

# 'Sweet Retreats' Host René Syler Encourages Couples to "Remember Why You Fell in Love"



By

Kristin Mattern

One time co-host of *The Early Show*, René Syler continues her television career with her own show on the Live Well Network, *Sweet Retreats*. The seasoned journalist and mother of two loves the fun and excitement of visiting vacation locales with her guests and their families; a savvy traveler herself, Syler enjoys helping show parents how to pack and plan for family trips. On her parenting website, [GoodEnoughMother.com](http://GoodEnoughMother.com), she educates moms on more than just how to prepare for their next adventure, instead teaching parents how to be perfectly imperfect.

For a long time, Syler ran the same rat race that many women do, splitting her time between her high-powered job and her relationship with her husband and children. On top of her already demanding life, she was also trying to be the *perfect* mother. Sometime after the birth of her second child, she came to a revelation: “I had this epiphany, and I realized, ‘Wait a minute, I don’t have to be perfect, and I actually *do* know what I am doing. It’s not the way everyone does it, but it’s the way I do it, and I’ve found it effective.’” That moment led to writing her book, called *Good Enough Mother*, and creating its spin-off website.

*Good Enough Mother* deals with more than motherhood. “I talk about career and keeping your marriage healthy. We also mention breast cancer and breast cancer causes. Just because I am a mother doesn’t mean I don’t have other interests, and I believe that’s something other women can relate to,” Syler explains. “I still have dreams, goals, and aspirations.” She also recommends that parents stop likening themselves to everyone else: “You want the recipe to be really unhappy? Keep comparing yourself to everybody else.”

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On *Sweet Retreats*, the celeb helps families find great places to vacation that are fun and affordable. “I love shooting this show! I’m always looking to go on vacation and save a little money here and there,” she shares. “I’m also all about showing people how to get outside the traditional touristy areas. You can actually go somewhere and become a part of a community. The show is a wonderful way to showcase how families can travel.”

Perhaps the most important part of planning a vacation is choosing a location to visit with your family. This well-traveled host suggests getting the input of your children or choosing a spot that coincides with what they’re learning

about in school. “What better way to really make what they’re learning about come to life than by actually going to the location, seeing it and experiencing it?” If you have teenagers (like Syler), she recommends giving everyone their own room, so you aren’t right on top of each other, and choosing a place the whole family can enjoy.

Married for almost twenty years, Syler advises couples take time and go away together alone too. “It’s important to reconnect and remember why you fell in love. Sometimes, we all need to be reminded.” Her favorite vacation spot with husband Buff is Las Vegas. “We always have a great time, and I feel like we can just have fun together and act like big kids.”

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When they’re not getting away to a fantastic location like Vegas, the duo cherish the time they spend together, even if it’s just sitting around the kitchen table. “I know that doesn’t sound like a date, but it is because we’re moving in the same direction, and I think that is one kind of pillar in our relationship.” The couple also enjoys the movies or a quiet dinner at a pub for date night. “It’s not the location. It’s the communication and being able to connect,” Syler sagely says.

The couple keeps their marriage strong by appreciating each other and knowing that they wouldn’t be where they are today without one another. “You have to remember what it is that brought you to the party. You know, my husband is always a big fan and supporter of me, and in this day and age, you really have to have one person in your corner at all times.”

Outside of work and play, Syler is a huge advocate for breast cancer awareness and education and does a lot of work with the Susan G. Komen for the Cure campaign. Both of her parents had breast cancer, and six years ago, she opted to have a double

mastectomy after testing positive for the stage before breast cancer. “I believe that knowledge is power, and the more you know, the better decisions you can make for your health,” she explains, “Part of my philosophy at Good Enough Mother is that taking care of yourself means that you are taking care of everybody else.”

That’s one thing that we know this mom does well.

*For more information on Syler, visit [GoodEnoughMother.com](http://GoodEnoughMother.com) or connect with her on Facebook and Twitter @goodenufmother.*

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## How to Date Outside the Box in NYC



By

Daniel Brown from Date Valet

Dating in NYC can be a minefield. Getting a date is hard enough these days, but then you have to come up with something fun and romantic to do. The most common New York Date ideas typically involve the movies and a drink or a meal. Going out for a nice meal at one of the most romantic restaurants NYC has to offer is a good date idea. However, it should be tied in with something a little more unique if you want to make the best first impression.

### **Consider unusual date times**

Thinking outside the box doesn't have to just be about the date activity; it can also be relevant in terms of date times too. Friday and Saturday nights tend to be the most popular option when it comes to date night. This is because you and your date are both typically working a 9-5 job and the weekends are the only time you have available. Changing the time of the date can drastically alter the experience. This is easier to do if you're self-employed. However you could also take a day off if you're due a holiday at work. Make it an all-day date if you can.

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### **Take a mini vacation**

As NY dates go, you can't get more unique than a mini vacation. Surprise your date by whisking them away for a weekend. Now obviously if you've only just met them this may seem a little forward. However, providing you book separate rooms and you are respectful of their personal space; this date idea can really help you to make a fantastic first impression. It will be a date that you'll both never forget.

### **Opt for a cultural experience**

If you're both interested in art and culture, why not arrange

a museum or art gallery date? You can do this during the day and many museums are actually free to enter. This is great news if you're on a budget. You can impress your date without having to spend a fortune. New York is a fantastic cultural hub with plenty to see and do.

### **Treat them to a Broadway show**

New York is the birthplace of Broadway. It may not be the most 'out there' date idea, but it's certainly one of the best. It's entertaining and more cultural than heading to the movies. It's also something you can both talk about afterwards. Wrap the evening up by taking her to one of the most romantic restaurants in NYC.

### **Take them on a romantic picnic**

It's hard to escape the hustle and bustle of New York life. It may be one of the best cities in the world, but sometimes it's nice to take a little time out. Pack a romantic picnic and head out to one of the many amazing parks in and around the city. A picnic is definitely one of the best New York date ideas. It allows you to enjoy delicious food as you really get to know your date. You don't have to compete with the noise of the city. It's just you, your date and nature; nothing could be more romantic.

### **Book an experience day**

If you really want to treat your date to an unforgettable experience then an experience day could be the ideal option. These are usually adrenaline based activities such as hot air balloon rides, flying and track days. However, there are also spa experiences and wildlife encounters you can book. These unique activities will help you to have a great time on your date, provide you with a great topic of conversation and it's also something they'll never forget.

Try to get a feel for what type of activities they will likely

enjoy before you book. If you book a tandem skydive and they're scared of heights it could prove to be memorable for all of the wrong reasons!

**Related:** [Four Dates and a Wedding](#)

### **Cook together**

Going out to a fancy restaurant can be romantic, but so can cooking together! Pick your date up and head to the supermarket. Shopping for groceries may not sound like the great start to a date but you'd be surprised. It provides you with a casual location where you will both feel at ease. You can then go back to the comfort of your home and cook a nice meal together. As you prepare the ingredients, you'll get to bond and get to really know each other. It's even recommended that long term couples cook together in order to bring the romance back into their relationship.

Overall there are so many things you can do on a date. Try to be as imaginative as possible. Think about what your date likes and what type of activities they prefer. Making it personal will ensure you have the best NY date.

*The Date Valet is a collective of artists, musicians, financiers, and entrepreneurs all infected with a serious case of nightlife and dating. You can get dating advice, tips and planning ideas for your date. It also plans you date less than the price of a cocktail.*

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# **Celebrity Divorce Attorney**

# Laura Wasser Gives Tips on Divorcing Peacefully In New Book



By

Priyanka Singh

With the climbing divorce rate reaching over 50 percent, many Americans fear the catastrophic events of a messy split. However, celebrity divorce attorney Laura Wasser has some words of wisdom to help divorcees in her new book, *It Doesn't Have to Be That Way: How to Divorce Without Destroying Your Family or Bankrupting Yourself*. The author's southern California location opens her up to a world of A-list celebrity clients, including Kim Kardashian, Britney Spears, and Heidi Klum. Even though the private lives of these stars are under constant media scrutiny and exposure, Wasser explains that divorce disputes have the potential to be fairly



painless, particularly in the familial and financial aspects of a settlement. She also spends quite a lot of time working with pro bono cases for the Harriett Buhai Center for Family Law, calling divorce a “great equalizer” because of the emotional distress couples experience is the same across the board.

