heart rate up. But did you ever think to walk mindfully? This means noticing the flowers, the trees, the sound of water, the beautiful architecture, and the birds. By experiencing the beauty and feeling of the outdoors, you'll glide into a more reflective state where your problems take a back seat and out-of-the-blue thoughts come to the forefront.

2. Journaling. The purpose of journaling is to write about your inner thoughts, uncensored, which help you uncover and release feelings that you may have not let surface because you've been so busy. Once you write down what you're feeling,

you may acknowledge what's *really* going on under the surface. It'll grab your attention, leading you to make changes in your life, whatever they might be.

3. Meditating. The point of meditation is to quiet your mind from its constant chatter. The chatter makes things bigger and insurmountable, which causes more stress and anxiety. By quieting your mind on a consistent basis, it creates a cumulative, calming effect in your daily life which, in turn, gives you more opportunities to reflect. And it's in those moments of reflection where you gain clarity and perspective.

Related Link: [Four Tips for Stress-Free Dating](#)

4. Listening to music. Music that touches the heart instantaneously calms you and smoothes out the daily turmoil. In fact, you almost forget that you have any problems when beautiful music touches your soul. We've all experienced the power of music, so we need to make listening to it more of a priority in our daily lives.

5. Sharing with your partner. Sharing is different than talking. It's part of that reflective process where you feel safe enough to reveal your thoughts and dreams to your partner. By doing so, communication gets more intimate, and you feel closer with one another. In contrast to quieting your mind, this mutual feedback reflects the information back to you in a different way.

Just as I experienced a message in the stillness of my New Year's morning, by using these five ways to create calm and quiet within, you, too, have the ability to hear your inner voice above the daily noise and make significant changes in your life.

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



Also known as the “last ditch effort therapist,” Sharon M. Rivkin, therapist and conflict resolution/affairs expert, is the author of Breaking the Argument Cycle: How to Stop Fighting Without Therapy and developer of the First Argument Technique, a 3-step system that helps couples fix their relationships and understand why they fight. Her work has been featured in O Magazine, O Newsletter, Redbook, Reader’s Digest, Time.com, CNN.com, Prevention.com, and WebMD.com. Sharon’s appeared on Martha Stewart Whole Living Radio and makes regular radio appearances nationwide. Sharon is also a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Celebrity Video Interview: Singer Mike Posner Talks About New Album and Valentine’s Day



BASED ON THE WORLDWIDE BESTSELLER



Interview by Shannah Henderson.

Celebrity Video Interview with Mike Posner

Singer Mike Posner first caught our attention in 2010 with his catchy song “Cooler Than Me.” In our [celebrity video interview](#) at OK! magazine’s pre-Grammys party, he talks about his album *Pages*, which features collaborations with Big Sean and Justin Bieber (he first met the pop star when they co-wrote the hit “Boyfriend”). Plus, he reveals where he’ll be spending his Valentine’s Day.

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

Reality TV Star Farrah Abraham Talks Next Career Move



BASED ON THE WORLDWIDE BESTSELLER



Interview by Shannah Henderson.

Exclusive Celebrity Interview with Farrah Abraham

We recognize Farrah Abraham from *Teen Mom* and *Couple's Therapy*, and we'll get to know the reality TV star even better when her special *Being Farrah* airs on MTV later this year. In our [exclusive celebrity interview](#), we chatted with the single celebrity mom about her Valentine's Day plans and upcoming projects.

Related Link: [Farrah Abraham Discusses Her Life as a 'Teen Mom'](#)

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Celebrity Video Interview: Brad Goreski Says, “I Think We’re Going to See an Explosion of Glamour” at the Oscars



BASED ON THE **WORLDWIDE BESTSELLER**



Interview by [Whitney Johnson](#).

In our celebrity video interview, we talked to fashion stylist Brad Goreski about the fashion at Sunday night's Grammys as well as his tips for [date night](#) looks. "The number one trend that I loved was the metallics," the reality TV star says, citing Taylor Swift, Chrissy Tiegen ("the golden goddess of the evening"), and Rita Ora as gorgeous examples. Plus, he reveals his predictions for the upcoming Oscars: "I think we're going to see an explosion of glamour."

