

EXCLUSIVE: Kathy Hilton Gives Her Top Tips on Holiday Party Planning



Interview by [Lori](#)

[Bizzoco](#). Editorial by Sarah Ribeiro.

Kathy Hilton is arguably one of the most glamorous and fabulous hostesses out there. As she explained to CupidsPulse.com in the past, her priorities lie with family and love – but her success in entertaining has made her incredibly popular. With the holiday season quickly approaching, we spoke to the socialite about her party planning skills.

Here are Hilton's top tips for entertaining your friends and family during the holidays:

Related Link: [Kathy Hilton Discusses Fashion Week and Her](#)

Collection

1. Do a buffet: Buffets give your guests an extra chance to mingle and meet each other. The designer, mother, and businesswoman suggests playing some light music and allowing guests to serve themselves to set a casual, informal mood. "Introduce people," she says. "Don't assume everyone knows each other. If your guests are comfortable, then you'll be comfortable."

2. Be mindful: Not all of your guests may get along, so it's important that you seat people based on their personal links. "There may be people at your party that aren't speaking," explains the prime hostess. "You have to be aware of that. Everybody likes to have a place to go. Seat interesting people that will have something in common with each other next to each other. Mix things up too. If you have a shy friend, seat them next to someone that can talk to a wall. But be sure to group friends together – I don't like to put people among a group that's composed entirely of strangers. Make it a mixture of old friends and new friends-to-be."

Related Link: [Kathy Hilton on Her Marriage: "I Thank the Lord Every Day – I'm Very Blessed"](#)

3. Be prepared: Remember that *anything* could happen. Hilton suggests that you prepare for every situation. "I stop by the convenience store and make baskets to place in the gathering room and in the bathroom," she reveals. "You can fill it with feminine products, band-aids, safety pins, crazy glue, aspirin – anything that someone could possibly need. There's always that one friend that needs something, and you want to be able to help them out without thinking. This tip extends beyond party planning too – Hilton keeps a basket like this one in her guest bedroom at all times."

If you follow these three tips, "you can enjoy yourself without having to worry or stress out," according to the

Hilton family matriarch. Happy party planning!

Hilton currently manages her fashion line, The Kathy Hilton Collection, while assisting in philanthropic ventures, such as the Make-A-Wish Foundation. Check her out on [Twitter](#) @KathyHilton and www.facebook.com/OfficialKathyHilton for more.

Cupid's Weekly Round-Up: Parenting and Marriage After a Second Baby



By Kerri Sheehan

Being a new parent can be difficult, but adding a second or even third child to the family adds a new dynamic to the already-established way of doing things. Most couples don't realize that expanding a household can lead to sibling rivalry, loss of patience, and, for many, marital turbulence. CupidsPulse.com has gathered some of the best tips and advice from our partners to help you out when it comes to that cute little addition:

1. Siblings: If your son or daughter is accustomed to being an only child, there could be a slight shift in personality when baby number two comes along. Make sure to prepare your other children for their new brother or sister so that they will feel just as happy and eager as you do when the baby comes home. (GalTime.com)

Related Link: [Kristin Cavallari Confirms Second Pregnancy with Jay Cutler](#)

2. Parenting Style: It's important to remember that every child is different. What worked for your oldest son Johnny may not work for little Ava. Be flexible. *Rules of Engagement* star Megyn Price recently dished that her daughter Grace is so unique that she has to be spontaneous when parenting. (CelebrityBabyScoop.com)

3. Work Together: Nobody said it was easy raising children, but when two parents share or take turns getting up in the middle of the night, driving the kids to school, making dinner, and cleaning the house, it can be much easier to handle. Find out if the division of labor in your house is equal. (GalTime.com)

4. Just Because: It can be easy to forget about your partner once you add children into the mix. What better way to make your man feel important than getting him an unexpected present? Here are ten gift ideas for even the pickiest of guys. (YourTango.com)

Related Link: [Kanye West Displays His Love for Kim Kardashian](#)

5. Say How You Feel: In the midst of providing your children with the care and protection that they need, it's easy to forget to say those three little words that brought you together in the first place. Here are 20 inspirational ways to say "I love you." (YourTango.com)

What are your best parenting tips? Share below.

Reinventing Home for the Holidays



By Joanne Pittman

for [Hope After Divorce](#)

Home for the holidays for a divorced family doesn't often fit

into the Norman Rockwell picture-perfect moment mold. I recall my first Christmas as a divorced parent. First, there was the Christmas card photos – do we or don't we? Then, there was seeing the photos and knowing that the smiles just don't look the same, fumbling for what "tidings of joy" I could muster up to include while writing the annual Christmas card "catch-everyone-up-who-we-don't-see-very-often" letter.

One unexpectedly – or perhaps reluctantly – finds themselves embarking on an entire reinvention of what home for the holidays will look like, feel like, and be like. Regardless of whether you have the most optimal circumstances or the messiest of divorces, the reality that some things will never be the same was, in my experience, the most poignant and tangible during this special time of the year. In years past, Bruce Willis and Demi Moore have been a good example of a divorced couple who have still been able to keep life consistent and peaceful for their children, even during the holiday season.

Related Link: [Celebrity Couples Who Function as Families After Divorce](#)

Here are a few simple ideas that may help bring some cheer and light to the holidays and begin the process of building new memories, embracing old traditions, and setting the stage for a beautiful season.

1. Sit down and write a positive message of what the holiday spirit means to you. What is so special about the holiday season, and why does this matter to you and your family?
2. Create something visual to display in your home that reflects this true meaning. Involve your children. Keep your focus on the present, positive opportunities. Make or purchase something cheerful that exemplifies hope for a bright future.
3. Begin a new tradition, something that is visual and

incorporates your holiday spirit message. It could be a new take on Christmas pajamas or a holiday sweater, how you present your holiday dinner, or an inspired way to decorate your home.

4. Take care of your personal image. Be sure to treat yourself to a nice haircut, holiday bobble, anything festive that reminds you of your positive holiday spirit message. You need not spend a lot of money.

5. Remove things from the “holiday bin” that may hold unpleasant memories and replace them with things that offer new hope.

6. Allow yourself to let go of the sadness and be grateful for what was good. Look forward to what will be even better in your future. Keeping a positive outlook and a soul filled with gratitude will allow your true self to shine. Nothing warms the heart and builds happy memories more than seeing someone’s eyes sparkling with happiness during the holidays.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

Reinvention of hope is the basis for reinvention of one’s image. My occupation as an image consultant and stylist is often viewed by the outside world as materialistic and shallow. However, if one begins to build their image on the foundation of hope, character, and integrity with the objective to present the authentic self in order to live a more congruent life, the building of one’s personal image and self-esteem becomes a powerful and deeply meaningful tool.

What a glorious time to start to understand, reinvent, and rebuild who you are! My truest wishes to you for the most joyous and beautiful of holiday seasons.

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



As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticityâ„¢ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries.

Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.

10 Blind Date Etiquette Rules





By [Whitney Johnson](#)

As tricky as it is to navigate the dating world, a new type of pressure is added to the meet-up when it's a blind date. It may be the first step to finding lasting love, or it may be the worst date of your life. Even so, everyone should experience a blind date at least once. You're sure to learn something about yourself and what you want in a mate. Read on for 10 blind date etiquette rules to keep in mind before getting together with your mystery man:

1. Don't drag your feet. Rather than postponing the date or holding off on meeting for a few weeks, schedule a get-together as close to the initial fix-up as possible. "The longer you have to exchange digital communication, the longer you'll have to create a fantasy that this date will be the perfect mate," says author and relationship expert Dr. Wendy Walsh.

2. Keep your expectations in check. It's natural to have some hopes or doubts about the date, but keep an open mind. Even if you have an instant connection, there's bound to be an awkward moment or two. Dr. Walsh adds, "Creating a build-up, site unseen, can set you up for a big crash."