In an exclusive interview with CupidsPulse.com, Wasser talks about the evolving world of divorce and provides some tips to guide you through a separation as seamlessly as possible.

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

**You’ve been in your line of work for nearly two decades. What is one common mistake that you see couples make during their divorce?**

Over the past twenty years, particularly during the last five, it occurred to me that parties going through the dissolution process often go in hugely uninformed. Ignorance paired with an emotionally and financially devastating life crisis can be dangerous. Family law attorneys will often make a lot of money to the detriment of clients and their families. There are so many clients who have said, “If only I knew then what I know now.”

I have a message in my book to give to people contemplating or going through this experience, one that spans socioeconomic, gender, and age groups: *It doesn’t have to be that way*. Our generation has the tools available to us by virtue of education, the Internet, and mental health and counseling opportunities that our parents’ generations and those before them didn’t have. By employing these tools and having a relatively user-friendly guide, I believe the divorce process can be simplified and improved.

**What are some tips you can give our readers about how to**

## **maintain financial and emotional stability?**

Marriage is a contract. Dissolving that contract should be handled as an arm's length business transaction. Remember that this person will no longer be your spouse, but he or she will continue to be your co-parent, family member, and possibly business partner in certain assets or entities. Be nice; be reasonable; and be brief. Try not to let emotion, hurt, fear, or anger dictate the circumstances of your discussions or negotiations.

## **Do you think the divorce rate will continue to rise in the coming years?**

It is my hope that it will be reduced because people are waiting until they are older before getting married and people are making a more concerted effort to work through their marital differences. Although divorce has become a far more viable option than it was in the past, it certainly should not be used as the easy way out.

## **You've acknowledged that current generation's realities have evolved a lot in recent years. How has this change played a role in the divorce rate?**

The American family culture has changed significantly in the past 50 years. There are same-sex couples who marry or register as domestic partners and become parents; couples who live together for prolonged periods of time and have children; and stepparents who are integrated into family life more than ever before. An attitude of "it takes a village" often permeates our culture.

There is a whole new way to dissolve your relationship – really a whole new choice of ways to do it. The evolution in family law has been accompanied by advances in mediation, collaborative practice, and self-representation. Plus, there's been a substantive body of data that impacts dissolution, direct and indirect, on all parties. There is also a movement

of divorce attorneys – like me – who know how to help their clients navigate this territory and emerge from it strong in mind, spirit, and resources and eager to move on to the next stage of their lives.

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

**It's no secret that you're a supporter of prenuptial agreements. Why do you think they're so important?**

A prenuptial agreement is appropriate when a couple is seeking to opt out of the laws regarding marital property and/or spousal support which govern the state in which they live or are planning to live. Not everyone should have one; they're appropriate on a case-by-case basis. They're not only based on income levels but can clarify an individual's assets coming into the marriage, certain testamentary issues, gifts between spouses prior to and during marriage, and more. It's important to discuss financial expectations and expenses *prior* to entering into the marriage contract, and a prenuptial agreement is one way of leading into that conversation.

I am always astounded at the couples who come to me after being married for some period of time and reveal that they never had such a conversation, whether a prenuptial agreement was in place or not. Conversations about money certainly aren't sexy or romantic, but they should give each of you some clarity and enable you to enter into your marriage with a better understanding of each other.

*To purchase It Doesn't Have to Be This Way, check Amazon or your local bookstore. You can also read more about her background at [www.wcmfamilylaw.com](http://www.wcmfamilylaw.com).*

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# 5 Celebrity Relationships with Open Marriages



By

Gabby Robles

Some say that open marriages are a recipe for disaster, but these [famous couples](#) say otherwise. These married celebrity couples admit that attraction to other people is a natural force and don't restrict each other in the slightest. If you've been curious about open marriages, why not take a page from these five celebrity relationships that have them?

## Open Marriages for Famous Celebrity Couples

**1. Will Smith and Jada Pinkett Smith:** This Hollywood couple has talked openly about their marriage recently, with Will

Smith stating, “Our perspective is, you don’t avoid what’s natural and you’re going to be attracted to people.” The famous couple doesn’t keep each other on a tight leash by any means – even allowing one another to get intimate if the other approves.

**Related Link:** [Why You Should Hold ‘Marriage Meetings’](#)

**2. Robin Thicke and Paula Patton:** After Robin Thicke’s scandalous VMA performance with Miley Cyrus, the celebrity couple came forth about their open marriage. Thicke claims that the two have a very strong love and have the “most functional dysfunctional marriage in Hollywood.” Whatever works, we guess!

**3. Dolly Parton and Carl Dean:** These two have a “don’t ask, don’t tell” policy. The country crooner told Oprah Winfrey in 2010, “That just means we let each other be who we are and how we are. But I’d kill him if I knew he was with somebody.”

**4. Kody Brown and Christine, Meri, Robyn and Janelle Brown:** Also known as “The Sister Wives,” this group is an extreme example of an open marriage. While all of them care about their family as a whole, some of the wives admit to having animosity towards each other. With four women sharing one man, we can’t blame them!

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

**5. Brad Pitt and Angelina Jolie:** While technically these two aren’t married, the famous couple share six children and behave in the public eye as such. Jolie claimed, “I doubt that fidelity is absolutely essential for a relationship... it’s worse to leave your partner and talk badly about him afterwards.” She also said that the couple never set any restrictions on each other or their celebrity relationship, even though they live together.

It might not be okay for you, but it sure works for these famous couples! We give these pairs credit: An open marriage cannot be the easiest thing in the world, but they've been going strong for quite some time.

What do you think about these celebrity couples and their open marriages? Share in the comments below!

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## Fantasy Dating: How to Play the Game Right



By

Suzanne Casamento

How many times have you heard your single friends say, "I'm never going to meet anyone"? or "There are no good singles in

this city”?

Care to put a wager on that? Now you can challenge your friends to bust those myths by Fantasy Dating. Like in other Fantasy Sports, people join leagues, set stakes and compete to earn points. But when they Fantasy Date, singles earn points by dating. You score when you exchange numbers, receive texts, calls and go on dates.

Fantasy Dating takes the dread out of dating and replaces it with fun. Instead of worrying about things like, “Will he like me?” you focus on the points you need to catch up to your leaguemates.

If you’re ready to shift your dating mindset from “misery” to “awesome,” here’s how to get in the game.

### **Start by looking around.**

There are quality singles everywhere. At the drugstore, farmer’s market, dog park, beach, local sporting events, coffee shop – wherever – there are good singles there. They may not look like underwear models or whatever version of perfect you’ve envisioned, but good, smart, considerate, funny single people do exist.

You just have to look up from your phone long enough to notice them.

You laugh, but think about it. Do you chat with your BFF as you select granola at the market? Do you tweet as you wait for your morning coffee? Do you update your Facebook status as you walk your dog?

If so, chances are, you’re walking by potential partners everywhere you go. So, rule number one is put the phone away and look around.

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

## **Get caught looking.**

As you look around, when you see someone you find attractive, get caught looking. Brazen, we know, but if he or she doesn't know you're interested, how will they get the idea to approach you?

## **Be brave and smile.**

Did you just think, "What if he or she doesn't smile back?" Good question. First, the chances of that are slim. Nine out of 10 times, if you smile at someone or say, "Hi," they will mirror you. It's a natural reflex. But, back to the question – what if he or she doesn't smile back? Then you know that's not the person for you and you move on. After all, do you want to date someone who's not friendly?

## **Ask a question.**

Once you get the smile, you have a great opportunity to say, "Hi," and ask a question. If you're at the farmer's market, ask, "Do you know if these carrots are organic?" If you're at the coffee shop, say, "I don't speak Starbucks. What do they call the biggest cup?" If you're at the dog park, say, "Your dog is so cute! Is he a mix?"

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## **Give a compliment.**

If you have trouble coming up with a quick question, give a compliment. Everyone loves to be complimented. Say, "That shirt is a gorgeous color," "I love your watch," or "Nice shoes!" A compliment will make the object of your eye feel good and give them an opening to continue talking with you.

But stay away from compliments on someone's looks such as, "You're gorgeous," or "I love your eyes." Even though those statements may be true, they may come off sounding cheesy. So, compliment something he or she *chose* not something he or she



*is.*

When you follow these simple steps, you'll get in the habit of being friendly and outgoing. Plus, as you meet people and date, you score Fantasy Dating points and get to kick Fantasy League butt!