Related Link: [Celeb Stylist Rachel Zoe and Brad Goreski Split](#)

Celebrity Stylist Talks Date Night Looks

When it comes to a date night, Goreski encourages women to look beyond what they're wearing. "Starting off with really good hair, makeup, and skin is super duper important," he explains. "Your skin should definitely be glowing on Valentine's Day!" He also says that you should invest in a show-stopping coat to amp up your look this winter. Watch the celebrity video interview above for more!

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Do Your Friends Influence Your Relationship?



BASED ON THE WORLDWIDE BESTSELLER



By Kerri Sheehan

There is nothing stronger than the bond between a girl and her closest group of BFFs. Best friends break their plans and bring over a trio of aloe-infused tissue boxes and a pound of your favorite jelly beans when the man you've been dating for five years tells you he's in love with the girl he just met at Starbucks. Friends are also the ones who support you when you have a Tom Cruise-like outburst after going on a date with a man who you claim is your life-long partner.

It's true that your pals can have a big impact on you, and often times, without even realizing it, this influence includes the type of men you end up dating or whether or not you settle down with someone permanently. If you don't think that these scenarios describe your situation, ask yourself the following five questions:

1. Do your friend's judge the men you date? When dating

someone new, almost everyone looks for approval from those around them. The expression on your friend's face or the body language they display when you introduce them to your new boyfriend could actually have a bigger effect than you realize. What if your friends don't like that it takes your new guy 48 hours to return your text message? Or maybe they know his last girlfriend and heard some bad things about him.

Life coach Stacia Pierce affirms this thought and says, "Men and women generally present their dates to their friends for approval, especially if they intend to deepen the relationship. The opinion of your circle is often taken into consideration and can affect a decision to either move forward or cut the relationship short."

Related Link: [Can You Date Your Friend's Ex And Keep Your Friend?](#)

2. Do your friends get along with your new man? Hearing your loved ones making negative remarks about the new guy you've fallen for can be a little disheartening. After all, we want the ones we love to also love one another, and that means having everyone in the same room on New Year's Eve, for your thirtieth birthday, or even for a Saturday evening of karaoke. In fact, when your friends and boyfriend don't get along, it can really put a strain on your life and influence whether your romance will fail or succeed.

3. Do they like and comment on your social media accounts? When we post a new photo or status update on Facebook, Instagram or Twitter, the objective is that our network of friends see it and give it a retweet, like, or positive comment. Posting a picture of you and your partner going ice skating in Rockefeller Center can give you a glimpse into the underlying emotions that your friends have about your current relationship. If your closest friends ignore the photo and don't respond, it can definitely bruise your ego. If you're feeling sad or hurt by their non-reactions, then they may have

a stronger influence on your relationship than you thought.

4. Do you usually meet guys through your friends? In the past, you may have heard one of your friends squeal in excitement, “I know the perfect guy for you!” Many romantic relationships can begin via introductions from acquaintances. However, before you jump into meeting someone blindly, make sure that the person your friend wants to introduce you to has some of the same common interests or values as you do.

Amanda Wozadlo, founder and co-owner of The Dating Stylist, agrees and adds, “If your social circle doesn’t have the same goals as you, that may be why your dating game is lacking. It is important to have a variety of friends who share common life goals because they can introduce you to new potential dates.”

Related Link: [Should You Date Your Brother/Sister’s Best Friend?](#)

5. Do your friends want to settle down or stay single? Some people tend to follow the dating styles of their friends. For instance, if your friend is in a passionate relationship and always talks about the romantic candlelit dinners that their partner prepares for them every Friday night, then you may yearn for a lover who does the same. Consequently, if your friend is single and loves that they never have to worry about falling into the toilet bowl when their new guy forgets to put the seat down, then you may see the benefits of this lifestyle.

After asking yourself these questions, there’s only one thing left to figure out: What do *you* want for your love life? If your friends truly love you, they’ll support whatever decisions you make when it comes to dating and relationships, even if they don’t agree with them.

Cupid wants to know: How do your pals influence your romantic life?