Related Link: [How to Ease Your Nerves Before a Blind Date](#)

3. Ask your matchmaker for details. Don't hesitate to ask the friend who set you up for intel about your date. If you're lucky, you can get an idea of what type of guy he is and what type of girls he's dated in the past. Plus, you can identify a few common interests to keep in mind when conversation grows quiet.

4. Dress like a lady. Since a blind date eliminates the usual pre-dating process, it's particularly imperative that you make a great first impression. When he first lays eyes on you, he won't be seeing your charming personality or quick wit. He'll only be noticing what you're wearing, so keep it classy. Save your distress (but very trendy) jean jacket or fanciful headband for next time.

5. Come prepared. As Dr. Walsh explains, "In these days of gender equality, it's perfectly acceptable to bring your own car and your own money to a blind date." It's also the best way to keep yourself safe, as you want to have an easy exit strategy in case you feel threatened or in danger.

6. Be your best self. "You could be auditioning for the most important role of your life: being the companion to an incredible person," reminds online dating expert Julie Spira. If you're the right match for your date, you won't need to lie about who you are or even try to impress him. He'll like you for you.

7. Don't expect immediate chemistry. "It takes time to get to know someone, and relationships need to go through all seasons before you sign up for the long-term," says Spira. Also remember that your date may be nervous, so "if you aren't feeling it right away, give him a second chance."

Related Link: [Why a Blind Date Might Be Good for You](#)

8. Keep the conversation light. "Just because you know someone

in common doesn't mean you need to kiss-and-tell or spend the entire date talking about your past history," cautions Spira. "Ration your information flow." Sticking to surface-level topics will also keep him wanting more – you can tackle the heavier stuff on a fourth or fifth date.

9. Never walk away. No matter how poorly the date is going, it's never an excuse to be rude. Even if you see no future with this man, you can survive a few hours of harmless chit-chat. Plus, as Spira points out, "Even if there's no chemistry, your date might have a friend to introduce you to, know of a business opportunity for you, or just be a great guy to have in your life."

10. Be honest. At the end of the date, tell the truth when it comes to your feelings. There's no reason to string someone along if you have no interest in seeing him again. If you'd love to get together again, don't be shy! No matter what, be gracious as you say goodbye and know that there's someone out there for you, even if this guy's not The One.

For more information on Dr. Wendy Walsh and Julie Spira, please visit DatingAdvice.com.

Tell us: What's your number one rule for a blind date?

'The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night



If you're hosting Thanksgiving dinner this year and are tired of the same old marshmallow-covered sweet potato casserole, dried out stuffing, and gel-like gravy ladled over tough turkey, update your family's traditional meal with tips from *The Chew* host Carla Hall. Follow her advice on how to put personal pizzaz into classic Thanksgiving dishes. With the cool weather and holiday season quickly approaching, Hall also provides dinner date ideas for those chilly winter evenings spent with your sweetie.

Related Link: ['Top Chef' Alum Richard Blais on Healthy Holiday Cooking](#)

For more information on Hall, visit www.carlahall.com/.

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

How do you plan to revamp your family's Thanksgiving traditions this year? Share with us in the comments below!

Jennifer Lawrence Is Back in 'Hunger Games' Sequel 'Catching Fire'



By April Littleton

The sequel to *The Hunger Games* begins right where the first left off. Katniss Everdeen (played by Jennifer Lawrence) returns home after winning the 74th Annual Hunger Games with Peeta Mellark (played by Josh Hutcherson). After a brief celebration, the pair must once again leave their friends and family in order to embark on a "Victor's Tour." While visiting the other districts and preparing for the 75th Annual Hunger Games, Katniss realizes that a rebellion is slowly creeping its way into her world.

Should you see it:

This film will obviously be the first on your list to see if you've already watched its predecessor. *The Hunger Games: Catching Fire* is one of the most highly anticipated movies to be released this month, so you should definitely stop by your favorite movie theater or drive-in and see what all the fuss is about.

Who to take:

The Hunger Games: Catching Fire would be great to see with a boyfriend since it's guaranteed that there'll be plenty of action to keep his attention. Plus, who wouldn't want to see Jennifer Lawrence on a big screen for a couple of hours? If you don't have a significant other to take, a few family members or some girlfriends will do the trick as well.

Related: [Top 5 Celebrity Couples That Live Across the Pond](#)

What are some ways to stay connected with loved ones when you're miles apart?

Cupid's Advice:

Depending on the type of lifestyle you have, it might not be possible for you to see your family and friends on a regular basis. A situation like this can be tough for a person to handle, especially if they're used to spending time with their loved ones often. Thankfully, with the way technology is set up now, we are able to keep in close contact with the people we love. Cupid has some tips:

1. Call regularly: Whether it's for an hour or a quick five minutes, call your family and friends just to let them know you're thinking about – especially if you're on the road constantly. If your schedule doesn't really allow you the time for much conversation, send a few text messages. Your loved ones want to stay in the loop with your life and they want to make sure you're OK. Keep them updated, it's the right thing

to do.

2. Video chat: Technology nowadays makes it possible for almost every individual to see each other face-to-face using a cell phone or laptop. Even if you by chance have neither of these, a portable webcam doesn't cost too much. Besides, seeing your family in real time will be worth the money you spend on the equipment.

Related: [How to Locally Sail the High Seas With Your First Mate](#)

3. Snail mail: Sending a letter or postcard is your next best option when all else fails. Mailing off little gifts and/or notes to all of the people you care about is a little more personal than just a standard e-mail. Plus, your loved ones will have something of yours to really hold on to until you get back from your travels.

What are some other ways to stay connected with loved ones when you're miles apart? Comment below.

What to Do When Your Mother Doesn't Like Your Partner





By Jennifer

Harrington

Relationships are tricky, and romances can become even more difficult if your mother does not approve of your significant other. Previously, Cupid explored if you should listen when your parents advise you to break-up. Let's assume you have made the decision to stick with your partner and disregard your parents counsel to end the relationship. What happens next? You have to move forward and try to enjoy your life. Here are some tips that may help you keep the peace, if your mother doesn't like your partner.

Focus on the positive

Your mother may not like your significant other, but that does not mean you should act like your relationship does not exist. Avoiding discussion about your partner is only going to make things more awkward as time passes. You can still share with your mom positive updates about your romance and your partner, because at the end of the day, your mom values your happiness – whether or not you are dating someone she likes. Also, your mom's opinion about your love may change over time; some positive reinforcement from you about your guy and all of the great things he is accomplishing might help transform her view

of the situation.

Related: [Are You Too Young For Marriage?](#)

Play peacekeeper

Do your best to keep the peace. Acknowledge and respect your mom's opinion about your relationship, but don't bring it up and try to change her mind every time you are with her. This will likely only create further conflict and frustration for everybody. Another important part of playing peacekeeper is ensuring your mom and significant other can get along when they spend time together. Think about what you can do to make both parties comfortable, and when everybody is together, do your best to minimize drama or confrontations.

Spend quality time with your mom

You had a long, meaningful relationship with your mom long before you started dating your current partner; don't make the mistake of abandoning this very important relationship because you disagree with her opinion about this issue. Focus on other pastimes and things the two of you have always enjoyed (check out [this article,
http://oureverydaylife.com/good-ideas-mother-daughter-bonding-outing-16090.html](http://oureverydaylife.com/good-ideas-mother-daughter-bonding-outing-16090.html) if you need ideas of bonding activities). Carve out time for your mom on your calendar, and commit to spending quality time with her. It is so important to continue to enjoy her company because romances come and go, but your mother will always be just that.

Reflect on her concerns

Don't forget that your mom only wants what is best for you. It is easy to get wrapped up in a romance, but if your mother spots red flags, you should carefully reflect upon her concerns. Your mother has more life experience than you, and has known you your whole life. If she's vocalized her dislike of your partner, it's crucial you take the time to process and

reflect upon her analysis.