The best part is, as you continue to engage with people, you'll gain confidence. And confidence is sexy.

*Suzanne Casamento is the creator of FantasyDatingGame.com. She launched Fantasy Dating after getting tired of hearing her single girlfriends complain about their boring love-lives. Since then, they have all dared to date. Suzanne is a dating expert, writer and speaker. Her mission is to empower singles to take chances, build confidence and find love.*

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## **5 Tips to Dating Someone with a Potty Mouth**





By

Kerri Sheehan

Does your lover spurt off curse words like it's his or her job? Dating someone who has a hard time forming a sentence that doesn't contain an expletive can be very trying. Whether they're embarrassing you in public, making it hard to you two to have intelligent conversations or losing their temper it's not an easy feat to handle all of that bad language. Here are some tips about dating someone with a potty mouth:

**1. Keep them calm:** A lot of people only swear when they get super frustrated. Rather than express their feelings in another manner they choose to use cuss words to release their frustration. One way to keep your partner's potty mouth clean is to help them be calm when things get out of hand. If a situation gets too high tension take your partner aside so they can cool off before they start running their mouth.

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**2. How much does it really affect you?:** Think about your relationship as a whole. How much does their cursing really affect you? If they confine their swearing to when they're at

home then it's really not that big of a deal. However, if they're constantly cursing in public and making a scene then it's definitely something that needs to be worked on. Picking your battles is important in a relationship because nit picking at everything your partner does will only create a rift between you two.

**3. Don't have a double standard:** Should you decide that swearing is an issue that needs to be addressed, then don't be hypocritical about it. Telling your partner not to swear means that you have to cut out any or most swearing that you do yourself. This will be easier for some than others. Practice what you preach so you're not only setting a good example, but also maintaining your position about cussing.

**4. Have a talk with them:** If your date swears a lot it's likely that they have a slight anger issue. This is pretty common but you want to make sure your significant other can keep their temper in check. No matter how long you've been with your partner, them having a hot temper can still hurt your relationship and even frighten you if they get too wound up. Nobody wants to be walking on pins and needles during an entire relationship. Let them know how you feel about the situation and see if they can tone down their temper.

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

**5. Broaden their vocabulary:** Swear words are used by a lot of people as sentence enhancers because sometimes they just make an expression sound better or more intense. To avoid this, introduce your partner to new words that they can use to replace any foul language. Once they have those new words integrated into their vocabulary his or her use of swear words can completely phase out within a few weeks.

**Have you ever dated a potty mouth? Share your story with us below.**

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# 'The Chew' Star Clinton Kelly Believes That "Life Is All About Trying New Things"



By Kr

istin Mattern

Clinton Kelly, well-known star of *What Not To Wear* and *The Chew*, has taken on yet another endeavor in which he combines his flair for style with his passion for food: He's now serving as the spokesperson for The National Mango Board's "Mangover." What is Mangover? Mango plus makeover equals Mangover! Kelly shares his love of the fruit and gets the word out about how nutritious, versatile and simple mangoes are to use.

*The Chew* star has had a love affair with mangoes for a long time, so becoming the spokesperson for Mangover was a natural move. "I'm a big fan. I also love that this fruit is available all year round. I love the fact that a cup of mango has 100 percent of your daily recommended vitamin D and only 100 calories," Kelly remarks. "Plus, they're part of the clean 15 – a group of fruit that you don't have to buy organic, which is important."

Mangoes aren't only nutritious; they're also easy to substitute into meals. "They have this great texture that's firm and works in certain recipes when you need a fruit to hold up. You can even grill a mango," Kelly points out. "It's got a perfect balance of sweetness where it's not sickeningly sweet and not tasteless either; it's right in the middle."

**Related Link:** [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

Not afraid to experiment with tastes, Kelly comes up with some unconventional recipes like Grilled Ham and Cheese with Mango. If you want to try some of his unique recipes but are dating a finicky eater, the chef recommends making a mango sauce on the side, so your partner can decide if they want to try the mango-concoction or not. "Though I have to tell you," confesses the star, "I'm not a big fan of people who are *that* picky when it comes to eating. I don't think that they make good partners. That somebody will not even *try* new foods generally means that they're not going to try a lot of other new things either – and life is all about trying new things." Sage advice from a happily married man!

For date nights in the fall with husband Damon Bayles, Kelly says he's looking forward to roasting a delicious chicken. "There is a great recipe with chicken that I'm doing on *The Chew*," he shares. "You make a mixture of cloved garlic, fresh parsley, salt, and cinnamon. Turn it into a paste using a food processor; put it under the skin of the chicken; and then

roast the chicken for about an hour or so.”

The style pro has some tips for date night fashion too. “When it comes to the first date, it’s important that you feel beautiful because that gives you confidence.” Kelly suggests wearing your favorite color or a print that represents you. “I would recommend being tastefully sexy. That means wearing clothes that show off your shape but don’t necessarily reveal too much skin.” The *What Not to Wear* stylist proposes a great pencil skirt, blouse, micro-fishnet tights, and a pair of heels.

When it comes to meeting his parents, he says to communicate with your significant other to find out what his family is like. If they are jean people, wear jeans; if they’re fancy, wear a dressier outfit. He adds, “The general rule of thumb when going on a job interview or meeting someone’s parents for the first time is chest, not breast. You can wear something that is V-neck and shows your décolletage, but don’t take it any further.”

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For weddings, he advises avoiding white (of course) and being careful with red. “There is always that woman in the red dress every time I go to a wedding. She’s wearing a low-cut, short red dress with a shine to it. There’s something about it that almost feels like you’re trying to steal the attention away from the bride. You want to be classy at a wedding.” He suggests choosing colors that fit the season, like gem and dark colors for fall and winter and light, bright colors for spring and summer.

Adding to his resume, Kelly recently wrote a book, *Freaking Fabulous on a Budget*, which comes out tomorrow and provides readers with tips on how to hone their style, cook great food, and make cocktails and crafts for the home on a budget. This

star certainly does it all!

*To learn more about Kelly, connect with him on Pinterest, Twitter @clinton\_kelly, and Facebook. Visit [clintonkelly.com](http://clintonkelly.com) and be sure to watch him on The Chew! To purchase his new book, check it out on Amazon.*

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## Top 5 Celebrity Couples That Live Across the Pond



By

[Whitney Johnson](#)

Although Hollywood is still the number one stomping ground for the rich and famous, many celebrities are choosing to live abroad in an effort to protect their privacy and keep their

personal lives from the public eye. Sure, there are European paparazzi, but even so, life is much more manageable. For celebrities with children, it's particularly important to give their families some sense of normalcy. Despite their distance from Los Angeles or New York City, American fans still love them. With this thought in mind, we developed a list of our five favorite celebrity couples that live across the pond:

**1. Victoria and David Beckham:** The fashion designer and her soccer star husband have recently returned to England after living in Los Angeles while David played "football" for the LA Galaxy. Now that his contract has ended stateside, the family of six is returning to their roots and looking for a new home in West London, close to the children's school. Still, they aren't giving up the California sunshine for good: It's thought that the Beckham's will spend the holidays in Los Angeles.

**Related Link:** [Celebrity Couples With Similar Wardrobes](#)

**2. Kate Middleton and Prince William:** The future queen and king of England expanded their family this summer, welcoming Prince George, who's now third in line for the throne. This new generation has stolen hearts all over the world with their laidback approach to royalty. Not only are the new parents handling most of the baby duties themselves (Prince William even changed the first nappy), but they also released an informal first family photo, taken by Middleton's father at her family's Bucklebury estate.

**3. Gwyneth Paltrow and Chris Martin:** The GOOP founder and Coldplay frontman have lived in London for over a decade; Paltrow feels so comfortable there that she calls it her "adopted home." Plus, their children, daughter Apple and son Moses, even have British accents. While they recently relocated to Los Angeles full-time for their kids' schooling and to be closer to Paltrow's mother and brother, the family



will eventually return to the United Kingdom because the movie star believes that the education system is better in England.

**4. Penelope Cruz and Javier Bardem:** This famously-private couple lives in Madrid, Spain, with their children, son Leonardo and daughter Luna. The Spanish-born actors began dating in 2007 and were married in July 2010 in the Bahamas.