What to Do When Your Partner Needs Space



BASED ON THE WORLDWIDE BESTSELLER



By Louisa Gonzales

Being in a relationship means spending time together, communicating, and supporting each other. You want to respect your significant other and their choices, but what if that decision is your partner telling you they need space? Every person needs time for themselves and the chance to focus on their needs, without worrying about someone else's. Just because you're dating someone it doesn't mean you have to spend every single moment with them, it's something we all must learn. Cupid has some advice on what you can do, if your lover says they, "need space".

1. Define exactly what they mean: Does it mean they want space from you or your relationship? A break? It's good to establish things and ask what they're looking to get out of "having some space" and exactly what they want in terms of getting it. It will help you understand why they needed space in the first place and if the relationship is worth holding on to.

Related: [How to Handle a Clingy Partner in a Relationship](#)

2. Don't freak out on your lovebird: Take a breath and don't act on impulse, there's no need to get over emotional. There could be a million different reasons as to why your lover needs some space. Maybe they think you're smothering them or maybe they're just stressed. No matter what that reason is, if you don't want to push them further away, it is important to respect their request and not overreact. Their reasoning might have some valid points and in the long run your time apart could benefit your relationship, make it stronger, and give you the time to truly appreciate each other.

3. Do share your feelings: Express to your honey how you feel about their need for space, but let them know in a respectful and kind way that showcases your support about their decision. It will help them to take into account your feelings as well as let them know you are there for them. It is important for the both of you to hear and listen to what the other has to say. Doing this can set you on right track towards working out any kinks or issues in your relationship.

Related: [What to Do when He is Still Dating Others](#)

4. Give them their space, but get your own also: Give them what they want, but during this time on your own, take the time to focus on yourself. If your romantic mate, is getting some time for themselves, so should you. With all your free time, you can start doing the things you've always wanted to try, but never had the time to. You can also spend the time

reflecting on your relationship and the best direction to take to move forward, together or apart.

What do you think you should do if your romantic interest says they “need space”? Share your tips below.

Cupid's Weekly Round-Up: Celebrating Your Relationship



BASED ON THE WORLDWIDE BESTSELLER



By Maria Darbenzio

When it comes to a relationship, you should never hide how much you love someone. After all, there are so many great ways to celebrate your romance. Check out these articles from our partners to give you some ideas:

1. Spend a night out: You may not be able to attend prestigious award celebrations while wearing the latest couture like the celebrities, but nothing's stopping you from dressing your best. You can host a dinner party, attend a cocktail night, or just gather a few friends for a meal at a nice restaurant. Not only should you celebrate your relationship but also the people who have helped you along the way.

2. Look within: Celebrations don't always need to be fancy and require reservations. Take time to look at your relationship as a couple and let your partner know how special they are to you. Remind them (and yourself) of what made you fall in love in the first place.

3. Recreate a date: Think about what your first date was like, where you went and what you did. It can be easy to forget the details, so keep them fresh by recreating it. Revisit the spot where you first met or kissed, but try wearing a different outfit, styling your hair in a new way, or maybe sampling a sexy makeup look.

4. Leave sweet notes: It's easy to get caught up in a busy schedule. If conflicting times make it hard to sit back and relax together, take an alternative route: Slip a note into your man's briefcase before he heads for work or leave one on his nightstand. It'll let him know you haven't forgotten how much he means to you, and it's guaranteed to bring a smile to his face. Check out some of these quotes for ideas!

5. Rekindle lost love: Maybe you're looking to make amends with a former partner. Before moving forward, make sure the relationship is worth getting back into. After you win each other over for the second time, celebrate the relationship you have now and the progress you want to make. Don't let the past ruin your future.

What are some ways you like to celebrate your relationship?

Share your comments below!