Related: [4 Questions to Ask Yourself Before Getting Married](#)

Don't badmouth your mother

Your mom's issues with your relationship are likely to weigh heavily on your mind, and will probably frustrate you. After all, you adore your partner – or otherwise, you wouldn't be dating them! No matter how wrong you feel your mother is, do not turn her into the bad guy in this situation. Resist temptation to vent about your mom to your other family members, friends and partner. Your mother has a right to her opinion, and she's only concerned about your relationship because she loves you.

Need another perspective? Check out this article, www.yourtango.com/experts/evan-marc-katz/what-do-you-do-if-your-parents-dont-approve-your-partner from Your Tango, which provides another viewpoint of what to do when your parents don't approve of your romance.

Have you ever dated someone your mother didn't like? What are your best tips for dealing with the situation?

Ryan Casey Caricatures Celebrity Romances in 'But You Like Really Dated?!'





By Priyanka Singh

It's not easy to find love in Tinseltown, but it's certainly entertaining to see just how high or low our favorite celebrities aim in the world of A-list dating. While a lot of their fame stems from their blockbuster hits and platinum albums, stars are notoriously well-known for their long lists of Hollywood romances. Award-winning illustrator Ryan Casey recently released his "celebropedia of Hollywood hookups" with his new book *But You Like Really Dated?!* and exposed some of the most interesting, surprising, and strangest star interactions. This spunky webcomic artist caricatures celebrities and provides hilarious commentary to go along with the even funnier depictions of famous faces like Claire Danes – who he calls "Hollywood's ugliest crier" – Oprah, Jennifer Lopez, and so many more. Casey maps out some of the most scandalous romances as well as the most bizarre hookups and even caricatures some of our favorite celebrity kids. In an exclusive interview with CupidsPulse.com, the illustrator shares his take on the wonderfully strange world of Hollywood and why celebrities struggle so much at the art of love.

Related Link: [Celebrity Divorce Attorney Laura Wasser Gives Tips on Divorcing Peacefully In New Book](#)

First, what really inspired you to shed light on so many Hollywood hookups?

I saw a few lists online about celebrities who used to date. Rihanna and Shia LeBouf, Christian Bale and Drew Barrymore, Nick Lachey and Kim Kardashian– these couples really blew my mind, and I wanted to give this information to the world in a fun, illustrated way. I knew that, if all this information were in one place, it would be a real conversation starter and a great reference guide for people who love celebrity gossip.



What message do you want your readers to extract when they look through your book?

I want people to laugh, turn to a friend, and say, “WTF? Tiger Woods dated LeAnn Rimes?!” My main goal for *But You Like Really Dated?!* is to entertain people, introduce them to my work, and teach them something new about Hollywood hookups.

We have to ask: Why do you think people are so obsessed with the love lives of celebrities?

Honestly, I think we all enjoy being judgmental. We like to have an opinion about who is going to last in love, what kind of man Jennifer Lawrence deserves to marry, and what exes will have the messiest divorce. The love lives of these celebrities are so entertaining because they have a ton of money and fame

– the possibilities are endless. And we might be a little jealous! Well, I am at least.

Can celebrity couples teach us any smart dating tips?

I definitely think we can learn something from these couples. These stars have huge egos, but honestly, we all have egos, and I believe egos destroy relationships. For instance, do **not** look at Jennifer Lopez for smart dating tips because her ego is out of control. She needs to check herself, go back to her “block,” and have a humble moment if she wants to find a lifelong partner. So from J. Lo, we can learn that, if you want to find everlasting love, you need to check your ego, not take yourself seriously, and not become famous!

Related Link: [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

What’s the most valuable piece of advice you would give to celebrities regarding their complicated love lives?

Chill out. I really respect the twosomes that stay out of the spotlight and strive for a normal life. Can’t they all just move out of Hollywood? Check out Ryan Reynolds and Blake Lively in Bedford, New York. I think they’re doing it right. On the other hand, we have Kim Kardashian and Kanye West. The social media blitz about their engagement at AT&T Ballpark in San Francisco really makes me want to throw my hands up and scream, “Can’t you two just have a private moment?”

Finally, what celebrity couples were you most surprised to learn dated?

Lisa Cudrow and Conan O’Brien! Tom Cruise and Cher! Justin Timberlake and Fergie!

To purchase But You Like Really Dated?!, check Amazon or your local bookstore. You can also see more of Casey’s work on his website, ButYoureLikeReallyPretty.com.

How Celebrity Chefs Love Their Mates With Food



By Kerri Sheehan

Everyone knows that the way to your lover's heart is through his or her stomach! Imagine dating a celebrity chef, they would win your love in no time. Check out how these four celebrity chefs love their mates with food:

1. Giada De Laurentiis and Todd Thompson: Giada De Laurentiis and her husband Todd have been together for over 20 years and they still find ways to keep the romance alive. The couple tries to hire a babysitter when they can and plan memorable date nights at home. She does the cooking and Todd takes care of every other detail. Italian born De Laurentiis believes

that making someone food is the perfect way to show them who you are. She enjoys serving up authentic Italian meals like she grew up on.

Related: [Date Idea: Wine and Dine](#)

2. Ina Garten and Jeffery Garten: Ina Garten of *Barefoot Contessa* has a nurturing nature and creates elegant dishes with a small amount of ingredients that are packed with quality products. Her show is often more about making the people you're cooking for happy than making complicated dishes. Jeffery is often on the program to enjoy the food that Garten dishes up. Sounds like a delicious marriage to us!

3. Bobby Flay and Stephanie March: You may recognize food master Bobby Flay as one of the four Iron Chefs on the show *Iron Chef America*, but he's been grilling up flavorful American favorites since way before that. Him and wife Stephanie March recently built their dream home in the Hamptons and he let her take control of everything except when it came to the design of the indoor and outdoors kitchens. It includes a commercial 10-burner stove, two ovens, a fryer, a griddle, and a salamander. With all of those appliances Flay is sure to wow March with his cooking every night.

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

4. Mario Batali and Susi Cahn: Chef Mario Batali is known for his flavorful food and amazing restaurants. Him and wife Susi Cahn currently live in New York City with their two sons, Leo and Benno. Other than the once a week that they order take out from one of Batali's New York restaurants, he makes time to cook dinner at home. The one time his wife takes control of the cooking is on Batali's birthday every year when she makes him a birthday cake.

How do you wow your mate with food? Share below.

'RHOA' Star Phaedra Parks Talks New Book and Marriage: "Remember What Made You Fall in Love"



By Kerri Sheehan

Phaedra Parks of Bravo's *The Real Housewives of Atlanta* is well acquainted with working hard and multitasking. There is seemingly nothing this mother of two can't tackle; she has a healthy relationship with her husband, and a booming law firm, The Parks Group, P.C. Parks began her association with *RHOA* as the show's lawyer, but this beautiful Belle quickly went from behind the scenes to in front of the camera, joining season three as a cast member. "Now, I can say I've pretty

much done everything when it comes to TV – from the licensing deals to being the on-air talent,” says the starlet.

Never one to slow down, Parks is also venturing into the funeral business, working towards her mortician’s license and opening up her own family-run funeral home. When asked how she got into the business, it’s really a sad story. “Unfortunately, I got into this industry because I had a lot of great friends who passed. People would ask me to help with the funeral arrangements, and I actually became very intrigued by every aspect of the mortuary process – from picking out the makeup and dressing the body to the funeral service. I always paid a lot of attention to the preparation and all of the details.” Family is a motivating factor in everything Parks does, and by opening a funeral home and crematorium in the near future, she hopes to leave a legacy for her family. “It’s a very multi-dimensional industry: You’ve got the business portion, you’ve got the counseling portion, and then you’ve got the preparation of the body portion.”