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**5. Kate Hudson and Matthew Bellamy:** This California girl bought a house in London in February 2011 and now lives half of the year across the pond with her fiancé, Muse musician Matthew Bellamy. The couple were engaged in April 2011 and welcomed their son, Bingham, in July 2011. The family is often seen out-and-about in the rainy city with Hudson's parents, Goldie Hawn and Kurt Russell, as well as her nine-year-old son, Ryder.

**Who is your favorite celebrity couple across the pond? Tell us in the comments below.**

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**K-Paul's Louisiana Kitchen Proves That Love is the Secret Ingredient Behind Culinary Success**





By

Barbara Merrill

The thought of working with one's spouse may seem like a surefire way to negatively impact a marriage. Being unable to take some "me time" after a heated argument can not only take its toll on the relationship, but it can negatively affect the couples' work environment. However, for some couples, finding that balance is not only simple, but it can also be their secret to a successful business. One of those duos is K-Paul's Executive Chef Paul Miller and Accounting Manager Brenda Prudhomme-Miller.

Meeting this couple was just as exciting as dining at the legendary K-Paul's Louisiana Kitchen in New Orleans. Upon our arrival, we were escorted to a lovely table on the second floor of a very bustling room. Soon after we sat down, we were greeted by Paul and Brenda, who joined us for the next two hours on our culinary journey, all the while sharing with us their day-to-day lives and their not-so-complex secrets to a successful restaurant and 18-year marriage.

**Related Link:** [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

Turtle soup, gumbo, and frog legs – oh my! These dishes may not be a staple in this native Brooklyn girl’s diet, but in the spirit of experiencing authentic Cajun/Creole fair, I knew K-Paul’s, established and thriving since 1979, was the place to sample such items. Both from Opelousas, there’s no doubt that Paul and Brenda take great pride in serving food they grew up eating. After all, one of the best ways of connecting with people is through food, and connected I was.

The turtle soup was definitely an unexpected surprise. Prepared with turtle meat and beef tenderloin and then simmered in beef broth, this savory soup conjured up childhood memories of stews my grandmother would prepare. My friend, who vowed to order gumbo in every establishment in New Orleans, proclaimed K-Paul’s gumbo the best. It wasn’t too thick; it wasn’t too thin; it was just right – and no, her name isn’t Goldilocks. As for the frog legs, they were gigantic and very tender, and unlike many other descriptions I’ve heard in the past, they didn’t taste like chicken. They have a mild “fishy” quality that made them surprisingly light.



Brenda Prudhomme, Chef Paul Miller, Lori Bizzoco, and Barbara Merrill.

Between smacking my lips and reaching into the plates of my companions, we talked about how Brenda and Paul met. Paul first met iconic Chef Paul Prudhomme in 1975, where he worked

under his direction at Brennan's. From there, the two formed a connection compelling Paul to follow Prudhomme to Commander's Palace in 1977 and finally to K-Paul's in 1981. Enter Brenda, Chef Prudhomme's niece. She was visiting her uncle at the restaurant one evening, and as they say, the rest is history. The couple has three children between them, all of whom live in New York.

With the exposed brick walls, white table linens, and terrific wine list, it's no surprise that K-Paul's has been the setting for hundreds of marriage proposals and even a few weddings. While tasting the evening's special – the Surf & Turf, a light and flaky, perfectly seasoned, blackened Louisiana Drum and a very tender filet in debris sauce (yes, debris sauce, but don't let the name fool you) – we discussed how Brenda and Paul reconnect with one another in the evenings and on their one day off. Brenda likes to “wash the day away” as soon as she gets home and just focus on her time with Paul. They enjoy watching something that helps them unwind and laugh together; *Modern Family* seems to do the trick. As for cooking, well, they both do it. Brenda explained that she prefers a low-sodium diet, so on their day off, there's one bottle of wine but two skillets on the stove.

**Related Link:** [Food Network's Anne Burrell Gives Valentine's Day Cooking Tips](#)

Speaking with Brenda and Paul for just those two hours, it was clear they really enjoy working together. Maybe the secret to their success isn't really that mysterious after all. They respect each other's role at the restaurant, and Paul even joked with me and my dining mates, “She's in the front office, and I'm in the back, and she's usually right!”

One of the most impressive facts I learned about K-Paul's is that they don't have a freezer. Everything served was purchased for that day. Paul explained that, while we were dining, the shrimper he uses was out catching shrimp for

tomorrow's menu. Sharing the pressure of serving the freshest ingredients is a real testament to how in sync Paul and Brenda really are. Their [love](#) for the restaurant is undeniable, but their ability to put it behind them and enjoy their alone time is really the key to their marital success.

*For more information about K-Paul's, check out their website, <http://www.kpauls.com/>. You can also follow them on [www.facebook.com/kpaulslouisianakitchen](http://www.facebook.com/kpaulslouisianakitchen) and Twitter [@kpaulslakitchen](https://twitter.com/kpaulslakitchen).*

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## **'The Biggest Loser' Alum Lisa Rambo Talks Marriage and Weight: "We've Lost Over 180 Pounds Together!"**





By

Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week five, the show offered a \$100,000 at-home prize and Rambo tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser* Ranch.

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80 percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize,

losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The first thing I did was clean out our kitchen and turn our home into a safe place. The changes then became the new normal for the whole family."

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family's lifestyle: "Stick with it and know that your kids will adapt. They'll also start to crave what they eat. It'll take time for them to acquire new cravings, but it's worth it."

**Related Link:** [Palmer's Spokesperson Ali Landry Chats About](#)

## [Making Her Family a Priority](#)

It's no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn't her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. "She was positive that I was exactly what they were looking for. Her encouragement kept me in it!"

Rambo hopes that her own story will inspire others. "I was always one Monday from the next best diet." Follow Rambo's example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, "Don't quit, reach your goal, get your win, and don't go back!"

*Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, [losingitwithlisa.com](http://losingitwithlisa.com), or follow her on Twitter @LisaRambo.*

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# How to Locally Sail the High Seas With Your First Mate



By

April Littleton

Traveling the world together can give you and your partner the chance to relax and reconnect romantically. When you're out at sea, time seems to slow down. How could you worry about anything when you have such a beautiful view surrounding you? Don't worry, you don't have to spend your entire life saving in order to venture out to new places. Cupid has some ideas:

**1. Check out cruise sites:** Some of the cheapest cruise deals are found on the Internet. Try websites such as Travelocity.com and expedia.com for great, low rates on some of the best cruise packages. You'll almost never find any generous discounts if you choose to book the cruise directly from the source, so try some secondary websites first before

you decide to spend half your paycheck.

**Related:** [Avoiding the Top 3 Dating Myths](#)

**2. Rent a boat:** If either you or your partner has some experience with a boat or a yacht, then forget about a cruise and take to the sea yourself. Do some research on boat rental companies that are located near you and pick the dates you want to reserve. Even if you and your honey are inexperienced, the opportunity to be alone and try new things with one another will certainly be the highlight of the day.

**3. Cook for the crew:** You and your significant other might want the REAL sailing experience. If you know anyone who works with a boating crew, ask if you can volunteer over a weekend. Crew members can always use an extra set of hands on deck, so don't be afraid to ask for a ride – as long as you're willing to help out. How fun would it be for you and your boo to prepare the meals for the boat? You might not know what you're doing, but that's part of the fun. Plus, you'll probably be alone with your partner in a cramped room. Aside from the funny fish smells, you might find the whole thing a bit romantic.

**Related:** [Should You Have a Second Date When the First was OK?](#)

**4. Find a cabin near the ocean:** You might not necessarily want to be out at sea, but you wouldn't mind having a similar view. Pick a weekend where both you and your love have some free-time and rent a nice cabin or beach house out by the ocean. If a short weekend getaway just isn't enough, take a couple of weeks off of work and spend some time rekindling the flame with your lover. You can learn how to jet ski or water paddle in the process.

**What are some other ways to locally sail the high seas with your first mate? Comment below.**

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# 'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"



By

Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life;

unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. "My most challenging obstacle was believing that I could actually do it!" she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper's team, she shares, "I had seen Jillian Michaels' team falling apart and was so thankful that our team endured."

Since her time on the show, McDonald's family has overhauled their lifestyle in a positive way. "I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she's capable of anything if she works hard enough." McDonald's daughter has lost 30 pounds, while Eldred has shed a whopping 60! "My kids, husband, and I all try to eat healthy and move every day."