10 Celebrity Couples That Would Make the Cutest Babies



BASED ON THE WORLDWIDE BESTSELLER





Jessica Biel and Justin Timberlake

With the actress's luscious lips and the sexy singer's sultry eyes, there's no way their kid would fall short of beautiful. Hopefully, JT's dance moves can carry over to the next generation too! Photo: GG/FameFlyNet

Avril Carruthers Reveals How to Maintain 'Freedom from Toxic Relationships'



BASED ON THE WORLDWIDE BESTSELLER



By Leslie Chavez

When it comes to our romantic lives, so many of us have been stuck in a toxic environment, trying desperately to escape without success. Enough is enough! Life is way too short to be entangled in poisonous partnerships. Author Avril Carruthers paves the way for lasting love in her new book, *Freedom From Toxic Relationships: Moving on from the Family, Work and Relationship Issues that Bring You Down*, a guide that explains where these toxic relationships begin and what kind of psychological pain they entail. She teaches her readers how to observe these patterns, making it possible to truly move on. It's time to leave those destructive relationships behind and start creating more loving and meaningful connections.

You say that our love lives can become toxic without us being aware of it. How can a relationship that began with true love end up filled with anger, fear, and resentment?

Relationships go through phases. We might be aware that the initial "honeymoon" stage is called that for a reason. As the relationship deepens, we trust that our beloved will be kind, but at the same time, we fear that they will see something in us that we don't like about ourselves. We then project our

fear of rejection and make assumptions based on the inevitable baggage we've brought with us from previous relationships. We might react with anger or resentment based on what we imagine our partner is thinking or saying. Many relationships flounder at this point, when we cannot perceive past our projected insecurities.

Related Link: [How to Kick That Bad Relationship to the Curb](#)

What are some signs that we can look for in order to avoid this from happening? How do we maintain an awareness surrounding any negativity we may be giving off?

A major red flag is whenever we find ourselves having a strong emotional reaction. At that point, we need to take a step back and ask ourselves: Where is this reaction coming from? When might we have felt this before? Sometimes, we can see that our reaction is similar to a time when we were younger. What wisdom and resources do we have now that we had no access to then? How would we prefer to behave instead?

If your partner seems to be the cause of the toxicity – they might be inconsiderate, unreasonable, demanding, or cruel – we need to see how and in what way we might be inadvertently hooked into the dysfunctional dynamic and change what we can. If communicating with them doesn't work, the best way to handle this situation is to move away, just as you would from a dangerous creature.

Shifting gears, the book explores the concept of “energetic psychic cords.” Can you explain this idea to our readers? How do the cords develop in our relationships? At what point do we need to “clear the cord”?

An energetic tie or psychic cord is a transference of emotion or thoughts that appears to have a life of its own; they occur between people who are in or have been in an intense relationship. We *feel* the effects of this cord when we find ourselves behaving in ways we wish we'd rather not or getting

lost in the other's emotions or projections.

They sometimes develop to the degree in which we become needy and insecure and have low self-esteem and hold unrealistic expectations based on fantasies. The process of clearing a cord starts with awareness of the dynamic: How does this attachment control or affect us? If we can differentiate between what is the other person's "stuff" and what is our's, we may not need a cord clearing. But if it's an old, engrained cord that's hard to disentangle, we might need the help of the structured process that culminates in the ritual of a formal cord clearing.

You say that energetic cords can form instantly when people fall in love at first sight. So tell us: Do you believe that love at first sight exists? How can someone distinguish the difference between love and lust in the early stages of a relationship?

In my experience, instant attractions are likely to be chemistry based on physical or emotional appeal. It's not always lust because we can have a crush on someone when we are six years old with the same intensity as when we fall for that stranger across the room when we are in our twenties. Whether these instant attractions ever develop into something more lasting depends on whether we appreciate them as they truly are or have projected something unrealistic onto them.

If you find it difficult to distinguish between love and lust, try keeping sex out of the equation for a period. Can the relationship be sustained with conversation alone?

Related Link: [Five Ways to Stop Sabotaging Your Relationship](#)

And finally, what advice can you give to singles in order to attract a healthy, loving, and positively transforming relationship?

Be in the present; be genuine; appreciate the best in people;

and respect yourself as well as others. This is difficult when a relationship represents comfort and familiarity – it's too easy to do what we've always done and not question whether we are being authentic to ourselves and to our partner.

It also helps to know what you want. Work to improve those things in yourself that you believe you want in your partner. This way, you will attract and recognize that person as the one you are looking for. But be discerning and remember that the universe doesn't only send us what we really want; it tests us to act in our own best interests.

For more information on Carruthers and her new book, click [here](#).