Related Link: [NeNe Leaks Ties the Knot with Gregg Leakes, Again!](#)

Throughout her somewhat unusual change of direction in career, husband Apollo has been very supportive. “I think communication is key in any marriage,” she candidly shares. “You need to clearly communicate how you’re going to achieve your goals and how your partner will be a part of your plan.” For women looking to make a similar track change in their career, Parks suggests making sure your spouse knows that they’re a significant ingredient in your success. This high-powered business woman knows that it’s not good practice to plunge into the unknown while dragging your hubby by the collar – having him as an equal and understanding partner in the new undertaking will help smooth any obstacles that may pop up during the career transition.

Related Link: [Real Housewives Star Gretchen Rossi Proposes to Slade Smiley](#)

Given her multifaceted career path, she prides herself on being an undeniable woman of southern charm and distinction. In her new book, *Secrets of the Southern Belle: How to Be Nice, Work Hard, Look Pretty, Have Fun, and Never Have an Off Moment*, she gives readers an updated version of social etiquette that mixes modern living with traditional morals. “I think some of the books out there are too traditional, so I put a spin on it with texting, social networking, and other things like that.”

From growing one’s social circle, to strengthening one’s professional life, Parks knows from experience that a little bit of etiquette goes a long way in any situation. Parks’ mantra is “style is void without substance,” and this sentiment echoes throughout her book as she teaches you that you don’t have to be from the South to be a Southern Belle. “A Belle is anyone who’s charming and graceful, who exhibits poise, and who appropriately maneuvers social settings,” she explains, “You can put on stylish clothes, but if you’re not wearing confidence, integrity, and class, then your outfit doesn’t really matter.”

A real Southern Belle herself, Parks believes little grace should be applied to every situation at hand. “Even if you feel very strongly about something, it may be best to revisit the conversation privately rather than publicly – you may be humiliating someone, which you never want to do,” the author shares. “Being nice and killing people with kindness has definitely been my weapon of choice throughout my career.”

Related Link: [Phaedra Parks Welcomes Second Son](#)

Of course, life is about more than just your job; Parks strongly believes that her most precious time is spent with her family. As a mother of two young boys, she credits

prioritizing as the key to juggling it all. Her biggest tip for other women is to take care of yourself first, and everything else will follow. "If you're at your best self, then you'll give your best. It's easier said than done – trust me!" Taking moments to focus on yourself among all of the chaos of life will help maintain your identity as a woman. She says that the old saying is true: "Happy wife, happy life!"

This strong woman has known her husband since 1995, and the two have been married for four years. Because they have a long history she says, "We can sort of anticipate what the other one is going to do, whether it's good or bad, and we try to adjust our actions accordingly." The reality starlet adds, "communicating, compromising, and negotiating keeps our marriage strong." For women struggling in their relationship, Parks shares this piece of advice: "Remember what made you fall in love with that person and know that no marriage is going to be perfect everyday. You have to realize which battles are worth fighting, which ones need to be negotiated, and which ones you allow your partner to control." Parks knows that when you're going to be with someone forever, you're not always gong to be on the same page, and that's okay.

Be sure to check out 'Secrets of a Southern Belle,' available on Amazon, and catch more of glamorous and successful Phaedra Parks on Bravo's 'The Real Housewives of Atlanta' on Sundays at 8/7c. You can also connect with her on Twitter or her website.

**Sidebar photo courtesy of Anderson Group PR.*

How Fighting Can Strengthen Your Relationship



By Gabby Robles

Whenever you fight, you might feel as if this is it – relationship over. But you shouldn't always feel that way. Sure, fighting can come off as negative thing, but you don't always have to see it that way. In fact, you should see fighting as a way to bring strength to your relationship. If approached in the correct manor, it's a way to work things out. See how fighting can actually strengthen your relationship:

1. It's normal: The couple that “never fights” isn't as healthy and happy as you think. It's absolutely normal to argue with your man sometimes – you're both human! Conflict paves the way for you both to grow as a team. Take advantage of it. When you keep quiet about things that are bothering

you, not only are you avoiding conflict, but you are keeping yourself closeted. You're not letting your boo see the real you, and that will eventually lead to resentment or worse: a huge explosion of emotions somewhere down the line and believe me, it will not be pretty.

2. It gives you a chance to talk: Talking it out will give you an opportunity to let your partner know how you're feeling. When you express your feelings, you can give your man insight to how you want to continue going about a particular situation. When you listen to each other, you understand the other's priorities and needs better. That puts you in the perfect position to make your partner happy, thus making yourself happy.

3. It gives you closure: If you're able to talk out a problem or conflict together appropriately, you will be able to leave it behind. It won't bother you, it won't consume your thoughts for months on end. The argument will end, and that will be it. There's no need to rehash old issues between you two, and you'll feel that way even more if you both resolve a problem effectively.

Don't think every fight is going to be "the end." Remind yourself that you're both happy and that conflict is healthy. It will relieve you of over-stressing yourself and will release the pressure that you might have to make your relationship "perfect." The only perfect relationship is a happy one, so as long as you both continue to wake up and be happy that you're with your partner, then you are in the perfect relationship.

What are some other ways fighting can actually help your relationship? Share your ideas below.

How to Cooperatively Co-Parent After Separation or Divorce



By Rosalind Sedacca, CCT for [Hope After Divorce](#)

Since they're parents of a two-year-old son, Orlando Bloom and Miranda Kerr's separation is more than just celebrity news. They have become role models for how to handle divorce. At the Child-Centered Divorce Network, we watch celebrity divorces carefully, honoring them when they do things right – and admonishing them if they're doing things wrong.

So far, we're hearing the right messages that every couple facing separation or divorce should heed. I value what Bloom said recently on a TV interview: "We love each other. We're a family. We're going to be in each other's lives for the rest

of our lives.” That, in essence, is the reality divorcing parents face. Why not approach it cooperatively for the well-being of your children? Bloom added, “For the sake of our son and everything else, we’re going to support one another and love each other as parents to Flynn. Life sometimes doesn’t work out exactly as we plan or hope for. But fortunately, we’re both adults, and we love and care about each other. And we, most of all, love our son.”

Related Link: [Can You Really Be Friends With Your Ex?](#)

I love this response and am delighted to share it with others. No doubt, life for parents after divorce can be enormously complex and challenging for several reasons.

- Both parents are bringing the raw emotions resulting from the divorce into a new stage in their lives.
- Mom and Dad are also bringing previous baggage from the marriage – ongoing conflicts, major disputes, differing styles of communication, unresolved issues, and continual frustrations – into the mix as they negotiate a co-parenting plan.
- Both parents are vying for the respect and love of the children – and are easily tempted to slant their parenting decisions in the direction that wins them popularity with the kids.
- Anger and resentment resulting from the divorce settlement can impact and influence levels of cooperation in the years to come.
- Parents may disagree about major issues ahead that weren’t part of the parenting dynamic in the past, including visits and sleepovers with friends, scheduling after-school activities, handling curfews, new behavior problems, consequences for smoking, drinking and drug use, dating parameters, using the car, and scheduling vacation time.

– Parents may not share values and visions for the children as they grow and may also not agree on the plan of action required to honor those values.

When these types of differences appear, parents might find themselves struggling to find ways of coping. Agreement on how to co-parent effectively in the present and the future is not a one-time discussion. It takes on-going communication, both verbal and written, as well as regular meetings via phone or in person. And it takes a commitment to make co-parenting work – because you both want it to.

Related Link: [Must We Remain Friends with Our Ex-Husband?](#)

The consequences, when it doesn't work, can be considerable. Your children are very likely to exploit any lack of parental agreement or unity, pitting Mom and Dad against one another while they eagerly take advantage of the situation. This is a danger sign that can result in major family turmoil fueled by behavior problems that neither parent can handle.

When Mom and Dad are on the same page, so to speak, they can parent as a team regardless of how far apart they live. These parents agree about behavioral rules, consequences, schedules, and shared intentions regarding their children. They discuss areas of disagreement and find solutions they can both live with – or agree to disagree and not make those differences an area of contention.