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald's two college-aged kids during her

journey. “He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

**Related Link:** [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

*Be sure to tune in for next week’s premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She’ll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.*

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# 5 Simple Ways to Turn Your Relationship Around



By

Elliot Connie

No one likes to talk about problems with their love partner. That's not surprising, because problem-focused talk starts with a negative statement and assumption: *We have a problem.*

For many years, I've been working with couples and training couples' therapists using a different approach. It's called solution-focused communication. When we turn problem-focused talk on its head and look to find a solution instead, the results are dramatic, positive and surprisingly quick.

The next time your partner says, "Honey, we need to talk," see

if you can steer the conversation in an upbeat, solution-focused direction. Here are five ways to do it:

**1. Discuss it as a goal, not a challenge:** When your partner says, “I’m not happy when you do XYZ,” gently suggest to him or her that you could talk about ways to make things better. Discuss the issue in terms of a goal—what you both like, what makes you happy. When you begin the conversation with goals, it gets both partners thinking about solutions, possibilities and opportunities for change.

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

**2. Notice “did wells” and “did rights”:** Sometimes when we get into a negative pattern with our partners, it’s too easy to notice all the things we don’t like—pet peeves, annoying habits, even his or her tone of voice. See if you can think back over the last few days and name some things your partner did well and got right. Maybe he reminded you about your doctor’s appointment, or she took the time to fix you breakfast. Share these observations with each other. Doing so helps each partner feel noticed, valued and appreciated.

**3. Establish a true partnership:** In business, people are assigned to the specific jobs for which they are best qualified. Couples who divide their roles in terms of who is equipped to do the job better have fewer problems in their relationships. Talk to your partner about what you’re each good at (your strengths) and what you’re not so good at (your weaknesses). Then match the household jobs with your respective strengths. This will create an effective and high-functioning relationship dynamic that brings out the best in both people—and minimizes conflict.

**4. Recall your honeymoon phase:** Couples spend a lot more time talking about conflicts and problems than they do about all the qualities that made them fall in love with each other in the first place. Sit down with each other and retell the story

of how you first met. Try to remember details from those first few months—everything that surprised and delighted you. Having this conversation will stimulate many good ideas and feelings.

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

**5. Continue to date:** Remember what it was like to date your partner? Maybe he brought you your favorite take-out. Or she wore that dress you loved. When you were dating, both of you said and did things to make each other happy. It's simple to get out of a relationship rut by reintroducing some of those early behaviors, from kissing each other when you leave for work in the morning, to sending the occasional love text, to surprising your partner with a night out. The key is to do these romantic things daily and regularly.

*Elliott Connie is a best-selling author, well-known relationship therapist, and an internationally known speaker and teacher who trains clinicians in Solution-Focused Brief Therapy around the world. His newest book is **The Solution-Focused Marriage** (2013). Learn more at [www.elliottspeaks.com](http://www.elliottspeaks.com).*

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# Jennifer Lopez's Backup Dancer, Tera Perez Talks Relationships, JLo, Casper, and New Docu-series, 'A Step Away'





By

Priyanka Singh

“Every superstar needs backup”, and that’s exactly what world-class superstar Jennifer Lopez gets as she begins her tour with the hottest, most talented group of dancers, one of which happens to be JLo’s stand-in dance captain, Tera Perez. This vibrant and driven dancer spoke with CupidsPulse.com about the new docu-series, *A Step Away*, which airs on Thursday, October 3rd on NUV0tv at 10/9c. The show gives us an intimate behind-the-scenes look at the lives of these backup dancers on the road as they balance love, relationships, work, family, and so much more.

Touring across the globe, rehearsing for several hours a day, being far away from home...how do these dancers handle this hectic lifestyle? Perez reveals that, on the show, viewers will see a mix of everything since they are such a dynamic group of people outside of all the glitz and glamour. She also opens up about her own experiences of touring while being in a relationship with backup dancer, Lake Smits, who is also part

of the group. "I have to say, I'm really lucky. I've gotten to experience being on the road with Lake and travel the world, spending every minute possibly with him for the past year and a half." Perez considers herself fortunate for not having to deal with the struggles of a long-distance relationship on tour, but she still deals with the obstacles of being surrounded by each other all the time.

**Related Link:** [Is Your Career Killing Your Relationship?](#)

One of the biggest challenges they face as a couple is keeping work separate from home. "Sometimes, you're stressed out. You're tired and frustrated, and you're in pain from doing all these numbers. Your body is aching, and you're with each other 24/7, doing the same thing. Not bringing that work home was definitely our biggest obstacle." However, the couple is still going strong: They plan to live together after the tour.

Of course, we had to ask Perez what it was like working with Lopez, one of the biggest global superstars in the entertainment business. "She doesn't let anything slide. You always have to be on your A-game with her because she notices everything! That's probably the biggest challenge, but she pushes you to be a better person."

**Related Link:** [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

JLo's love life comes up in discussion too since her boo, Beau Casper Smart, happens to be the choreographer. Of their relationship, Perez says, "They're really great. They have great chemistry and a great creative partnership." She went on to parallel their two love lives and how it's unique to see their two relationships play out together on tour. "They have their's, and we have our's. You see it for exactly what it is, and it's just this great chemistry and love for each other."

*Be sure to tune in for A Step Away tonight on NUV0tv at 10/9c!*

**How do you balance work and love under a tight schedule? Share**

your thoughts below.

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# 'Grace Unplugged' Shows the True Meaning of Success



By

April Littleton

*Grace Unplugged* is a moving film about a young woman, Grace Trey (played by AJ Michalka) who aspires to be a pop star. Her relationship with her father, Johnny Trey (played by James Denton), who gave up fame when he became a Christian is tested when he warns her that the glamorous life isn't what it appears to be.

**Should you see it:**

If you want to see something a little different from the typical rom-com movies, this might be a good choice. *Grace Unplugged* is a faith-based film, so expect to take away a lesson or two when you leave the theater.

### **Who to take:**

This film would be good to see with anyone you're close with. Take your friends, family or girlfriend/boyfriend. If you can't manage to get anyone to tag along with you, you'll be perfectly fine going solo on this one.

**Related:** [Should You Listen When Your Parents Advise You to Break Up?](#)

### **What are some ways to fix a strained family relationship?**

#### **Cupid's Advice:**

When you're on the outs with someone you care about it seems like everything else around you is falling apart as well. Sometimes, the smallest arguments can lead to even bigger problems, which can leave a once strong relationship in shambles. Cupid is here to help:

**1. Start talking:** The first step toward rebuilding your relationship is communication. You probably haven't talked to your loved one since whatever happened between the two of you. Now is the time to readdress the issue without exploding on each other. The first few conversations will be awkward, but you need to define where the two of you stand with each other and see what you need to do to fix the problem.

**2. Think positive:** Think about some of the things you appreciate about your family member. Keep those traits and good qualities in mind when you're in the middle of a disagreement. Remind yourself of all the times he/she has been there for you. The two of you might be going through a rough patch right now, but the love is still there.

**Related:** [‘Things Never Said’ is a Journey of Self-Discovery](#)

**3. Agree to disagree:** If you can't seem to settle the issue without fighting, just agree to disagree. Not every problem will have a clear resolution, especially if you can't see eye-to-eye on the topic. Don't let something silly ruin the relationship permanently. Move on from whatever is causing you so much trouble and start fresh.

**What are some other ways to fix a strained family relationship? Comment below.**

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## **‘The 50 Fridays Marriage Challenge’ Authors Talk About Maintaining Intimacy In Your Marriage**





By Gabriela Robles

Jeff and Lora Helton, authors of the marriage-transformation book *The 50 Fridays Marriage Challenge*, are a husband-and-wife duo who coach, counsel, and consult other married couples. Between them, they have an impressive background: Lora earned her Masters Degree in Clinical Psychology from Wheaton Graduate School and was in private practice for seven years, while Jeff spent nearly three decades as a pastor, offering spiritual guidance to men and families.

Now, they're offering their expert advice to an even broader audience. In their new book, they encourage their readers to ask themselves one question each week. Their hope is to spark conversation and open up the boundaries in a relationship, allowing spouses to better understand each other and thus increase the intimacy that they share. Here, Lora and Jeff give CupidsPulse.com the inside scoop on their game-changing challenge.