Celebrity Couples Who Keep Their Relationships Out of the Spotlight



BASED ON THE WORLDWIDE BESTSELLER



By April Littleton

Most of the famous and wealthy individuals we see on our TV screens and in the magazines enjoy having their love life on display for the whole world to see. However, there are a select few who prefer to keep their relationship out of harm's way. Cupid has a list of celebrities who manage to keep their private life – private:

1. Dolly Parton and Carl Thomas Dean: The country singer has been married to Dean since May, 30, 1996. They met at a Wishy-Washy laundromat on her first day in Nashville with his first words to her being, “Y’all gonna get sunburnt out there, little lady.” Since marrying, Dean has only seen Parton perform once and he rarely makes any public appearances with his wife. Parton and Dean have no children together, but she commented on his romantic side in an interview stating that Dean does spontaneous things to surprise her and sometimes writes her poems.

Related: [5 Celebrity Couples who Are Still Friends After Divorce](#)

2. Beyonce and Jay-Z: This couple kept their relationship under wraps for quite a while. It was rumored that the couple

began dating after collaborating together on the hit single “03 Bonnie and Clyde”. The lovebirds took it a step further by secretly marrying on April 4, 2008. When it comes to the status of their relationship, the couple have since eased up on their privacy, especially when Beyonce publicly announced her pregnancy during a live performance on the 2011 MTV Video Music Awards.

3. Morris Chestnut and Pam Byse: Who knew that *The Best Man Holiday* co-star was married? Well he is – and has been for 18 years now. Chestnut and his wife Pam have two children together, Grant and Paige. In an interview with *Upscale* magazine, the actor explained what makes their marriage successful. “I let my wife be the woman. You know? I let her be the woman.... And she, in turn, when it comes down to it, she lets me be the man,” Chestnut said.

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

4. Rachel Weisz and Daniel Craig: These two lovebirds got married with only four people attendance, while the rest of the world didn’t even know they were dating! Weisz and Craig tied the knot in a private New York ceremony June 2011. The *Oz the Great and Powerful* actress has since told *Marie Claire* magazine that the marriage gives her ‘a wonderful feeling of stability.’

Related: [Top 5 Celebrities with the Most Marriages](#)

5. Megan Fox and Brian Austin Green: It’s no secret that these two stars have been in an on-again, off-again relationship since 2004, but the fact that they managed to hide the birth of their firstborn for three weeks should speak volumes. Fox gave birth to baby Noah Sept 27, 2012, but didn’t publicly announce the news until much later. Recently, the couple told the media that they are expecting their second child together sometime this year.

Are there any other celebrity couples who should be on this

list? Comment below.

Zac Efron Stars in New Film, 'That Awkward Moment'



BASED ON THE WORLDWIDE BESTSELLER



By April Littleton

Directed by Tom Gormican, *That Awkward Moment* follows three best friends through all of the stages that come with dating someone new. The film stars Zac Efron, Miles Teller, Imogen Poots and Michael B. Jordan.

Should you see it:

Comedy fans will get a kick out of this new film. Plus, if

you're familiar with any other movies Zac Efron or Miles Teller starred in, you surely won't be disappointed with *That Awkward Moment*.

Who to take:

That Awkward Moment is rated R for sexual content and language throughout. Make sure whoever you decide to drag along with you to the movies is within the appropriate age group. You can see this movie with a girlfriend/boyfriend, with a group of some of your closest friends or you maybe you might prefer to take yourself out on a little date. The choice is up to you.

Related: [The Price You Pay for a 'Free Ride' Can End Up Being Your Last](#)

How do you know when it's time to take your relationship to the next level?

Cupid's Advice:

Dating someone new can be tricky. You have to learn everything about that one specific person – their likes and dislikes, what their goals are, etc. When you're feelings for your partner begin to develop further, finding out if they feel the same way about you is another challenge all on its own. Cupid has some tips:

1. Communicate: How you're feeling about the status of your new relationship won't matter if you don't share them with your partner. When you're ready, talk to your honey about maybe taking it up a notch. The easier it is to communicate with your boo, the stronger the two of you will become as a couple.