Keep in mind that when you're more open and receptive to your co-parent, you are more likely to get what you really want in the end. Good listening skills, flexibility, and the commitment to do what's best on behalf of your children are part of a smart co-parenting mindset. Remember that co-parenting will be a life-long process for the two of you. Why not do it in a way that will garner your children's respect and appreciation? It looks like Bloom and Kerr recognize the importance of that. I hope other co-parents do as well.

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

Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, *How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!* Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to break the news. Rosalind is a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. For her free ebook on Post-Divorce Parenting: Success Strategies for Getting It Right!, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's personal website, www.childcenteredddivorce.com/ or follow her on www.facebook.com/ChildCenteredDivorce/ and Twitter @RosalindSedacca.

5 Celebrity Couples That Fight Dirty





By [Whitney Johnson](#)

It's no secret that mean words and angry actions can be detrimental to a relationship. Still, it's easy to get caught up in the moment and say or do something you don't mean. Even celebrities are guilty of this inappropriate behavior – and unfortunately, their arguments are often caught by paparazzi and splashed on tabloid covers for all the world to see. In order to learn from their mistakes, here are five celebrity couples that fight dirty:

1. Emma Roberts and Evan Peters: This past summer, the 22-year-old *American Horror Story* actress and her boyfriend were caught in a violent fight that led to Roberts being booked in a Montreal jail. When the cops arrived at the scene, Peters was found with a bloody nose and a bite mark. Fortunately, no charges were pressed, and the couple remains happily in love.

Related Link: [Emma Roberts Arrested After Fight with Boyfriend Evan Peters](#)

2. Mary Delgado and Byron Velvick: Season 6 *Bachelor* Velvick was engaged to the show's winner for five years before they finally split in 2009. The couple first showed signs of trouble when Delgado was arrested for assaulting her fiancé in

2007. According to the police report, she was under the influence of alcohol when she punched Velvick in the mouth.

3. Rihanna and Chris Brown: It was hard to miss that infamous picture of Rihanna after an argument with Brown escalated and he repeatedly attacked her following a pre-Grammy party in 2009. Still, the couple reunited and has since been in an on-again, off-again relationship. The pop star most recently referred to the incident as “the biggest wake-up call.”

4. Kourtney Kardashian and Scott Disick: You can still fight dirty *without* being physically violent, and this reality star couple is proof of that. Thanks to E!’s popular show *Keeping Up With the Kardashians*, they have to relive their many arguments and sometimes work through the issue more than once – even months after the initial disagreement occurred. Even so, Disick recently told Ryan Seacrest that the couple is “decently happy.”

Related Link: [Kourtney Kardashian and Beau Get Therapy](#)

5. Sharon and Ozzy Osbourne: Early in their marriage, during Ozzy’s drug- and alcohol-filled days, the rocker reportedly beat his wife, even trying to strangle her once. Somehow, though, they worked through their issues and have been married for over 30 years, briefly separating earlier this year.

Tell us: What celebrity couple do you think fights the dirtiest?

Are You Too Young For

Marriage?



By April Littleton

When the idea of marriage begins to pop up in a relationship, most couples ask themselves 'Am I really ready for this?' and 'Will the relationship work out?' Some even worry, 'Can I afford the wedding?' What many people forget to ask themselves is whether or not they're old enough for the type of commitment they have in mind. Age is a very important factor to consider when you're talking about spending the rest of your life with another person. Cupid is here to help:

You still rely on mommy and daddy

If you still seek your parents' advice on every single situation you stumble upon, then you're probably not ready to get married. Do you know how to take care of yourself? Who does the cooking? Do you still expect your mother to do your laundry for you? You still have some growing up to do. Take

the time to become independent – both mentally and physically. Don't expect your future spouse to act like a parent. How would you feel if you had to take care of someone who didn't know the first thing about looking after themselves? You want a partner, not a babysitter.

Related: [4 Questions to Ask Yourself Before Getting Married](#)

You're still living in a fantasy

Depending on how young you and your partner are, the both of you could still be thinking with a "high school" mentality. A marriage between a young couple rarely works out because they don't take into consideration that their goals and personalities change with age. What you like now may not be things you're interested in a few years down the road.

Marriage isn't necessarily a positive

You may be excited about spending the rest of your life with the person you love, but you still see marriage as an end to the "good life." Once you're married, you won't be able to hang out with your friends and party until the crack of dawn. If this is all you're concerned about, then you're not ready for a serious commitment. One of the keys to a successful marriage is maturity. Without this trait, you won't be able to get through any rough patches with your significant other, and you surely won't be able to work on your relationship effectively.

Related: [Does It Matter If You Have A Lot in Common?](#)

You're only thinking about the wedding

You've been so wrapped up in the wedding plans that you haven't even thought about what comes after the fancy ceremony and reception. A marriage isn't just about the wedding. The dress, expensive gifts and delicious food doesn't matter in the long-term. Most young couples only think about what

they'll receive in return for exchanging vows, but it's not the wedding you should be celebrating – it's the relationship.

What are some other factors to consider if you're not sure you're too young for marriage? Comment below.

Maggie Scarf Breaks Down Unique Family Dynamics in 'The Remarriage Blueprint'



Interview by Gabriela Robles. Editorial by Kristin Mattern.

Maggie Scarf, *New York Times* bestselling relationship expert, fellow of Yale University, and member of the advisory board of the *American Psychiatric Press*, shares with readers in-depth

stories of seven remarried couples in her newest book, *The Remarriage Blueprint*. Though almost 40 percent of new marriages in the United States are remarriages, little has been written about the unique challenges that these couples face. Scarf has dealt with the subjects of divorce and remarriage for over thirteen years, and with this book, she delves into the core of the five major challenges remarried couples will confront as they work towards becoming a unified family: the impact of insider/outsider forces, the losses children face, the task of parenting, the unification of disparate family cultures, and the extension of family boundaries. Through interviews, the author touches on the every day difficulties of combining families, such as stepparenting, household routines, exes, alone time, and finances. She explores what works and what doesn't and reveals the complications of remarriage.

We recently talked to Scarf about this must-read book.

Related Link: [Patrick Stewart Marries for the Third Time](#)

***The Remarriage Blueprint* shares seven stories of married couples. Can you tell us about your process for collecting their experiences?**

I started in 1998, and I interviewed 40 volunteers. During my work, I found that there were no good theories or research on remarriage and stepfamilies, so I tucked the project away for later. Research about remarrying and stepfamilies is taught nowhere, even though a huge segment of the population struggles with these unique issues. Around 2009, I saw that there was this wonderful theory that had been set up on the basis of the evidence that has been collected since the late '90s. So I started a new set of interviews but also went back and talked to the couples from before. This way, I had a longitudinal and fresh approach to work with with this theory, which boils everything down to the fact that there are five

major factors – that aren't discussed – that couples who are remarrying with children have to face.

How do you think that a remarriage differs from a first marriage?

It is said that "remarriage is the triumph of hope over experience." Remarriages are ten percent more fragile than first marriages. Even though we have a very high divorce rate in our country, remarriage divorce rate is ten percent higher than that. The truth of the matter is, at the very worst, 60 percent of remarriages fail. These people really need information and answers to their questions.

Many remarriages happen later in life when people more settled and have a career. How do you think this affects remarriage?

You may be choosing a much better partner, one who is kinder and more accepting or maybe one who is less abusive verbally or even physically. But it may also include children. Two partners have fallen in love and chosen each other, but the kids haven't chosen them, and they may have been through a lot of loss and change already.

The biggest difference between first marriage and second marriage is, in the first marriage, you have time to iron out your differences and work out your habits. You can work out issues like: Do we sit down to dinner? Can you start eating before everyone is at the table? What is a decent curfew? Are kids allowed to have tantrums? Where do you keep the silverware? It sounds silly, but it can cause huge upsets when the outsider comes in and says, "Hey, I want some changes here. I want some more order. I want some more authority."