**Each chapter in *The 50 Fridays Marriage Challenge* includes a question, a biblical quote, a message and a quote from other literature. Why did you choose this format?**

J: The idea for the book developed about five years ago when our oldest son was entering his senior year of high school. I started writing weekly letters to him, and I found myself thinking, “Oh my gosh, does my son know these things before he leaves home?” So I covered everything from how to change a tire to how to cook a steak. As the letters evolved, I began including a quote that gave more substance to what I was saying. Then, since my family is faith-based, I added in a Bible scripture, just something to encourage him. And it was during this process that I thought, “These are some really good benchmarks for Lora and I to write about marriage.”

I think to ask a question about marriage is a helpful tool for people. But I thought it'd be better to also reference experts to add some weight to each chapter. So each of our passages or quotes are connected to the question of the day. We want people to have three different types of content: something from us, something from a passage of Scripture, and something from everyone from celebrities to Mother Theresa.

**Related Link:** [5 Conversations Every Couple Should Have Before Getting Married](#)

**Why did you choose a 50-day timeframe? Is that really enough time to improve a relationship?**

J: In our introduction, we talk about how we live in a culture that wants a 50-minute fix. Marriages are far more like a crockpot than a microwave. They take time, even in crisis. Our process is two weeks short of being an entire year. Instead of couples thinking, “If things don't get better in three weeks, I'm out,” we want people to say, “Let's just slow down and take our time. We didn't get into this mess overnight, so it's going to take longer than overnight to get through it.” It gives couples a new way of relating to each other.

**Why do you specifically advocate having deep conversations once a week? What if a couple wanted to talk about an**

## **important topic every single day?**

J: We definitely encourage that. There's some type-A people who will go through our book in only two months. I don't think couples can have this type of conversations too often. We are writing to a market where a vast majority of people have no intentional conversations for weeks or months at a time. We've asked a group of 600 people if they've had this sort of chat with their partner in the past week – and not a single person raised their hand!

It's so easy to get into the routine of life where you talk about your kids, your family, and your work, but you never really get a chance to ask, "How are we doing? How do we intentionally grow intimacy?" We wanted to develop a tool that would help couples do just that. So if they do it daily, that's awesome. But our hope is that we just help create a rhythm in their marriage.

**It's no secret that men typically have a harder time sharing their feelings than women. How does *The 50 Fridays Marriage Challenge* address this issue specifically?**

L: We tried to do some questions that weren't really emotion-focused. There are questions about dream vacations or how would you like to spend time together on your next date.

J: There are some questions throughout the book that talk about sharing your heart, and we just hope that, over time, men will start to feel safe enough to talk about their fears and hopes. We also tried to have two- or three-page chapters to help engage men. To really engage men, we wrote something that you can get in and out of quickly with questions that are non-threatening and meant to start a deeper conversation.

**Related Link:** [Secrets to Staying Married for 50 Years \(Or More\)](#)

**And finally, what would you say is your number one tip for**



## **maintaining intimacy in a marriage?**

L: Communication is the most important thing – you have to be willing to share your expectations and desires. Many times, we try to guess what our partner wants. Instead, just talk about it. Sex is a topic that some couples find hard to discuss with their significant other. Talk about what you want it to be like and how you want it to be a part of your marriage. Movies and television shows make sex seem so easy, but it's not that way, especially when you have a house full of kids. You have to keep the communication line open.

*You can purchase your copy of The 50 Fridays Marriage Challenge on Amazon. To learn more about Jeff and Lora Helton, visit their website, <http://50fridays.com/>.*

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## **4 Questions to Ask Yourself Before Getting Married**





By

April Littleton

Getting married is a big step in a couple's relationship. This should be an exciting time for you as long as you're doing it for the right reasons. Are you about to tie the knot with that special someone, but in the back of your mind you're still questioning your motives? Cupid has four questions you should ask yourself before you decide whether or not you're ready to commit:

### **Why are you getting married?**

What's your reason for getting married? Some couples feel pressured to get married because of a family member or friend who is close to tying the knot. You shouldn't feel like you have to rush future plans with your honey just because you see everyone else making the final commitment to their loved ones. You need to get married for the right reasons, so if you're skipping ahead because you see everyone else doing it, then you need to take a step back and be honest about your relationship.

**Related:** [8 Things Your Wedding Can Do Without](#)

## **Are you 100 percent sure?**

It's normal to have pre-wedding jitters, but once those nerves fade away you should be completely sure your partner is the one you want to spend the rest of your life with. If you're constantly catching yourself doubting your decision to get married, sit down and talk to someone you trust or see a pre-marital counselor. Trust yourself. If the situation just doesn't feel right to you, postpone the wedding until you feel more comfortable.

## **Do you and your partner have similar life goals?**

Think about whether or not you and your significant other want the same things in life. How many kids do you see yourself having with your honey? Will your careers keep you from spending a lot of family time together? Where do you want to live? How financially stable will the two of you be? Your marriage won't succeed if you and your partner don't have similar goals and interests. It might not seem like much now, but once you're around each other on a long-term basis, you'll realize how important it is to be on the same page with each other.

**Related:** [Premarital Counseling – The Pros and Cons](#)

## **Do you really know the person you're getting married to?**

How long have you and your partner been in a relationship with each other? Have you both been completely honest with each other since you've been an item? If you're keeping anything from your significant other and if you've caught him/her in their fair share of lies, think about what that means for your relationship. Do you really know each other? You might want to spend some more time connecting with each other before you make such a huge commitment to each other.

**What are some other questions you should ask yourself before getting married? Comment below.**

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# Hollywood Couples that Went from Reel to Real



By

April Littleton

It doesn't take much for two celebrities to hit it off while they're practicing lines together on the set of their new film or while shooting some improv on the latest hit television show. Many of us wonder what it would be like to see some of our favorite onscreen couples create a celebrity love story in real life. Well, brace yourself! Cupid has a list of [Hollywood couples](#) who took their romance off-camera:

# Celebrity Love Stories That Began On-Screen

**1. Liam Hemsworth and Miley Cyrus:** Although Miley Cyrus isn't necessarily singing Liam Hemsworth's praise with her newly-dropped single *Wrecking Ball*, who can forget the celebrity love story that unraveled when the two first met? During the production of the film *The Last Song*, the pop star began dating her Australian co-worker. She even went as far as to call him her "first serious boyfriend." However, the celebrity couple had a rocky relationship from the start. The duo broke up twice before announcing their celebrity engagement in June 2012. Three times wasn't the charm in this case either: The pair recently called off their relationship for good.

**Related Link:** [Celebrity Photo Gallery: Famous Couples Who Work Out Together](#)

**2. Channing Tatum and Jenna Dewan-Tatum:** It was love at first sight when Channing Tatum met his celebrity love on the set of the 2006 flick, *Step Up*. After the film wrapped, the pair began dating. Two years later, the famous couple got engaged in Maui, Hawaii, and they married on July 11, 2009 at Church Estates Vineyards in Malibu, California. The lovebirds recently added a new addition to their family, a baby girl named Everly Elizabeth Maiselle who was born on May 31st of this year.

**3. Ashton Kutcher and Mila Kunis:** It shouldn't be a shock to anyone that former *That 70's show* co-stars Mila Kunis and Ashton Kutcher are finally an item. After all, he was her first kiss. In 2001, Kunis admitted to *People* that she took a liking to Kutcher the moment she saw him. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!' ... Then I was like, 'I have to kiss him?' I was so nervous and uncomfortable. I had the biggest crush on him." More than a decade has passed since that on-screen kiss, and the Hollywood couple have been

dating for over a year now.

**4. Eva Mendes and Ryan Gosling:** Eva Mendes and *The Notebook* actor met while filming *The Place Beyond the Pines*. Although the couple keeps their celebrity relationship tightly under wraps, Mendes did speak briefly to *The Edit* about her boyfriend of two years. “I literally lose my ability to speak... I live in a very protective kind of bubble that I’ve created for myself.”

**Related Link:** [10 Celebrity Couples We Never Knew Existed](#)

**5. Brad Pitt and Angelina Jolie:** The chemistry between these two was hot on and off the set of their movie *Mr. and Mrs. Smith*. Although Brad Pitt was still married to Jennifer Aniston during the filming of the 2005 box office hit, the *Lara Croft: Tomb Raider* actress later admitted that the two “fell in love” on the set. In January 2006, she confirmed to *People* that she was pregnant with Pitt’s first child. After a seven-year celebrity relationship together, Brangelina announced their engagement April 2012.