2. Take your time: You don't need to rush how you feel, especially if you haven't been dating your partner for that long. Before you decide to fully commit to the relationship, take the time to figure out if what you're feeling is the real

deal.

Related: [Zac Efron and Vanessa Hudgens Split](#)

3. You just know: Sometimes you just know when you're ready to get serious with another person. You may be in love. If you can't stop thinking about your significant other, you miss them when they're away or you just simply can't imagine being with another person, then it might be time to take your relationship to the next level.

How did you know when it was time to take your relationship to the next level? Share your experience below.

Cupid's Weekly Round-Up: Valentine's Day Date Ideas



BASED ON THE WORLDWIDE BESTSELLER



By Maria Darbenzio

The holiday of romance is right around the corner, so now is the time to start making plans (that is, if you haven't done so already). Don't catch yourself off-guard with a last-minute dash for reservations. Whether you'll be spending the day with a special someone or going out for a single girls' night on the town, check out these great articles from our partners for some fun tips:

1. Giving gifts: Buying a gift for someone can be difficult no matter the holiday. Although your feelings should be expressed every day of the year, Valentine's Day is perfect for sharing new and exciting components of your relationship. If you're still having trouble thinking up the perfect present, try browsing through some of these ideas.

2. Being prepared: As you ladies know, nothing's worse than smearing your makeup without having anything in your purse to fix the problem. Don't be caught unprepared! Keep your lipstick close by and freshen up when it begins to fade. Check out what else you should keep with you so you can stay radiant all night long.

3. Choosing an outfit: Sometimes, there's simply not enough

hours in the day for a wardrobe change. If you need to rush from the office to the restaurant on Valentine's Day and have no time to stop home in between, find some transitional styles that can take you from that daytime outfit to the perfect date night look. You can find some fabulous pieces that will make you look glam in no time.

4. Sorting your schedules: Both you and your partner lead very busy lives. Make sure that your plans have been made at a time that works for both of you. The last thing you want is to have to postpone – or even cancel – your Valentine's Day date.

5. Embracing singledom: There's nothing wrong with spending Valentine's Day on your own. In fact, there are plenty of ways to enjoy this holiday by yourself. Use this day to treat yourself and discover new things to be passionate about. Take a look at this article for some awesome ideas!

Do you have Valentine's Day plans yet? Share in the comments below!

Date Idea: Rent a Cabin in the Snow



BASED ON THE WORLDWIDE BESTSELLER



By Gabriela Robles

Rent a cabin in the mountains with your partner and settle in for a comfy, romantic weekend together. Whether you're actually snowed in or just pretending to be, this is a surefire way to light the flame together.

If you're on the East Coast, check out the Poconos Mountains for some snowboarding, skiing, horseback riding and snow tubing. Or try the Woodloch Resort for an all-inclusive package deal. If you're on the West Coast, take a trip to Breckenridge Ski Resort, where you can enjoy tons of activities such as rafting, sleigh rides, balloon tours and many delicious restaurants.

Before you go, think about what you may need. Besides the cozy sweaters and warm slippers, remember to bring something fun for entertainment. A board game will bring out the playful side in you, so pack Cranium, Monopoly or Scrabble. As you and your honey get into the games, talk about which one is your favorite. Reminisce over old games you used to play or still do. Once you're done with your board games, uncork a bottle of wine and grab a deck of cards. Maybe your partner wants to learn how to play gin rummy, or perhaps you're both skilled

poker players. If all goes well, you may have a new weekly tradition on your hands: game night!

Outdoor activities are also a great way to romanticize a trip. Before jumping in the car, research the town you're staying in and find exciting things to do during your time there. Exploring a new place together will make for great memories that you'll think about for years to come. Go hiking, wine tasting and – if the snow allows – sledding to bring you two closer. When you've had enough of the cold air, head inside, cuddle up together and talk about your experiences that day. Talk about what activities you want to conquer on your next mountain trip.

This weekend is about sharing new experiences together. Whether it's your first time in this quaint mountain town or just the first time you've gone snowshoeing, focus on stepping out of your comfort zone and testing your capabilities. After a delightful few days, you and your sweetheart will be glad you had a weekend away.

Have any suggestions of places to vacation? Share with us in the comments below.