Usually, the biological parent and kids are resistant. The outsider, the new stepparent, is hammering, "Let me in, let me in," and the biological parent is trying to make sure his new partner is happy while also trying to reassure the kids that nothing will change. That's impossible, though, because

changes have to happen.

Think of it like architecture. You can think of one building, that's the first marriage building, and the second building is the remarriage building. The second one has design challenges. It's not a conventional building like the first one it's going to have to be worked out overtime. The whole *Brady Bunch* idea that we all simply meld together doesn't work. You have to cope with the unique difficulties involved.

Related Link: [Second \(and Third\) Marriages: Destined For Divorce?](#)

And finally, do you have any tips for our readers who are trying to keep their remarriages alive?

I would suggest they look at the five challenges because it gives them a way to think about the work of remarriage. For example, parents are sensitive about the way they raise their children. Let's say the stepdad says to the biological mother, "My heavens! The way your daughter came in last night and left her snack out and her shoes on the floor – was she raised in a barn or what?" That is a huge message – you're a bad parent. Change that to an I statement: "When I came down, I found all the cheese and crackers out. I'd really appreciate if you could get Trish to clean up after herself. It leaves the kitchen messy, and I don't want mice. How can we handle this?" That's not a fight; that's a discussion.

Now, what about if the mom and the stepdad have Coke with dinner and the other set of parents have milk? One way you can deal with that is to that Mom's house and Dad's house are different. It is just like two different classrooms; in one classroom, you have to raise your hand to do anything, but in Mr. Smith's classroom, you can just get up and walk around. In other words, it's never that one house is good and one's bad. Keeping parental conflict down is the most important thing a couple can do.

If you want to purchase The Remarriage Blueprint, visit Amazon.com. For more information on Scarf and other books she has written visit her website, <http://maggiescarf.com/books/the-remarriage-blueprint/synopsis/> or connect with her on www.facebook.com/Maggie-Scarf-175903732441707/ or Twitter @Maggiefirst.

Celebrity Men Who Love Taller Women



By Jennifer

Harrington

It seems most people have a preference in terms of physical characteristics for the people they find attractive and choose

to date. Celebrities are no different, and it recently came to Cupid's attention that there are celebrity men who prefer to date taller women. We took a closer look at some of these stars who prefer taller women, and examined their dating histories to see who they have romanced – and the inches separating the couples.

Mick Jagger

Mick Jagger is perhaps as legendary with the ladies as he is for being the front man of the Rolling Stones. Married twice, Mick has seven children with four women. Over the years, Mick has been linked with several women taller than his 5 feet 10 inches, including model Jerry Hall and his current love of 12 years, L'Wren Scott. L'Wren, a model and fashion designer, is 6 feet 3 inches. L'Wren admitted in an interview with *Harper's Bazaar* that people have always been intimidated by her silhouette. According to the article, "when she and Jagger pull up in front of the paparazzi, she adjusts the silhouette, bending at the knee to even things out."

Related: [5 Celebrities with Open Marriages](#)

Rod Stewart

One of the best-selling music artists of all time, singer Rod Stewart has been married three times and has eight children. His current wife, model Penny Lancaster, stands 6 feet 1 inch, in contrast to Rod's 5 feet 10 inches. Penny is frequently photographed wearing high heels, and it doesn't seem to faze her rocker husband at all. When asked in a recent interview if the height difference bothers Rod, Penny responded by saying, "'He likes me in the heels. I appear to be a foot taller but it's the camera angles and the heels.'" Rod has certainly established his personal preference over the years: many of his romantic partners have been tall, slender blondes.

Tom Cruise

Mega movie star Tom Cruise has dated (and married) many taller women, including Rebecca De Mornay, Nicole Kidman, Penelope Cruz and Katie Holmes. Tom Cruise stands 5 feet 7 inches, which is several inches shorter than the average height for men in the United States. His ex-wife Katie Holmes is 5 feet 9 inches, so two inches in height separated the couple (in addition to differing views about Scientology and how they would raise their daughter, Suri). After her divorce from Tom in 2001, Nicole Kidman famously quipped on *The David Letterman Show*, "I can wear heels now."

Keith Urban

Country music sensation Keith Urban has been married to actress Nicole Kidman since 2006. Parents to two young daughters, Keith and Nicole split their time between Nashville and their native Australia. Nicole, who was formerly married Tom Cruise, is blissful in her marriage and the new attitude her husband gave her, saying to *Harper's Bazaar*, "He just gave me confidence through just being very kind to me and understanding me, opening me up to trying things." Nicole is about three inches taller than Keith.

Related: [Celebrities Who Dated Out of Their League](#)

Michael J. Fox

After meeting Tracy Pollan on the set of *Family Ties*, Michael J. Fox married the leggy actress in 1988. The couple, separated in height by about two inches, has four children. Their marriage has stood the test of time, which is especially noteworthy because Michael has been fighting Parkinson's disease since 1990. Tracy opened up in an interview with *Parade* about her marriage saying, "Any marriage has its ups and downs. It's work to be married for this many years! That said, Michael's a very easy person to be with under his circumstances, funny and gracious."

As these couples showcase, height should not matter in a

relationship, and ladies can wear high heels proudly, no matter the height of their boyfriend or husband.

Are there other celebrity couples featuring a significantly taller woman? Should height matter in a relationship?

What to Do When Politics Interfere with Your Relationship



By Meghan Fitzgerald

Politics in any situation can cause a catastrophe in a matter of moments, especially in a romance relationship. Stating what party you're in, discussing your views on gay marriage and gun laws. Every person has a different opinion on politics, and it

usually ends with an argument if you have polar views. If politics interferes with your relationship, there are a few ways to solve the problems:

1. Common ground: If you and your significant other have different political views, or simply argue about aspects of politics...find a common ground! Although this may seem challenging for those who come from different parties, however it is possible. You need to keep in mind that your partner is more important than who you are voting for.

2. Keep calm: If you and your partner are arguing about politics, it is best to stay calm. It is not going to help the situation if you constantly are down each other throats with harsh words and hate towards one another. It is essential to remember that you and your partner are the only relationship that matters in your love life. Not the relationship between Sarah Palin and the rest of the world.

Related: [How to deal with your partner's professional failure](#)

3. Privacy: Even though this isn't ideal when politics have just interfered with your relationship, this could resolve the problems you are having with your beau. Voting booths are private because situations like this occur! And we know that keeping your thoughts, especially on politics, hidden from your partner is difficult. Give it a test run and see how the new privacy helps with your relationship.

What are some other ways to approach politics in your relationship? Share below.

Gilles Marini Says He's "Blessed to Have the Chance to Be a Father – It's Magical"



By Kristin Mattern

French-born actor Gilles Marini has made a lasting impression on American fans. He's memorable for his beloved turn as Dante in *Sex and the City: The Movie*, his recurring roles on shows like *Brothers & Sisters*, *Ugly Betty*, and *Nip Tuck*, and his stellar appearances on the 8th and 15th seasons of *Dancing with the Stars*. As evidenced by his diverse resume, his brave and beautiful man seems daunted by nothing. Who can forget his full frontal nude scene as Dante? The former model is currently gracing the small screen as Angelo Sorrento on *Switched at Birth*, where he tackles the challenging role of an estranged father who has reentered his daughter's life – a

role that's close to this family man's heart.

Related Link: [‘Brothers and Sisters’ Star Celebrates One Year Wedding Anniversary](#)

On ABC Family's hit show, Marini plays the biological dad of Bay Kennish, who comes back into her life after abandoning his wife Regina when he thought she had cheated on him. A father himself, the star says that being a parent doesn't affect how he plays the character: "I am the polar opposite of Angelo when it comes to being a father. I think he just landed on this planet and became one sixteen years too late. It's understandable to see why he is the way he is, based on his past and he's childhood, but that also makes him human and interesting."