Who are some other Hollywood couples who turned their on-screen love into the real thing? Comment below.

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**‘The Biggest Loser’ Winner Ali Vincent Says, “We All Need a Support System”**





By

Kristin Mattern

The first woman to win *The Biggest Loser* – a show that premieres its fifteenth season next Tuesday, October 8th – Ali Vincent really lives up to her motto of “believe it, be it.” She has moved on from reality television to become a motivational speaker and author of *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. Vincent continues to live a rich, full life with her new show *Live Big with Ali Vincent* on the Live Well Network.

**Related Link:** [‘The Biggest Loser’ Host Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

The idea for the show began with her book. “There’s a line about how it was ironic that I had to lose half of myself and become smaller in order to live big, and we developed the show from there.” On *Live Big*, Vincent helps her guests’ follow in her footsteps. This season is all about adventure, and her mom, Bette-Sue, is along for the ride. “We’re focusing on our bodies not holding us back as we enjoy adventurous lives.”

The theme of not being limited by one’s body hits home for the celebrity who, before her time on *The Biggest Loser*, was

restricted by her own body weight – an impediment she works hard to never be constrained by again. “I felt trapped because I was ashamed and embarrassed of my body, and I collected evidence for why people were judging me or not giving me an opportunity. I realized, though, that I was collecting the wrong evidence. I didn’t have to change who I was; I had to shift the evidence I was collecting and focus on how I could get healthy and believe in myself.” Her own struggles help Vincent to identify with her guests and aid them through the hurdles they encounter.

Setting goals is how Vincent stays motivated, and she encourages others to do the same. Her personal challenge to herself is to choose three physical activities each year and conquer them. This year, she is running *thirteen races*! She recently participated in the Disney Land ‘Dumbo Double Dare,’ running a 10K race one day and a half marathon the next. “I realized I had forgotten to set objectives in my life,” the television host candidly says. “Now, I make goals that I have to train for, so I have a reason to get up and workout in the morning.”

As a motivational speaker, the star advocates that there is no secret to *The Biggest Loser*, but that each person has everything they need to change their lives. “Who you are doesn’t have to change; who you are is great. There are some habits you have created that need to change, so you really just need to look for areas where you can make slight shifts.” She suggests that people start by setting small, achievable goals and then writing down their progress so they can be motivated by their improvement.

As much as Vincent focuses on fitness and nutrition ambitions, she also stresses the importance of strong relationships, both romantic and otherwise. “We all need a support system,” she explains. “I try to help people recognize what they need in their loved ones so that they can reach their dreams and live big.”



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

With this thought in mind, she ensures that communication is a priority in her love life. Of her boyfriend, she explains, “We have to talk about things. We come from different backgrounds and different ways of life, so we’re really just trying to support each other and have a healthy, happy, long relationship.” A triathlete herself, *The Biggest Loser* contestant seeks a physically fit partner who is conscious about making healthy choices. While she doesn’t expect her man to do everything she does, she loves for him to train with her from time to time, whether it be cycling or running. “I mean, it’s not the prettiest moment,” she laughs, “but it’s good to have people you can workout with.”

When it comes to date nights, Vincent prefers to go to healthy restaurants or make dinner at home with her beau, though she is up for a good splurge now and then. The key for her is balance: If she has a glass of wine with dinner, it counts as dessert. “I make healthy choices for me, but I don’t want to always be tempted. I want to go somewhere and choose what I want to eat because everything is healthy, not because it’s the one thing I can eat.”

*To learn more about Vincent, visit her [alivincent.com](#) or connect with her on Facebook and Twitter @alivincent. Be sure to watch Live Big with Ali Vincent Saturdays at 5:30 ET/PT on the Live Well Network!*

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# Stars Shared Relationship

# Advice at GBK's Annual Pre-Emmy Celebrity Gift Lounge



By

Kerri Sheehan

Celebrities came out this weekend for GBK's Annual Luxury Gift Lounge at the W. Hollywood Hotel in Los Angeles, California. The Gift Lounge honored nominees and presenters of the 2013 Emmy Awards and featured a range of great gifts and brands while also including some worthwhile charities, such as The Creative Coalition, Lambda Legal, GUARDaHEART Foundation, and spcaLA.

GBK teamed up with NEW Tidy Cats® LightWeight 24/7 Performance® to put on the event and raised a whopping \$49,000 for charity. Some of the luxury gifts given away at the Lounge were jewelry from Helzberg Diamonds, flat irons from Barbar Hair Tools, and hair extensions from Pelo Hair, Los Angeles. Many great vacation destinations were also highlighted like

The St. Regis Bora Bora Resort, which gifted an all-inclusive resort stay. Guests such as Rumer Willis, Ed O'Neil, Dennis Quaid, Jason Isaacs, and Neil Patrick Harris, this year's Emmy's host, were in attendance.

**CupidsPulse.com** was there to chat with the stars about dating and relationships—check out the star's advice below!

**What is your best tip for maintaining a healthy relationship?**



“I don't know. If anyone has the answer, stick it on a postcard and send it to me.”  
[laughs] – Jason Isaacs, Actor

**How do you break the ice on a first date?**

“I've been with my wife for 26 years and have never had a date in my life. I wouldn't know what to do.”- **Jason Isaacs, Actor**



“Honesty is probably the best thing for any relationship, whether that be a love relationship with kids or marriage. I can’t imagine anything without honesty.”  
– Joe Morton,  
Actor on *Scandal*



“Oh my gosh! No one would ever use

this, but the first time I met my man, he asked me what I was doing, and I said I was in San Diego for my colonoscopy. [laughs] I just don't think that would normally work with most people. This was two years ago, and we are still together. Being honest, I guess, is really key. Be true to yourself and be honest." – Mary Murphy, Celebrity Choreographer



"You have to take things very slow and be very respectful. Make sure to be honest

too.”- Chuy Bravo,  
Actor/ Comedian

*All photos: GBKProductions*

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# Planning the Perfect Proposal



By

Rachel Seliger, JDate Community Manager

Over the past few years, we have seen hundreds of couples share videos of their engagements for the world to see. We laugh, we cry, and we love to share that special moment with the happy couple.

If you are planning the big moment and need a little inspiration, here are my top five suggestions for seamlessly

executing your proposal:

**1. Get family and friends involved:** This is a milestone moment and it's always fun when everyone knows what's about to take place except the one who is about to get proposed to (plus, your guests can help you plan!).

**Related:** [Creating a Celebrity-Style Wedding](#)

**2. Research rings:** By now you should have some idea of your significant other's style – for example, traditional or contemporary? Or, perhaps an heirloom would be a home run? The ring tells a lot about the recipient, so if you are struggling, pay close attention to how your future fiancée dresses, accessorizes and decorates and if all else fails, call the best friend.

**3. Capture it on film:** Hire someone or get a friend you trust to video the proposal. Most likely you and your partner (similar to the wedding) won't remember all the amazing details and what was said, so it makes sense to capture the happiness you felt when you both said yes to this new chapter.

**4. Don't be a copy-cat:** Yes, there are a lot of good proposal examples out there, but do something unique and authentic to you as a couple. If you hate musicals, then don't incorporate a flash mob!

**Related:** [Weddings Show Single Men What They're Missing](#)

**5. Keep calm and marry on:** If your significant other senses you are acting strange, they will either catch-on or think you are breaking-up with them. Neither is a good start to the perfect day, so have fun and be yourself—it's why they fell in love with you in the first place.

JDate, the leading online Jewish singles community, is calling all couples who met on JDate to submit a video of their proposal for the chance to be crowned JDate's Next Top

Proposal. If you are a JDate Success Story and have a video of your engagement or are willing to reenact it, head over to JDate's Facebook page and enter your video.

*Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. She's here to break down the rules of dating, share first date tips and offer words of encouragement when dating gets tough, visit her Tumblr page for more insightful advice.*

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## **Celebrities Donated Their Best Relationship Tips at Star-Studded "Legends Beyond" Charity Gala**







On

Thursday, September 19, 2013, the First Annual “Legends Beyond” Gala gathered some of the biggest celebrity names in Beverly Hills, California, to help benefit the Michael J. Fox Foundation for Parkinson’s Research. The disease affects over 1.5 million people with the United States, so all donations from the charity directly went to fund research with the foundation. This elite vintage glamour-themed evening consisted of live performances, silent auctions, and of course, a fantastic array of stars to join in on the excitement. CupidsPulse.com was there for the fun too!