Marini and wife Carole, who married in 1988, have a son Georges and a daughter Julianna. It's easy to see that the actor knows what he's talking about when it comes to parenting, so one can only hope that a little bit of the father in him will rub off on his wayward character. "There are so many things I could say about how amazing it is to be a father, but the truth is there are no words in the dictionary to explain it to anyone. Maybe I could say that it is the single most important role a man could ever have," he aptly shares. "It shows your real colors and what you are made of. I am blessed to have the chance to be a father and have the great responsibility to raise respectful, kind-hearted, passionate, strong, and dedicated souls. It's magical."

Passionate about his family life, Marini is currently building a retreat in the California woods as a private getaway for them to enjoy. "We bought a new hideaway paradise, a cabin in the woods. We are in the process of completing the little things that need to be fixed, and then, we'll have our safe haven to go to when we need some time off. It's only 90 minutes from our house in L.A., so it is very easy to get to

quickly.”

Given his busy schedule, it’s no surprise that the star hasn’t had time to watch the current season of *Dancing With the Stars*, although he does have fond memories of his time on the show. On season 8, he danced with long-time pro Cheryl Burke and finished as the runner-up. He came back again for season 15 to try to win the mirrorball trophy with season 14 winner, Peta Murgatroyd, and the couple were the eighth eliminated from the show. “Cheryl and Peta are great girls, and I hope that they will go all the way! They will always have a special place in my heart.’

Related Link: [Brook Burke-Charvet Talks ‘Dancing With the Stars’ and Family](#)

Currently, Marini is working on a project that has a particularly special meaning for him: He has become part of the Ford Warriors in Pink cause to raise awareness for breast cancer. He’s been personally touched by breast cancer, as he had to watch his sister-in-law battle the disease. At a young age, he lost his father to cancer as well. The star is very hopeful about finding a cure: “The ultimate goal is to one day explain to my grandkids that there *used* to be a disease called breast cancer. I am thrilled to be part of Ford’s Warriors in Pink – a very nice group of dedicated people who are truly making a difference.”

As part of the campaign, he and his wife designed a unisex t-shirt to aid funding for the cause. “I wanted to create something meaningful and important and something that both men and women would enjoy wearing.” Well, mission accomplished! “I am wearing it as we speak,” he says wryly. The shirt is a V-neck in a beautiful deep heather gray that displays the words “Unis Par L’Amour,” French for “United with Love.” Let’s hope along that, with the support of people like Marini, we can find a cure for this disease, and it will one day be a thing of the past.

Be sure to check out the t-shirt Marini made for Ford Warriors in *Pink* on www.warriorsinpink.ford.com/men-s/united-with-love-t-shirt.html! To watch him in his memorable role as Angelo Sorrento, catch full episodes of 'Switched at Birth' on ABC's website and wait for the series to return in January 2014. Learn more about the star by reading his website, www.gillesmarini.com/ or following him on Facebook and Twitter.

“Bigger is Better”: Mob Wives “Big Ang” Launches New Wine Line in NYC!



By Priyanka Singh

“Bigger is better” is the motto this vivacious star lives by, and she’s certainly living up to that reputation! Angela Raiola, otherwise known as “Big Ang” from the popular reality television series *Mob Wives*, had an official launch party for her new product, BigAngWines on October 24th at Tello’s NYC. The authentic Italian restaurant was an intimate gathering of friends and family celebrating her newest liquor venture, which included Cabernet, Chardonnay, and Prosecco. Attendees were invited to taste samples from her collection, check out the elegant wine bottle design, and enjoy a customized cake made to replicate the bottle design itself!



Big Ang poses with her customized wine bottle cake at her official launch party.

When asked what inspired her to create her own variety of wine, the VH1 star said, “I do own two bars; my family was in the bar business; and my mother and father were bartenders too. I just thought, ‘Bars, bartenders, wine – it all went together.’”

Between launching her new product and shooting for her new

reality series *Miami Monkey*, this lady is pretty busy. So we wanted to know how she finds time to balance her work and her relationship while keeping things so young and fresh. "It's hard. As you know, I have a husband, and he just comes along with whatever we do. He's there for me. I also have a family who stands behind me, and someone needs to make the money! It's all about the money," the star says with laughter. "I'm not home much, but it works! The less you're with the husband or wife, the better. When you're with each other constantly, you get under each other's skin."



Big Ang and her husband, Neil pose for the camera at her official launch party.

'Big Ang' adds that, when it comes to the dynamic between a couple, "the husband should always love you more than you love him." And for all of you singles out there looking for some premium dating advice, the reality star herself suggests, "Don't ask any questions and don't tell them anything. Just enjoy the dinner and the drinks!"

To purchase any one of the three varieties of her new collection, check out BigAngWines.com! Don't forget to follow her on Twitter @BigAngWines and 'Like' Miami Monkey on Facebook.

'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. "My kids do cook. We're getting them involved," Blais shares of his daughters, ages five and almost three. "I think it's really important to build a healthy relationship with food with your kids, whether that's going to the farmer's market, going to the grocery store, or getting them at the stove with you."

He adds, "We just made one of these recipes at home – blue corn meal pancakes – with Benefiber."

For more information, check out Benefiber on www.facebook.com/Benefiber.

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

Your First Date: What It Will Cost





By Stephanie Lynch

When it comes to a first date, there are so many things to think about. What are you going to wear? Where the heck are we going? What will they think of me? With so many things rumbling through the mind, there is one thing many people often forget – the costs.

Now, while you don't want to be too cheap, you don't want to spend too much money either. Since most guys are expected to pay for most, if not all of the date, this simple guide should give you an idea on how much money you should plan on spending so that you don't look like the cheapest date on the block.

Who invited who?

First off, if the girl invites the guy, there's a good chance she won't expect him to pay for 100 percent of the meal. However, if the tables are turned and the guy invites the girl, then the girl will more than likely expect the date to foot the entire bill. Keep this tip in mind.

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

The atmosphere

When choosing a place to eat, make sure you pick out a place

that is quiet and enables you to talk with your date. This way, you don't have to yell over loud music or people screaming next to you. Even if you don't want to head to a restaurant on your first date, that's okay. Most of the time, a coffee house will suffice.

The dinner

No date isn't going to be complete without a dinner. While 99 percent of the first dates out there often head to a restaurant, there may be a select few that want to have a meal cooked inside of a home. If you plan on eating out, try to stick to a higher-end restaurant that isn't too fancy. Try to avoid your name brand chain restaurants and obviously stay away from the fast food joints.

On average, be prepared to spend at least \$50 to \$75 at a minimum for a nice dinner. This should include two nice entrees, a few glasses of wine and maybe even a dessert and appetizer. Of course, this is going to depend on the restaurant, geographical location and the meals you're choosing.

Now, don't head to a \$100 a plate restaurant off the bat. If you do, your date may expect the same kind of treatment every time you head out. Instead, try to stick with something that you're comfortable with. Don't forget to ask your date what they are interested in when it comes to food. It would be silly to take them to a seafood place when they have an allergy to fish.

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

Tip: Don't know where to go for dinner? Try popular review websites such as UrbanSpoon.com, TripAdvisor.com or Yelp. This is a great way to find the hot spots in your local area. If you're going to take the tips mentioned above and choose a coffee place instead, consider purchasing a drink and a light snack. Most of the time, this shouldn't be more than \$20. In

the end, plan on budgeting according to where you plan on going. Most of the time, your date should be deemed successful if you spend around \$50 to \$75 on the entire meal. Just remember: Don't go overboard and keep your date in mind!

Stephanie works for howmuchisit.org – a large collection of cost helping resources. If you ever want to know what something costs, be sure to keep her resource in mind.

Facing a Divorce? Don't Take the Adversarial Approach



By Lisa LaBelle for

[Hope After Divorce](#)

In any divorce situation, the ideal way to settle disputes is by finding solutions together. Keeping a semi-friendly,

amicable relationship with your soon-to-be ex-partner is definitely the wiser choice. With that being said, both spouses must be willing to work together on their divorce settlement; otherwise, the adversarial approach will play out. Unfortunately, much of the advice given in our society today concerning divorce is oppositional. Dissolving a marriage by force and “winning” is far more common than showing mutual respect and making decisions as a team.