Denise Richards and Charlie Sheen were the hosts of this red carpet event that honored musicians, like Maurice White, who was part of the multi Grammy-winning group, Earth, Wind & Fire, and Grammy-winning artist Howard McCrary, as well as other stars that advocate for Parkinson’s awareness.

**We asked some famous stars that attended the event for their best relationship advice – check out their responses below!**

**What is the relationship motto you live by?**

“Stay honest with each other. Honesty is the most important thing.” – **Bobby Brown, Singer/Songwriter**



“Stay with a very loyal guy!” – Tara Reid, Actress



“A relationship is not a relationship without communication. Also, the person that you’re dating needs to be your best friend.” – Taylor Bright, Singer/Actress



“My boyfriend is doing *Dancing With The Stars* in Australia right now, so I would say communication! Always get that ‘good night’ call because it makes everything so much better.

Communication is the best thing, and if it’s not there, just dump the guy.” [laughs]  
– Rachel Sterling,  
Actress

**For all the single people out there, what’s your best piece of dating advice?**

“Oh gosh! My best piece of dating advice is a saying that I live by: ‘Never treat anyone like a priority if that person treats you like an option.’ That goes for all things; it goes for dating, it goes for friends, it goes for your job...it goes for everything. If you are giving more consistently than what you’re getting, you’re putting your energy in the wrong place. It’s tried and true, and sometimes, you want to fight it, but don’t.” – **Rachel Sterling, Actress**



“Honesty and communication are always the best...and jewels!”  
[laughs] – Vivica Fox, Actress

**You're such a busy lady! How do you balance everything?**

“Oh my gosh! I am just so blessed that I have a wonderful team of people working with me, from my assistant to my manager. It's so important to have good people around you keeping things focused. It's also good to have an attitude of gratitude, more than anything else. I am very, very blessed!”

– **Vivica Fox, Actress**

*All photos: Izumi Hasegawa / PR Photos*

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# Celebrity Athletes and the Women Behind Them





By

Ashley DelBello

It's no surprise that relationships are work, but when your beau is a well-known athlete it takes a special kind of woman to be able to date them and handle the added pressures that come with being in the spotlight. What gives them that extra strength? Cupid takes a look at a few celebrity athletes and their partners:

**Lamar Odom and Khloe Kardashian:** It couldn't be a worse time for this couple. Lamar is said to be battling a drug addiction and Khloe appears to be trying to stay strong coming off of their four-year anniversary. While Khloe is no stranger to the spotlight and her way of handling it has been somewhat controversial with her cryptic posts on Instagram and Twitter, Khloe has been adamant that she wants Lamar to get better and will not make a decision about her marriage until after the current season of *Keeping Up with the Kardashians* has stopped filming – allowing her sufficient time to keep her personal life off camera as much as possible.

**Related:** [Favorite Celebrity Wedding Dresses](#)

**David Beckham and Victoria Beckham:** Just about every woman in

the world is in love with David Beckham, so how does former Spice Girl Victoria keep her cool knowing many women want her man? She became just as successful as her husband. She learned how to deal with the pressures of being a mom of four, a former pop star and she has her own clothing line. This power couple seems to have nothing to worry about.

**Andy Roddick and Brooklyn Decker:** While they married young and she's just as busy if not busier than him these days, supermodel-turned actress Brooklyn Decker was very much supportive of Andy and his career – even tearing up at the end of his last match. Andy also returns the favor as Brooklyn has openly discussed how being married to him gives her a new appreciation for her body. Speaking to *Women's Health* Brooklyn said: “He's taught me that it's not how thin you are that matters. It's how your body performs, how it endures wear and tear.”

**Related:** [Celebrity Couples Giving Back on 9/11](#)

To date an athlete with superstar status, women need to be secure and have their own life, but they also need to know how and when to be supportive when those traits are reciprocated from their partner – qualities that are good for any healthy relationship, whether your other half is a David Beckham or not.

**What other qualities do women dating super star athletes need to have? Comment below.**

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# The Dating With Dignity

# Telesummit Can Help You Transform Your Love Life



Cupid

sPulse.com is proud to announce and be part of the first-ever Dating With Dignity telesummit hosted by internationally acclaimed dating expert and founder of Dating With Dignity, Marni Battista! The five-week telesummit will launch on Tuesday, September 24th! For more information..click here for the [press release](#) or open the read more button below:

## Featuring Daily Interviews with 25+ Top Experts

LOS ANGELES, Sept. 20, 2013 /PRNewswire-iReach/ – September 19, 2013 – Dating with Dignity, a Los Angeles coaching service that helps men and women create successful, loving relationships, will launch its first-ever telesummit

on September 24th. This 30-day event will feature daily recorded interviews from top experts in the fields of dating, relationships and sex!

The telesummit, the first in a series of programs (leading up to the "Ignite Your Life" live event in January 2014), will help anyone transform their relationships quickly and effectively with a blend of sassy and practical, easy-to-understand, fun, and useful "how-to" information.

"This summit is part of my mission to bring dignity back to the process of dating and relationships," says Marni Battista, founder of Dating with Dignity. "Together, we'll help participants master the 21st century dating skills needed to find love now."

To make the telesummit available nationally, Dating with Dignity has partnered with several key people and organizations, such as celebrity dating coach Paul Brunson; celebrity gossip and relationship site [CupidsPulse.com](http://CupidsPulse.com); eHarmony, the world's #1 matchmaking relationship site (offering 10 participants a free one month subscription); and The Keep A Breast Foundation(which will receive a percentage of revenues during October for National Breast Cancer Prevention Month).

Listeners can pre-register for the telesummit starting on Thursday, September 19th, and will receive a bonus audio interview from an eHarmony expert.

To find out more about the telesummit and its panel, please visit <http://datingwithdignitysummit.com>.

### **ABOUT DATING WITH DIGNITY**

Dating with Dignity helps men and women create awareness of dating behaviors that can cause frustration and then provides a proven-successful framework to change their self-concepts to ultimately attract quality partners and get the love they



deserve. Dating with Dignity customers and clients learn to take responsibility for their thoughts, feelings and actions; tap into their authentic self; have a positive self-concept; and create successful, loving relationships.

Founder Marni Battista has more than 25 years of personal relationship and dating experience. She is also a certified professional Dating and Relationship Coach and Expert, writer, and nationally recognized print and online magazine expert covering dating and relationships (*Cosmopolitan Magazine, Yahoo! Shine, Huffington Post, YourTango.com, CupidsPulse.com and more*). Marni also has a weekly dating/relationship web show, *The Dating Den*, which has received nearly 100,000 views.

### **ABOUT CUPIDSPULSE.COM**

CupidsPulse.com is the first-of-its-kind relationship site that takes the latest celebrity news and repackages it to help singles and couples navigate their love lives. What sets CupidsPulse.com apart from traditional gossip sites is its use of entertainment news as a catalyst to spark conversation about relationship topics such as marriage, divorce, pregnancy, and being single, offering advice to those who may be in a similar situation as their favorite celebrity.

### **ABOUT EHARMONY**

Santa Monica-based eHarmony is the #1 Trusted Relationship Services Provider in the USA. eHarmony's patented Compatibility Matching System® allows eHarmony members to be matched with compatible persons with whom they are likely to enjoy a long-term relationship.

### **ABOUT THE KEEP A BREAST FOUNDATION**

The Keep A Breast Foundation is the leading youth-focused, global, nonprofit breast cancer organization. Our mission is to eradicate breast cancer for future generations. We provide support programs for young people impacted by cancer and

educate people about prevention, early detection, and cancer-causing toxins in our everyday environment. The Keep A Breast Foundation is headquartered in the United States as a 501 (c)(3) nonprofit.

### **ABOUT PAUL BRUNSON**

Paul Carrick Brunson has become internationally recognized as one of the most successful matchmakers and relationship coaches. Oprah Winfrey notes that, "Paul is much more than a matchmaker, he's a life coach." He has appeared on OWN's "Lovetown, USA" and "SoulPancake."

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