Related Link: [Must We Remain Friends With Our Ex-Husband?](#)

What Will You Choose?

If rebuilding your marriage is not an option, will you choose to work out your divorce settlement peacefully, or will you choose to take the adversarial approach? Bruce and Kris Jenner, who recently announced their separation, are a good example of a celebrity couple facing this question. The estimated \$125 million net worth of the Kardashian empire is serious business, and they have **NO PRENUP**! California is a community property state, meaning they'll have to split that net worth 50-50. Hopefully, neither of them will choose to take the adversarial, “fight to win” approach if they indeed divorce. In a perfect world, the best solution for this couple is to rebuild their marriage. However, if they do choose to divorce, working through their financial settlement respectfully will be in their overall best interest.

When Divorce Is Unavoidable

When divorce is unavoidable, issues to be aware of are: temporary support, custody and visitation (if you have children), financial worth and combined income, property division, spousal support, child support, retirement, assets, debts, insurance, and everything acquired as a married couple. Be transparent; otherwise, you'll need to hire a forensic accountant, which will further drain your financial reservoir. Costly attorney fees take a financial toll on divorcing

couples if they take the adversarial approach. Staying on friendly terms with a peaceful exit strategy is always the best choice.

Taking the Adversarial Approach

Choosing to take the adversarial approach puts an emphasis on “winning the fight.” Our society has taught us to take sides. If you and your spouse choose to battle as a way of protecting yourselves, you end up spending negative energy and money fighting for survival instead of finding solutions. No one wins! Actually, the only ones who win are your attorneys and legal and financial teams. Years down the road, you will most likely find that this approach wasn’t worth it financially, emotionally, physically, or mentally.

Related Link: [Maintaining a Positive Image While Going Through Divorce](#)

When you are facing divorce, do your part to be a peacemaker. If your partner is leaning towards being adversarial, encourage him or her to not go there. It’s up to you both to take the high road, which will allow you to move on and rebuild your lives in a much healthier, more positive manner. Someday, you will thank each other and so will your family!



Lisa LaBelle is Co-Founder and Co-Executive Director of Hope After Divorce and DivorceSupportCenter.com. She is co-author and co-editor of the book, Hope After Divorce. Lisa is a family and child advocate, having worked as a consultant with divorced women across the country. She was lead advocate for the reforming of family law child support guidelines, which were successfully signed into law. Lisa is a publicist at Osmond Marketing. She is currently pursuing her master’s degree in counseling, marriage and family therapy, and mediation. Lisa is a special guest host on numerous radio

shows and a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, LAFamily.com, and CupidsPulse.com. You can follow her on Facebook and Twitter. Lisa is the mother of two grown sons who continue to be her greatest joy.

‘The Body Language of Liars’: Dr. Lillian Glass on Spotting Pretty Little Liars



Interview by [Lori](#)

[Bizzoco](#). Editorial by Kristin Mattern.

Respected body language expert Dr. Lillian Glass is a professional when it comes to reading through the lies people

tell and discovering the truth hidden in their non-verbal movements. She has lectured on body language and deception at the FBI and has been a jury consultant, expert witness, and mediator. Already an author of over a dozen books, *The Body Language of Liars*, which comes out today, proves to be the one of the juiciest. The book focuses on photographs of celebrities like Bill Clinton, Lance Armstrong, Kim Kardashian, and Lindsay Lohan, and Dr. Glass uses her skills to reveal the moments in which these famous individuals lied to their adoring public.

Dr. Glass also teaches her readers how to pick up on signals of deception. Analyze the body language of divorced couples like Tom Cruise and Katie Holmes to see how they're *really* feeling about each other. Plus, she provides the eight reasons why adults lie and tells you how to spot liars by looking at facial expressions, voice tone, speech content, and more. The author chatted with CupidsPulse.com in an exclusive interview and dished insider info on how to see through lying eyes and false statements.

Related Link: [Author Janine Driver Shows How Catching Someone in a Lie Can Save Your Relationship in New Book, 'You Can't Lie to Me'](#)

Tell us: Why *do* people lie?

People want to make themselves look better in the eyes of another person. So they lie that they went to this party or that they met this person. People also lie to manipulate for bad reasons, to really do harm to other people. When you look at lying, it's not really a bad thing – nature even lies! If you look at cats when they sense an enemy, they puff out their fur to make themselves look bigger and more powerful. You see? That's lying.

What are some of the signs of lying?

Well, there are four dimensions. You can't just look at one part of the elephant – you have to look at the body movement, the facial movement, the tone of voice, and the context. All of that together is what tells you if someone is lying or not. For instance, if I scratched my nose right now, that doesn't mean I'm lying. But if we were supposed to have a lunch date, and you saw me at another restaurant, even though I had told you I wasn't feeling well, you busted me. If I scratched my nose while I was telling you my excuses, you know I'm lying because of the situation.

Should you listen to your gut reaction when it comes to someone else lying?

Yes. Your instincts kick in, and you know that you know what you know. You just don't want to believe it most of the time. For instance, when you watch the news and a celebrity you love comes on, you may see that they're lying. Because you don't want to see it, you continue blindly doing what you do.

It's the same in relationships, but the key is to observe *what is*, not what you want it to be. You can't be in denial. Your gut *knows*. There is a thing in your brain that's called the limbic system, and primitive men had it because they lived in a fight or flight world. Now what happens is other emotions come out. Whether it's anxiety, fear, or happiness, that reaction causes your muscles to move in a certain way. That's how body language happens; that's why the body doesn't lie.

Speaking of relationships, what are some signs that someone's in love?

First, they're going to lean towards you. You'll see their toes will be pointed right at you too. When I did celebrity analysis for different magazines and saw a couple whose feet weren't facing each other, I knew it was o-ver. Second, they're going to breathe differently, so the sides of the nose will flare a little bit more, but you'll also see a change in

their breathing pattern. And third, you'll hear a softer voice tone.

What body language should a girl look for if she thinks her significant other is going to break up with her?

Usually, he doesn't have as much time for you. His tone of voice changes too – he's more monotonous in his speech patterns. He also has an edge to him, an attitude you've never seen.

Related Link: [Quickie Chick's Video Dating Tips: 'Bachelorette'-Based Ways to Know if He's Using You](#)

Anything else you want to share with our readers?

The message is really you've got to put your game on now. This is a new world, a new way to live, and with technology, if you don't know how to spot deception, then you're done. You won't succeed in your professional life, in your personal life, in your family life. If you understand how to read people, especially if they're telling the truth or not, it's going to save you money, heartache, and so much more. You're going to gain a lot as well.

The Body Language of Liars *is available today. To find out more about Dr. Glass, visit her website <https://www.drlillianguglass.com/> or connect with her on www.facebook.com/drlillianguglass and Twitter @drlillianguglass.*

Top 10 Halloween Treats For

Your Mate That Won't Ruin Their Waistline



By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

1. Pumpkin spice latte: Once the leaves start to fall, it's hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and

add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a blustery fall day.

2. Caramel apple: This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack option. After all, an apple a day keeps the doctor away!

Related Link: [Best Celebrity Couple Costumes for Halloween](#)

3. Caramel grapes: For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be happy with a just a taste of something sweet.

4. Frozen “boo”-nana pops: Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

5. Fancy popcorn: This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

6. Pumpkin Caipirinha: Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

7. Sangria: For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red

wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

Related Link: [Trick or Treat: How to Celebrate Halloween with Your Man](#)

8. S'mores: Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it'll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

9. Toasted pumpkin seeds: If you're anything like the staff at CupidsPulse.com, we can't get enough pumpkin. A simple way to enjoy this fall fixture is to toast the seeds – we love these three recipes.

10. Spooky trail mix: Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

Tell us: What's your favorite healthy Halloween treat?